

How to Sleep Like a Baby Even if You Have Sleep Deprivation

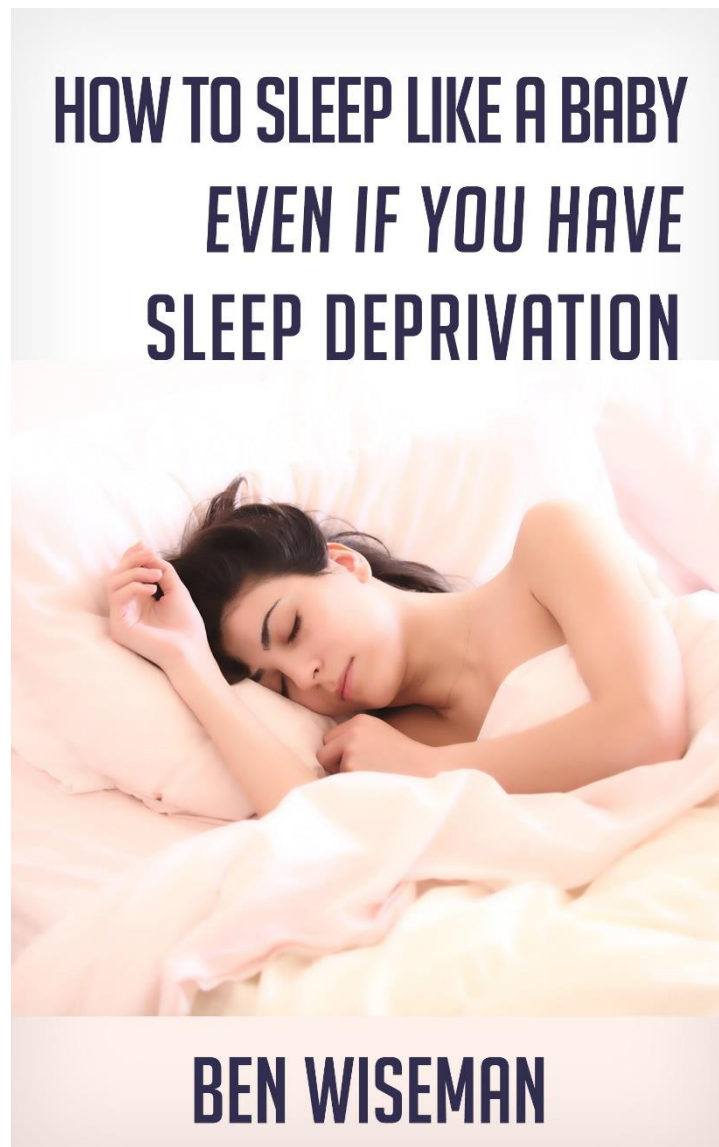


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Introduction

Did you know that sleeping at least 8 hours a night can reduce the risk of obesity, cardiovascular disease and type 2 diabetes?

Good sleep quality is an important part of your health. Sadly, this is also one of the last things most of us consider when trying to increase productivity.

However, just like eating right, staying hydrated, and exercising moderately, getting better sleep should be one of your first improvements in creating a healthy and productive lifestyle for yourself.

In addition to all physical health benefits, better sleep can also help you reduce stress, improve memory and improve mood. When you think about it, the idea of losing weight, becoming healthier and reducing stress just by getting better sleep at night sounds like science fiction. But it is not. Let us learn more about how to sleep better at night so that you can get all these benefits.

How much sleep do we really need?

You will see a lot of people claiming that they don't need too much sleep. However, the truth is that most of us need much more than we get.

Some lucky people, due to their genes and rare genetic mutations, can work normally after only six hours of sleep a night.

However, due to the high time requirements, six hours is still a good sleep time for many people today.

Let us learn more about how much sleep you really need each night, and then learn how to ensure sleep.

Getting seven to nine hours of sleep every night

When it comes to getting enough sleep, although it varies from person to person, most of us (as adults) need seven to nine hours of sleep every night.

The only way to ensure adequate sleep is to try, but start with the longest time, not the shortest time.

