

Sleep Deprivation?



*Recover
in 5 Easy Steps!*

BY WENNDI FREER



Welcome to a new way to see the world... stress-free, rested and recovered from poor sleep habits or lack of sleep.

We all have things that keep us busy and away from taking proper care of ourselves. What are the things that keep you pushing through when you are tired or even totally exhausted? Is it one (or all) of these?

- Working on your business
- Fear around making ends meet
- Project deadlines
- Studies
- Long shifts at work or working the night shift
- Getting lost in social media
- Or, maybe it's something very specific to you or your family.

Here's something you want to know right away:

There are lots of factors involved in health and well-being and one of them is learning to manage our energy properly. The dilemma is that with busy schedules and high demands on our time we rarely have time to take inventory on how we really feel. Sometimes we don't even know how exhausted we are until we fall ill and realize we should have slowed down way earlier.

In this report, you'll not only learn the early warning signs of sleep deprivation, but also some easy fixes to put you back on the path of health.

You'll also have the opportunity to learn about a **Specialized Technique** to help you through the days when proper amounts of sleep seem impossible and how to connect with the Simplicity of Inner Peace.



Sleep deprivation affects our health, our mood and our ability to be productive.

So what is sleep deprivation?

Sleep deprivation occurs when an individual doesn't get enough sleep. The exact amount of sleep that a person needs is an individual thing but on average most adults need 7 to 8 hours of sleep each night to function well and feel alert during the day. Teens need an average of nine hours of sleep and children need nine hours or more depending on their age.

Why do we need sleep?

Nobody really has the answer but there are a number of theories on why we sleep, the most common one is based on the belief that sleep is a way to restore and recover what has been lost in the body while we were awake. In other words sleep provides an opportunity for the body to repair and rejuvenate itself. There have been both human and animal studies used to collect evidence to validate this theory. The most striking of these being *animals deprived entirely of sleep, lose all immune function and die in just a matter of weeks. A MATTER OF WEEKS!* This is supported by findings that many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis and growth hormone release happen mostly, and in some cases only, during sleep.

Other rejuvenating aspects of sleep are more specific to the brain and cognitive function. A substance called adenosine is produced by neurons in the brain when we are awake and is thought to be one factor that leads to our perception of being tired. As long as we are awake, adenosine accumulates and remains high. During sleep, the body has a chance to clear adenosine from the system and as a result, we feel more alert and rested when we wake.

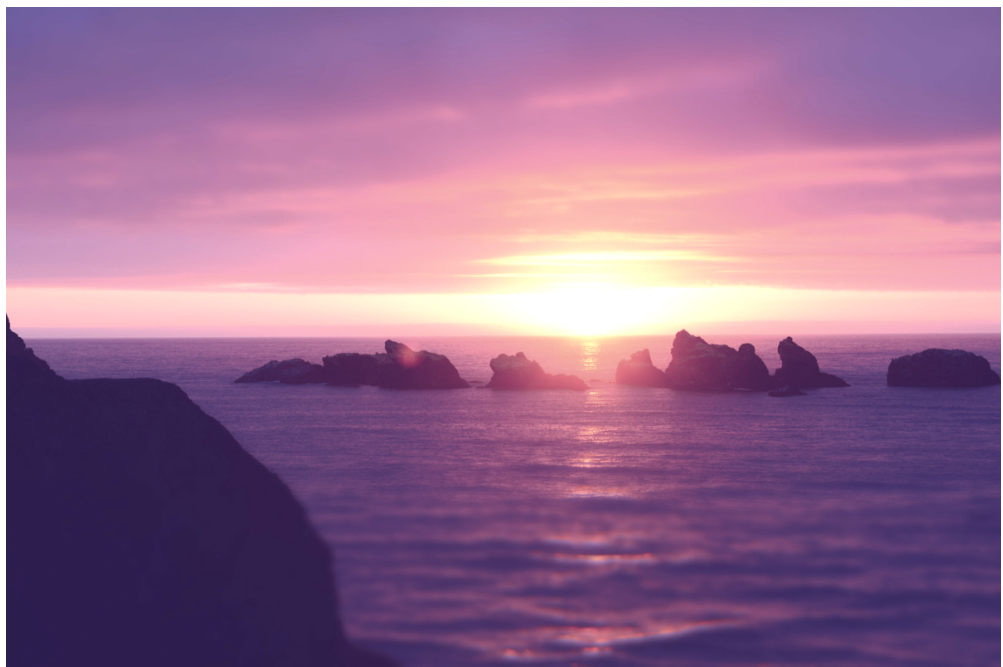


Other factors in sleep: The cycles of nature

Circadian rhythm is a name given to the "internal body clock" that regulates the 24-hour cycle of biological processes. It is important in determining sleeping patterns such as when we sleep and when we wake. The normal circadian clock is set by the light-dark cycle over 24 hours and is in part, tied to the cycle of the Earth's rotation.

