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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sleep More To Help You Study

By Malcolm Moorhouse

For those of you that are studying, here are a few ideas to help you succeed with your studies.

Do you use your car for getting to school? You had better use your seat belt and buckle up considering many car crashes today are caused by lack of sleep. Chances are you are not getting the right amount of sleep at night. Sleep deprivation doesn't just cause physical tiredness; it can affect the function of your brain too. This article looks at how lack of sleep can affect your learning potential.

Figures given by the national sleep foundation indicate that 85% of students do not get enough sleep. What constitutes as enough sleep? While definitions can vary, it seems the average is about 8.5 hours of sleep per night according to the foundation. If the calculation is correct and 85% of students are suffering from sleep loss, then you could gain an edge on them just from lying in bed, relaxing, and getting more sleep.

Sleep deprivation can damage ones ability to stay focused, abstract thinking, creative ability, communication, and more. If these symptoms seem familiar, they are also symptoms of ADHD, the attention deficit disorder many people experience. It as been shown that these symptoms lead to poor performance in the classroom.

The route people should take in order to get more sleep is to make sleeping a larger priority in there lives. Many people have a sleep schedule that has a very low priority in there busy lives. Investing in a new set of soft sheets or a better mattress and bed could give people the incentive to making sleep a greater priority in there lives. Even some sleep inducing music, such as sounds of the sea can help a person fall asleep.

Once a student finds a way of getting more sleep positive results should be instant. Grades will go up because of better quality work. There will be a large increase in energy which could be converted into more productive working time.

It has been noted that getting more sleep can have other fringe benefits besides helping you learn better. When the body gets at least eight hour sleep you wake up with more energy which will lead to a more full filling life style. Also having more sleep will contribute to feeling relaxed and happier.

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Good Night, Sleep Tight!

By Aimee Deak

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One of the most important things you can do for fat loss, controlling weight gain and for overall health is often overlooked. MORE SLEEP! Yes, you actually need to sleep more to gain less!

A lack of sleep could be contributing to America's obesity epidemic. A recent Columbia University study found that not getting enough sleep could put you at increased risk for weight gain.

The study, presented at the meeting of the North American Association for the Study of Obesity, analyzed data from 18,000 adults and found that those who slept less than the recommended seven hours a night had an increased risk of obesity. People who slept for less than four hours per night were 73 percent more likely to be obese than those who slept for seven to nine hours. Getting five hours of sleep or less decreased that risk to 50 percent, and getting six hours or less decreased it even more to 23 percent.

While it's still unclear exactly what causes this increased risk, scientists believe that lack of sleep lowers the amount of leptin your body produces. Leptin is a protein that suppresses appetite and is responsible for telling your brain when your stomach is full. In addition, when you are sleep-deprived, you are less able to make clear decisions and may eat more food than your body actually needs.

What's the lesson? A good night's sleep is not only critical for your mental health; it may also be a crucial part of your diet.

So, good night and sleep tight!

Be well & stay fit!

Aimee Deak

Personal Trainer & Nutrition Analyst

AIM 4 NUTRITION

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Aimee Deak is a certified personal trainer, nutrition analyst and author of the book, "Every Body Loses", an easy-to follow, step-by-step guide to fat loss. You can find more information about fat loss and exercise on her website www.aim4nutrition.com



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