Sleep quality is also important

Technically, a person who gets enough sleep every night should be able to fall asleep without problems in about 20 minutes, and wake up without difficulty in 20 minutes when the alarm goes off. Then you should be able to spend the day with enough energy to achieve the efficiency you need.

In Reality?

Everyone encounters sleep problems from time to time. Although this may be inconvenient, it is usually temporary.

When the occasional sleepless night becomes a sleep interruption that often occurs for multiple consecutive nights, you may have sleep problems.

When you lack sleep for a long time, tiredness can affect all aspects of your life.

Physically, you may notice a decrease in your work efficiency and daily activities. Emotionally, you may experience interpersonal problems or personality changes. Psychologically, long-term sleep problems can cause stress and anxiety.

3 Categories of Main Sleep Deprivation

1. Insomnia
2. Snoring
3. Sleep Apnea

We will discuss one by one about those 3 of Sleeps Deprivation and how to handle each problem, so you may sleep well, like a baby.

I. Insomnia

We all suffer from insomnia at some point in our lives.

It may be triggered by stressful periods in our careers, personal crises, fear of upcoming events, or financial worries, which will keep us awake and uneasy. Guilt or pain is another culprit.

No matter what causes you toss and turn, you know how it feels to get up in the morning.

You run out of energy. Your body is injured, and your brain is in chaos. You feel irritable and grumpy. Your sleepless nights will be reflected throughout your day instead of getting better.

Over time, sleep issues can become extremely debilitating. Continuous lack of sleep can have a negative impact on your career, social life and relationships. Sometimes they can challenge their sanity.

Insomnia is a chronic problem for some people. With other people, it comes and goes from time to time.

For most people, insomnia is closely related to the quality and duration of sleep. Lack of sleep can affect your mental and physical health.

This can lead to serious problems such as depression, high blood pressure and an uncontrolled hormonal system. It exposes our body to chronic diseases and accelerates the aging process.

You've probably struggled to get some sleep since you are reading this book and you want to do something about it.

You may have tried a number of medications (such as a glass of warm milk or counting sheep before bed).

You're on prescription drugs and You may be at a higher risk of getting addicted to the problem, but nothing seems to work. Are you destined to live your whole life with sleep disorders? Absolutely not.

3 Categories of Insomnia

The first stage, known as "primary" insomnia, occurs when you first notice that you have trouble falling asleep and it takes 30 minutes or more to fall asleep.

In the midst of insomnia, you can hardly sleep. When you wake up, stay awake until morning.

The most dangerous insomnia is "slow" or "terminal" insomnia. This is when you wake up early in the morning and wake up within 6 hours.

There are many reasons that make it difficult for you to fall asleep.

If your insomnia is caused by a medical condition, your doctor will be able to provide advice and appropriate medical care.

If it is determined that your sleep problem is caused by a medical condition, the purpose of treating the disease is to treat insomnia in turn.

On the other hand, if your sleep difficulty is due to you being trapped in a cycle of sleepless nights, or your insomnia is due to your inability to achieve the state of inner peace needed to achieve sleep, this book is for you.

Here, you will find some healthy options before taking prescription sleep medications that may be harmful and habit-forming.

By following the recommendations in this book, you will have all the tools you need to stop tossing and turning at night and start enjoying a full night's sleep, naturally.

You will feel energetic and alert when you wake up, rather than tired and restless. Get ready to go to sleep naturally!

A. Behavior Changes for Healthy Sleeping Habits

1. Sleeping Habits

When setting a bedtime schedule, consistency in the brain is crucial so that your body can learn to fall asleep without medication.

Develop a sleep strategy to determine the best routine, and plan to stick to it for a week or two before making any changes.

Your sleep strategy should include:

- Regular bedtime
- Consistent wake-up time
- Record any natural supplements you have tried
- Routine non-stimulating activities such as brushing your teeth or reading send the signal, it's time to go to bed.

The ideal end result of having a sleep strategy is regular sleep, which is tranquil and peaceful. Plan to sleep 7-8 hours a night and don't let yourself fall asleep.

If you wake up at the same time every day, you will establish a routine.

Avoid taking naps during the day because your body will become chaotic and disrupt your sleep patterns.