This is something quite easy to observe in nature, especially around and after the time of sunset. If you observe what happens at sunset and shortly after, you'll feel how everything becomes increasingly quiet and still. The wind dies down, the bird song lessens and silence lands as people embrace the beauty of the setting sun. At the time of sunrise the reverse seems to happen with birds singing, roosters cock-a-doodle-doing and light permeating the landscape.

Nature models rhythms and cycles showing us the dance of life on earth, but as curious and intelligent beings we invent ways to keep going, sometimes not even noticing the signals and guideposts provided along the way. We move against our own internal body clock forgetting how to internalize our energy and wind down. **Fighting against the cycles of nature rather than working with the daily rhythms of our biological clock is an easy way to deplete our energy and start down the path of sleep deprivation and illness.**



External influences on sleep:

Life in the 21st century is not designed to support a low-stress, well rested lifestyle. We are trained to ignore initial symptoms of a life out of balance and our society encourages and rewards focus on success at all cost. In a recent survey of *Inc.*, which included 500 CEO's, it was found that half of them are sleeping less than six hours a night.

And the problem doesn't stop there. According to the Centers for Disease Control and Prevention, one-third of U.S. workers get less than six hours of sleep each night. The study also cited that sleep deprivation costs U.S. businesses more than \$63 billion annually in lost productivity. So the late nights and long work hours that we adopt to be more successful are actually doing exactly the opposite - making us less and less productive!

The increase in sleep deprivation has been linked to a variety of serious health problems and simply put, throws everything out of whack including our cardiovascular system, metabolism, digestion, immune system and hormonal balance. Having a late night here and there won't have any lasting effects beyond the fatigue you feel the next day, but when you skimp on sleep night after night that is when it becomes a real problem. You may think your five-hours-a-night habit is nothing to worry about, but chronic sleep deprivation has been tied to an increased risk of type 2 diabetes, cardiovascular disease, obesity, and depression. Studies show that moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication.



How do you know if you're not getting the sleep you need to function well and stay healthy?

Signs You're Sleep Deprived

1. You lose focus and concentration.

This is the first and most noticeable symptom of sleep deprivation. When you don't get enough sleep at night your attention span shortens and your ability to concentrate plummets. Even with caffeinated drinks you'll have a hard time staying focused and present to the task at hand. More mistakes are made and decision making is impaired. With prolonged sleep deprivation your productivity could crash, forcing you to work harder, stay up later and perpetuate the cycle.



2. Your memory begins to suffer.

Your short-term memory is the next cognitive function to go and this can happen quickly, even after just one night of sleep loss. You may find yourself forgetting why you entered a room or going over the same information over and over again because you can't remember what you've done and what is left to do. You may even forget what you were about to say and have difficulty recalling important information.

3. You begin to rely on caffeine, alcohol and sleep aids.

There are a number of substances that can ease the effects of sleep deprivation in the short term but eventually these will only make the problem worse. Drinking caffeine all day long will create the need for the use of alcohol or sedatives to wind down at night. These substances will affect the quality of your sleep leaving you feeling drowsy when you awake and reaching for that first morning cup of coffee. Hence the birth of a vicious cycle!

4. You're more prone to stress.

When your body is deprived of sleep, it becomes more vulnerable to stress and more reactive in slightly irritating situations like traffic, work meetings or any minor setback or distraction. Your emotions can be all over the place as minor irritations escalate and become infuriating, causing you to become angry or on the flip side quick to feel defeated. Small obstacles can seem enormous and you may even find yourself collapsing into states of deep grief and hopelessness. Being more sensitive to both major and minor events will increase stress in all aspects of your life.





5. **You start to feel anxious or depressed.**

Anxiety and depression are both common side effects of chronic sleep deprivation. When you skimp on sleep, the body never feels fully recovered and the heaviness of fatigue leads to a heaviness in your emotional state. You can begin to feel unmotivated, listless and prone to procrastination. All of these make you feel unable to gain any momentum in your life or career. Then the anxiety kicks in and you feel constantly on edge, tense and have difficulty slowing down your thoughts - the perfect environment for a panic attack.

6. **Your physical health begins to suffer.**

Physical health symptoms could range from weight gain to headaches to general feelings of achiness and soreness. Your immune system will be compromised resulting in more susceptibility to contagious diseases and over time, to chronic illnesses like chronic fatigue, adrenal burnout and autoimmune problems. Studies show that you can also add to this list heart disease, heart failure, high blood pressure, diabetes, or even stroke.

If any or all of that sounds way too familiar - do not worry!

Fortunately, **sleep deprivation is a cycle that can be broken.** First you need to make a commitment to yourself and your own well-being. Continue reading to find ways to sleep better and recover more deeply.



Sleep Like A Baby!

