



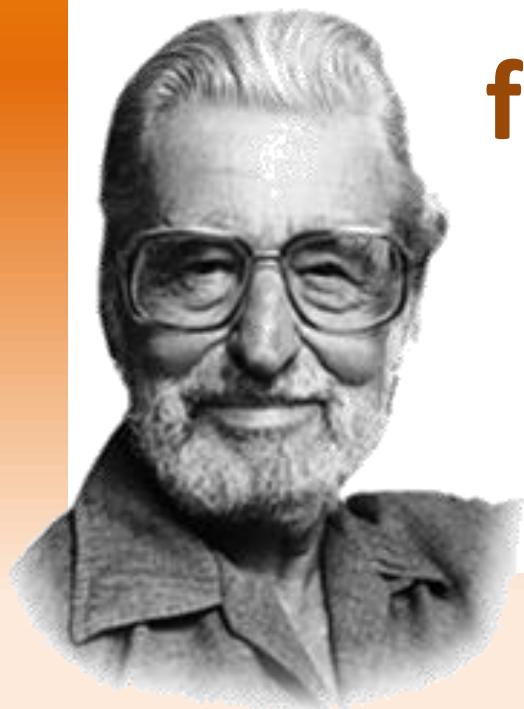
Getting a Good Night's Sleep for Optimal Health, Vitality, and Longevity

Dr. Ritamarie Loscalzo

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional, and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

**“You know you're in love when
you can't fall asleep
because reality is
finally better than
your dreams.”**

— Dr. Seuss



What You'll Learn

- ★ The effect of sleep deprivation on your hormones, mental function, blood sugar, metabolism, energy, and weight
- ★ How your hormones “**dance**” with **each other** in your sleep
- ★ How to adopt a **bedtime ritual** that encourages sound sleep including the activities, herbs, and supplements you can use to improve your sleep
- ★ How to **understand your own sleep cycle** and choose a bedtime that optimizes the amount of deep sleep you get



Sleep Deprivation is Epidemic

- ★ 70% of Americans are sleep deprived
- ★ Between 1910 and 1960, “normal” average sleep duration was 9 hours
- ★ Current average is 7.5 hours
- ★ **1/3 of population sleeps 6 hours or less**
- ★ Shift workers sleep on average less than 5 hours per work day
- ★ Insufficient sleep leads to: **imbalance between melatonin and growth hormone**, leading to stunted growth, impaired repair, and slower healing



Sleep Deprivation Effects

- ❑ Nurses and shift workers – studies – higher incidences of **heart disease**
- ❑ **Sleep deficit leads to**
 - ❑ performance loss
 - ❑ slowed reaction time
 - ❑ impaired memory
 - ❑ decreased motivation
- ❑ **Brain uptake of glucose** drops as much as 7% with sleep deprivation
- ❑ One sleepless night can induce **insulin resistance** in healthy people