You cannot sleep for a few more hours, and trying to sleep late in the morning to make up for the sleep lost at night will make you feel tired.

Everyone has different sleeping habits, so be patient while finding the best sleep plan for you.

2. Sleeping Environment

In addition to regular bedtime, it is also important to make the bedroom a good place to sleep.

The more comfortable and relaxing your sleeping space is, the better your chances of falling asleep and staying asleep.

When creating a relaxing sleep atmosphere, please keep the following tips in mind:

- Get rid of all troubles and interruptions
- Control the room temperature; colder air (between 65 - 70 degrees Fahrenheit) will usually make you sleep more comfortable, but please follow Set the temperature to your preference.
- If possible, ventilate the room. Gently break the window to allow air to circulate. The circulating fresh air will help you breathe deeply and provide you with the oxygen necessary for a good sleep.
- If there is noise outside the bedroom, use earplugs. There are many types of earplugs dedicated to sleep, so if you can't find the perfect pair at first, try other earplugs.
- If you decide not to use earplugs, use a white noise machine to mask the noise. These machines are specifically designed for this purpose, or you can use fans or air conditioners to provide background noise. This will hide background sounds such as traffic or dog barking.
- Try using a CD player to play relaxing background music.

- Your circadian rhythm, your body's internal clock, relies on light and dark patterns to determine when to signal your body to fall asleep. Keep your room as dark as possible to help your body enter a drowsy state. Use mini blinds and thick curtains to block light from the windows. Try to wear an eye mask to block any remaining light.
- Keeping a clock by the bed can make your sleep problems worse. If you watch the clock all night, please lean it against the wall so that you can't see the time. Constantly watching the clock will only make you think of sleep and lack of sleep, thus continuing the cycle of insomnia.
- Consider using indoor humidifiers in winter when the air is dry.
- Use the bedroom only for sleeping. Remove the TV, computer, and stereo. Your mind must only associate your bedroom with sleep.
- Wear the most comfortable clothes. Clothes that won't restrain you won't wake you up in the middle of the night.

As you can see here, there are many different techniques to help you sleep better. Everyone has their own unique combination of elements, which constitutes their perfect sleeping environment.

If one suggestion does not work for you, please pay attention and try another suggestion until you find the one that suits you best.

3. Sleeping Devices

The devices used for sleep are also important to the sleeping environment. Sleeping equipment includes pillows, bedding, mattresses and pajamas.

Your mattress should be soft and strong so that your back is well supported and your body is comfortable when you lie down.

Make sure that the mattress is fully supported by the bed frame to prevent sagging. The size of the mattress should also fit your body.

Make sure you have a large enough bed and enough space. If you have a single or double bed, please consider buying a larger queen or king mattress.

Use the pillow style and type that best suits you. As long as it can support your head and neck, it doesn't matter what it is made of.

Sheets and blankets must be clean and ironed.

If you don't like to wear clothes, loosen the quilt so that your feet can move freely.

To find the temperature that suits you, try different blankets of different weights and materials.

Since a cool room is more conducive to sleep, lower temperatures should be considered when choosing bedding.

Find a sleeping position that is comfortable for you and lie down in that position so your body knows it's time to sleep.

Whether you are lying on your back, side or prone, your favorite position will help you relax immediately.

B. Self-Help Technology for Sleep

1. Color Therapy

The use of color therapy or "color therapy" is a unique way to treat various diseases, including but not limited to sleep problems.

Chromotherapy involves touching colors in various ways.

Showing colored lights, imagining and meditating on a color, massage with colored oils, and using specific colors can help treat physical and emotional sleep problems.

Chromotherapy has a long history.

The ancient Indian beliefs practiced chromotherapy in Ayurvedic medicine, where colors are believed to correspond to parts of the body, emotions, and spiritual aspects of life.

They believe that every chakra in the body, or energy zone, is related to a color.

The ancient Egyptians used chromotherapy by breaking sunlight with special lenses. They built a solarium where they performed chromotherapy.

The chromotherapy as we know it was developed in the late 17th century, when the scientist Sir Isaac Newton proved that light is a color mixture of the entire range of colors we can see.