Have you ever noticed how peaceful a baby sleeps? They easily slip out of this world and into the dream world. Just get a look at this little guy in the picture. Not a sign of distress on his sweet little face! Have you ever wished you could sleep like that again?



Try these 5 tips for better sleep and deeper recovery!

1. No blue light at least 1 – 2 hours before bedtime.

Before the invention of artificial light the sun was the major source of lighting. People spent their evenings in relative darkness and more aligned with the body's biological clock—the circadian rhythm. Research shows that we may be paying a high price for being exposed to all that artificial light. Not only does our sleep suffer but studies are linking disturbances in our biological clock to cancer, diabetes, heart disease, and obesity. It's important to note that not all light has the same effect. Blue wavelengths seem to be the most disruptive at night. And the proliferation of electronics with screens, as well as energy-efficient lighting, is increasing our exposure to blue wavelengths. Blue light suppresses the secretion of the hormone melatonin, which helps control sleep-wake cycles. One Harvard study found that six and a half hours of exposure to blue light suppressed melatonin for about twice as long as green light, and shifted circadian rhythms by twice as much. Preliminary evidence even suggests lower melatonin levels might be linked with cancer.



What can you do?

- Use dim red lights or candles in the evening. Red light creates less of a shift in circadian rhythm and does not suppress melatonin as much as blue light.
- Avoid looking at bright screens beginning two to three hours before bed.
- If you work a night shift or use electronic devices at night, consider looking into blue light-blocking glasses. A study from the University of Toronto found that people who wore blue light-blocking goggles and were exposed to indoor light had about the same melatonin levels as those who were exposed to dim light without goggles
- Expose yourself to sunlight during the day which will boost your ability to sleep at night as well as boost your mood and alertness during daylight hours.

2. **Be consistent with your sleep schedule and create a room that is ideal for sleeping.**

BE CONSISTENT WITH YOUR SLEEP SCHEDULE! Our body likes rhythms and patterns. Try to go to bed and get up at the same time every day. Being consistent is the key to a good night's sleep especially when it comes to your wake-up time. Waking up at the same time every day improves your mood and sleep quality by regulating your circadian rhythm or internal body clock.

People who consistently wake up at the same time often find themselves waking up naturally right before the alarm goes off. This happens because your brain acclimates to this wake up time and moves through the sleep cycle in a more natural way. Hormones levels, body temperature and blood pressure increase gradually about an hour before your scheduled wake up time helping you feel more rested and alert when you wake up.



When you don't wake up at the same time every day, your brain doesn't know when to complete the sleep process and when it should prepare you to be awake.

CREATE A ROOM THAT IS IDEAL FOR SLEEP. Often, this means finding your idea temperature for sleep, creating a dark room with room-darkening shades and creating a quiet environment free from the intrusiveness of TV or radio. If you live in a very noisy area, white noise machines can help.

Besides these basics also reduce the amount of electrical equipment in your room. If possible use a battery operated clock and keep cell phones far from your bed or in another room of the house. When it comes to the bedroom – less is better. The less you have in your bedroom the more peaceful your room will feel and the more easily your mind will let go into the sleep state.

Why would you want to remove your cell phone from your bedroom all together? "It's looking increasingly likely that cellular phones (mostly smartphones these days) are harmful in terms of cancer risk, particularly to the head and neck," says Joel M. Moskowitz, Director of the Center for Family and Community Health at the University of California at Berkeley. "A lot of scientists have come round to the view that radiofrequency radiation is probably carcinogenic because of new research that has emerged since 2011."

Not everyone has an office for their computer or a separate room for their exercise equipment but keeping these things out of the bedroom will help when it comes to getting better sleep and deeper recovery through the night.



3. **Learn to Meditate.**

Many people who learn to meditate report that it improves the quality of their sleep and that they can get the rest they need even if they aren't able to significantly increase the number of hours they sleep. The reason for that is during meditation there is a deep sense of relief and recovery that happens in the body as the mind becomes quiet and awareness is internalized even if only for a few minutes.

At the Stanford Medical Center, insomniacs participated in a 6-week meditation course. At the end of the study, participants' average time to fall asleep was cut in half (from 40 to 20 minutes), and 60% of subjects no longer qualified as insomniacs.

4. **Create a bedtime ritual.**

If you are a parent, you probably did this for your children. Now it's your turn! Do the same thing each night to let your body know it's time to wind down. This could include taking a bath or shower, or reading an inspirational book even if it's just a few pages before falling asleep. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness. Evening time is also a good time to meditate to enhance an internalization of your energy. Be sure to not use TV or other electronic devices as part of your bedtime ritual and avoid apps on your phone for your meditation practice. The blue light as well as the electromagnetic fields are registered by the body even when your eyes are closed and will counter your attempt to wind down.