The Hormones That Dance in Your Sleep

Beneficial Effects During Slumber

- ★ Growth Hormone
- ★ Melatonin
- ★ Leptin

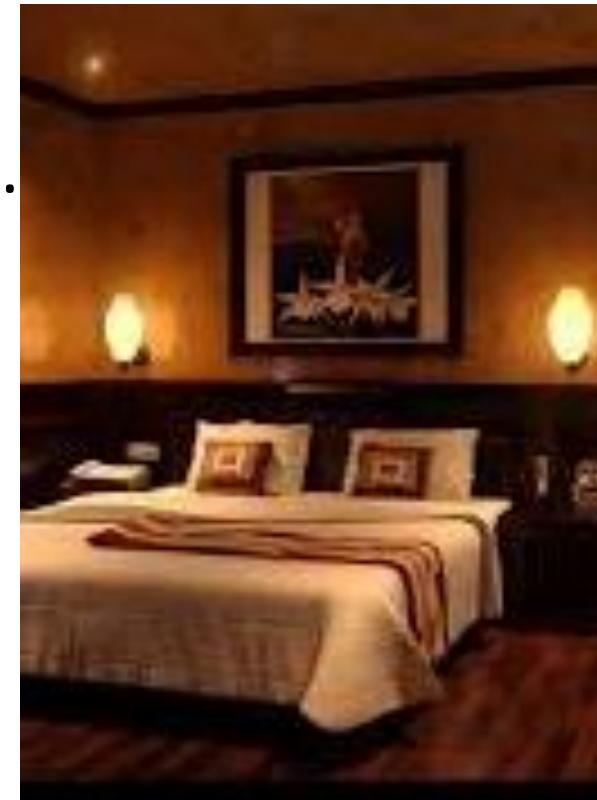
Undesirable Effects During Slumber

- ★ Cortisol
- ★ Insulin



How to Get a Good Night's Sleep #1

- Stop eating within 3 hours of bedtime.
- Go to bed by 11:00 p.m. and get at least **7 hours of sleep**, preferably 8 or 9.
- Dim the lights in the evening to simulate natural environment and **stimulate melatonin**.
- Stop using computer **within 2 hours of bedtime**.
- Turn off the TV at least an hour before bedtime.
- Avoid intense exercise close to bedtime.



How to Get a Good Night's Sleep #2

- No intense mental activity within **2 hours of bedtime**.
- Outdoor activity **early in the day** (before 1 pm).
- Turn off bright lights as soon as possible **after sunset**.
- **Neutral bath (not hot)** before bed:
15 – 60 minutes can help insomnia (add lavender oil).
- Take **sleep herbs 30 – 60 minutes before bed**, then again at bedtime.
- Get **horizontal for 30 min** to an hour before sleep.
- Practice meditation, visualization, “**mini vacations**”.



Relaxing Herbs That Help with Sleep

- Lemon Balm
- Chamomile
- Lavender
- Milky Oat
- Valerian
- Hops
- Passion Flower
- Magnolia
- Kava Kava



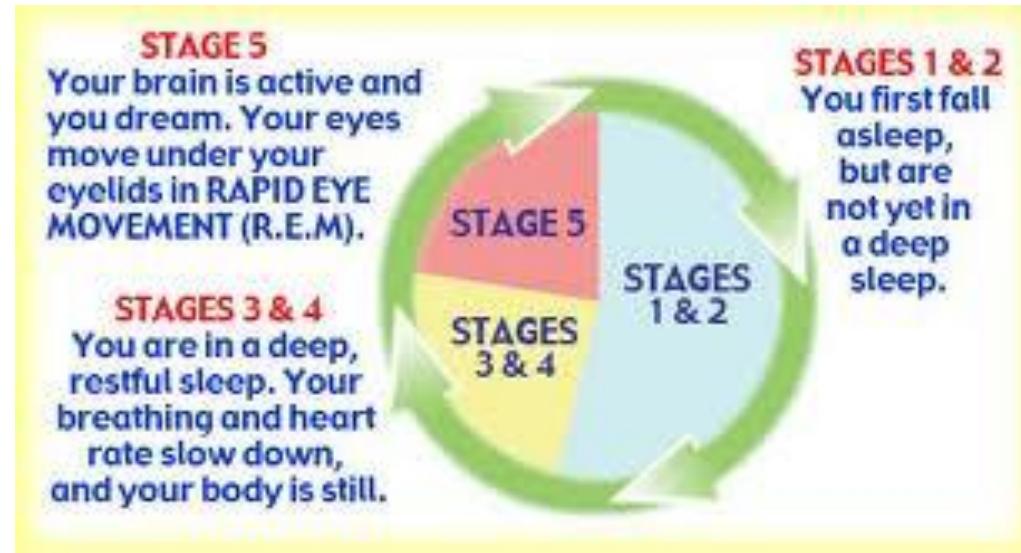
Supplements to Promote Good Sleep

- Magnesium
- Vitamin B-6
- Melatonin
- Phosphatidyl Serine
- 5-HTP
- GABA
- Theanine



The 5 Stages of Sleep

- ★ The brain activity falls overall by a mere 10%
- ★ **Stage 1 Transition Sleep**
 - very light
- ★ **Stage 2 Light Sleep**
 - beginning of true sleep: muscles relaxed, loss of awareness
- ★ **Stage 3 Deep Sleep**
- ★ **Stage 4 Deepest Stage**
- ★ **Stage 5 Deep Sleep – REM stage – dreaming**



Analyzing and Optimizing Your Sleep Cycles

- ★ On days you need to wake up at a certain time, **pay attention to how long it takes you to fall asleep** and how you feel when awakened.
- ★ Pick a day or two (i.e. a weekend when you don't need to get up at a specific time), **go to bed at regular time, and sleep until you awaken naturally.**
- ★ Note how long you sleep.
- ★ Calculate length of sleep cycle.
- ★ Schedule a **3-day “sleep vacation”.**