Dr. Edwin D. Babbitt wrote his "Principles of Light and Color". In this article, he outlines how to use color therapy to treat various diseases, including sleep difficulties.

The 1940s was a period of color therapy experiments. During this period, Russian scientist S.V. Krakov experimented with chromotherapy and determined that when he separated the wavelengths of the spectrum, it would have an effect on the nervous system.

For example, he found that red light can raise blood pressure and affect the adrenal glands. Found that white light and blue light are relaxing.

Chromotherapy professionals are still using this revolutionary information.

How does chromotherapy work?

Color is a part of light, and light has many different energy waves.

When light enters the retina of the eye, it contacts the photoreceptor cells of the eye.

Photoreceptors convert light into electrical impulses, which tell the brain to release hormones.

By controlling the release of hormones, chromotherapy can be used to treat insomnia and other sleep-related difficulties. Obstacle (SAD).

Certain types of color therapy can only be performed by trained professionals. However, some chromotherapy techniques can be safely performed at home.

To try chromotherapy yourself, follow the tips below. Select the hue to be used according to the recommended color.

When eating, choose foods with specific colors. Take a moment to imagine the recommended colors.

Please pay attention to the following potential problems:

- For severe insomnia, do not use chromotherapy instead of traditional care.
- People with epilepsy should avoid looking directly at any type of flashing light.
- When using colored lights, do not look directly at the lights. By observing objects illuminated by colored light, indirectly receive colored light therapy.
- If you are taking prescription drugs, check the label for light-sensitive side effects. Exposure to strong light can cause problems.

2. Physical Activity

Exercise during the day is an important factor in determining the quality of sleep at night.

Through physical activity during the day, your body can relax and fall asleep easier.

Exercise helps your body cope with daily stress and anxiety.

It affects the chemicals in your brain, and your physical activity is directly related to your physical and mental health.

Regular exercise will help you fall asleep and maintain your dream state, as your sleep cycle becomes more consistent and the transition between them becomes smoother.

Work hard into your life every day to avoid insomnia.

When you are physically active, plan to exercise 3 to 4 hours before bed.

To get the best benefit from sleep, exercise in the afternoon or evening. Try to do physical activity at least 20-30 minutes a day, 3-4 times a week.

Aerobic exercise generally works the best remedy for insomnia, and activities can range from a simple walk to a strict running range.

By increasing your heart rate, increasing your lung capacity and increasing oxygen to your blood, your body will be healthier and you will naturally correct your sleep problems in your own way.

Other types of physical activities you can do to fight insomnia. Consider yoga or Tai Chi. Yoga affects the brain and core muscles and promotes blood circulation.

Using yoga breathing techniques will help you relax and live under less stress.

Tai Chi is integrated in a slow exercise style and is perfect for people with joint pain or problems that prevent them from performing high-impact exercises and other physical exercise breathing.

If adding 30 minutes of exercise to your daily schedule is too difficult, try adding small pieces of physical activity.

Making small changes, such as taking the stairs instead of the elevator, or deliberately parking the farther away from the destination, will help you live a healthy and energetic life.

Relax Through Meditation

It stands to reason that the more relaxed you are, the more likely you are to fall asleep and maintain a satisfactory state of sleep.

In order to fall asleep quickly, the mind must be quiet. By using meditation, you can stop thinking, worrying, or anything else that flashes in your mind.

There are several different meditation and visualization methods to help you relax.

Try one of the following meditation methods:

1. Focus Method.

Choose a focal point, which can be a spell, a visual point, or even your own breath. Mantras are words or stages that are repeated in your mind or repeated aloud to help you focus on meditation.

Using a spell or other focus will help you stay on track and prevent your mind from wandering.

You need to practice this meditation method disciplined, because thoughts will come to your mind and you will be tempted to think about other things.

The more you practice, the easier this method will become.

2. Meditation Centers on Breathing

Find a comfortable and quiet space, sit on the floor, and use cushions if you want. Put your hands on your knees, calm your body, and close your eyes.

Inhale and exhale through the nose. Try to concentrate on your breath, counting each inhale and exhale until you reach ten.

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