5. Pay attention to what you eat and drink.

Don't go to bed either hungry or stuffed. Try to avoid eating large meals for two or three hours before sleep. Your discomfort might keep you awake and the digestive process is best done sitting up. When you lie down after eating, the food and digestive juices in your stomach press against the bottom of your esophagus, which can cause heartburn, acid reflux and indigestion.

On the flip side going to bed very hungry can also be a distraction. Choosing foods to eat that digest quickly and easily before bed can help prevent these problems. Nicotine, caffeine and alcohol deserve caution too. The stimulating effects of nicotine and caffeine take hours to wear off and can affect your quality of sleep. Even though alcohol can make you feel sleepy at first, it can disrupt your sleep later in the night.

Whenever possible stay away from sleep aids or gently wean yourself off sleep aids through the help of your meditation practice.

When I say sleeping aids, I mean anything you take that sedates you so that you can sleep. Whether it's alcohol, Nyquil, Benadryl, Valium, Ambien, or similar substances, they can all greatly disrupt your brain's natural sleep process and sedatives can give you really strange dreams. As you sleep, your brain removes harmful toxins by cycling through an elaborate series of stages. At times it is shuffling through the day's memories and storing or discarding them and that process influences your dreams. Sedation interferes with these cycles, altering the brain's natural processes. Interference in this process will also cause a sluggish feeling upon waking.





MEDITATION AS A WAY TO WEAN OFF OF SLEEP AIDS

A study at the University of Massachusetts Medical School found that 91% of participants either reduced the amount of medication they needed to sleep or stopped taking medication entirely after a meditation and sleep therapy course.

CAFFEINE INTAKE – Stop drinking caffeine (at least after lunch)

You can sleep more and improve your equality of the sleep by reducing your caffeine intake. Caffeine is a powerful stimulant that interferes with sleep by increasing adrenaline production and blocking sleep-inducing chemicals in the brain. Caffeine takes a full 24 hours to work its way out of your system meaning that if you have a cup of coffee at 8 am, you'll still have 25% of the caffeine in your body at 8 pm. Anything you drink after noon will still be near 50% strength at bedtime. Having caffeine in your bloodstream makes it harder to fall and stay asleep.

Caffeine also disrupts the quaiity of your sleep by reducing rapid eye movement (REM) sleep, the deep sleep that helps most with recuperation. When caffeine disrupts your sleep, you wake up the next day with a cognitive and emotional handicap - feeling groggy and tired. It's easy to see how this creates a vicious cycle as you reach for that first cup of coffee or an energy drink to try to make yourself feel more awake and alert.



Final Tips

When all else fails, take a nap or do a ‘Night Practice.’

If you aren’t getting enough sleep at night, you’re likely going to feel an overwhelming desire to sleep in the afternoon. When this happens, you’re better off taking a short nap (even as short as 15 minutes) than resorting to caffeine to keep you awake. A short nap will give you the rest you need to get through the rest of the afternoon, and you’ll sleep much better at night. A quick recovery technique like 'night practice' removes the need for caffeinated drinks and lets you add productive hours to your day. [Click here to learn more.](#)



“...all the science now demonstrates unequivocally that when we get enough sleep, everything is better: our health; our mental capacity and clarity; our joy at life; and our ability to live life without reacting to every bad thing that happens.”

Ariana Huffington



If you're looking for a comprehensive program that will put you on the path to health, inner peace and well-being check out my 15 week on-line program, **"The Simplicity of Inner Peace."** This program blends important teachings with practical exercises and guided meditations. After going through this program my clients have reported feeling healthier, more aware and more in tune with their intuition. A solid sense of confidence emerges and life just gets easier. This on-line meditation course will help you reboot and reset your most valuable asset, your own inner peace and well-being. More details by clicking [here](#)



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About the Author

Wenndi Freer

Wenndi is an expert in Meditation, Creating Sacred Space and Wellbeing. She studied with Karen Kingston, the world's leading authority in the feng shui art of space clearing in 2001 and completed her training in 2002. Since then Wenndi has cleared close to 1000 homes and offices throughout the US.

Wenndi also runs a successful Inner Space Techniques (IST) practice, working with clients in individual sessions to help them move beyond limiting belief systems and emotional blocks. The metaphysical dimension of her practice allows her clients to have deep shifts in perspective and connect with their fundamental nature and inner wisdom.

Wenndi teaches live workshops on meditation, creating sacred space and the mystery of sacred geometry and mandalas throughout the US. She has also developed an online program that allows her clients to access her knowledge and experience meditation spaces from the comfort of their own home. She's developed a comprehensive program titled "Meditation as a Pathway to Change" for people who know they want more from life, love and career.

Wenndi is based in Encinitas, CA and travels regularly to Northern California and the East Coast to see clients. To book Wenndi for a speaking engagement or for more information contact her at wenndi@wenndifreer.com



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