

Super Serenity Sleepers

Super Serenity
Sleepers

The Guide To Sleeping Productively

The Guide To Sleeping Productively

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Foreword

Chapter 1:

Introduction

Chapter 2:

The Importance of the Right Sleep

Chapter 3:

Watch What You Drink

Chapter 4:

Understand That Exercise Is Important For Sleep

Chapter 5:

Watch What You Eat

Chapter 6:

Learn the Importance of Winding Down

Chapter 7:

Learn How to Set a Sleep Schedule

Chapter 8:

***Understand How to Make Your Room Sleep
Friendly***

Chapter 9:

Learn How to Shut Your Brain Off

Wrapping Up

When is it Time to Seek Professional Help?

Foreword

Sleep is defined as a state when the motor activity and senses are suspended; there is partial or total unconsciousness, and the voluntary muscles of the body are not active. It is more reversible than coma or hibernation, yet responds less to any kind of stimulus than silent wakefulness. Sleep is very important, as it is the rest cycle of the body. Get all the info you need here.



Super Serenity Sleepers

The Guide To Sleeping Productively

Chapter 1:

Introduction

Synopsis

Doctors say that this cycle is a heightened anabolic state—a certain period when the body produces new nervous and muscular tissue and bone. To put it simply, this is a period when the body grows and being repaired.



The Basics

Sleep is triggered by a group of hormones in the body. These hormones react to cues within the body and in the environment. There is an approximate 80 percent of sleep time without dreams. This stage of dreamless sleep is referred to as NREM which stands for non-rapid eye movement. Dreams occur primarily during rapid eye movement or REM.

During non-rapid eye movement sleep or NREM, the breathing and heart rates are slow and the blood pressure goes down. Based on the Rechtschaffen and Kales standardization of the year 1968, NREM was divided into 4 stages. However, it has been reduced to 3 by The American Academy of Sleep Medicine in 2007.

Stage 1 – This stage mostly occurs in the start of sleep wherein theta wave emerges while alpha waves vanish. Those who are aroused from this stage believe that they have been completely awake. It is also in this stage when the body experiences hypnic jerks.

Stage 2 – In this stage, dreaming is rare and no eye movement takes place. The sleeper may also be wakened easily.

Stage 3 – This is also referred to as slow-wave sleep or SWS, wherein deep sleep takes place. This is also the stage when dreaming occurs. However, the content of slow-wave sleep is likely to be less memorable, less vivid and disconnected than those in rapid eye movement sleep.

On the other hand, rapid eye movement sleep also known as REM, is a normal phase of sleep making up between 20% and 25% of the whole sleep time. Apart from the swift movement of the eyes, this stage is also characterized by low muscle tone.

Human beings usually experience 4 to 5 REM sleep periods during a usual full session of sleep, and the last is longer than the first one. According to sleep experts, the brain neurons are as dynamic during rapid eye movement sleep as they are when the body is awake. However, atonia, a relaxed state of the skeletal muscles, makes the body paralyzed during REM.

In the succeeding chapters, you will know more about sleep and how to make the most out of it.



Chapter 2:

The Importance of the Right Sleep

Synopsis

According to National Sleep Foundation, all people need to get the right sleep because this is how the body recuperates all the energy it has lost after a tiring day.

Well, this is a no-brainer, so you don't need an expert organization to tell you how important sleep is. Some of the common signs of lack of sleep are incapability to multitask, disinhibition, slowed speech, impaired memory, moodiness and irritability.

Disinhibition pertains to poor risk evaluation and lack of self-control. It commonly results to a reduced ability in managing or editing their response to a certain situation.

The amount of sleep humans need greatly varies with every person, yet on average, an adult must have 8 sleeping hours. Some people have the ability to do well in school or at work with only 6 hours of sleep, while others require 10.

How Sleep Deprivation Can Affect the Body

Psychologists and scientists who conducted study on sleep disorders have found out that sleep deprivation can have an adverse effect on the following:

Metabolic Functions – The processes required for a living organism's maintenance.

The Immune System – This system is a defense mechanism that is made up of a large network of organs, tissues, and cells working together to give the body shield from any infectious organisms like toxins, parasites, viruses, microbes and bacteria.

Cardiovascular System – This system comprises of capillaries, blood and heart vessels, veins and arteries. It transports gases, metabolic wastes, hormones and foods to and from the cells.

Nervous System – The brain, an integral part of the nervous system, controls everything concerning the body such as fundamental functions, sensations, emotions, thoughts and actions.

There are so many reasons as to why people need to get a good night's sleep. In fact, it is not just designed for the physical health, but for the mental, social, emotional and spiritual health as well.

By simply having a good quality sleep every night, the quality of your life will also improve. However, this will only be possible if you will fix

your lifestyle and eat a balanced diet. In other words, the quality of sleep you will get will depend on the everyday choices you make and on how you live your life.



Chapter 3:

Watch What You Drink

Synopsis

Have you ever noticed that you feel energized or sleepy after drinking certain things? Well, that is simply because the drinks you consume can affect the quality of your sleep. Just like other human beings, you have the right to sleep soundly at night. So, read the succeeding paragraphs to know the worst drinks that will rob you off a good night's sleep.



Drinks

Coffee

You surely know for a fact that the main ingredient in coffee is caffeine. This is popularly known as the most common drug in the world because it is a stimulant which works by increasing the body's energy levels. Research shows that coffee drinkers suffer from a wide range of sleep disorders such as apnea, insomnia and narcolepsy.

If you can't resist drinking coffee, maybe now is the right time for you to give it up. Yes, it can make you energetic the whole day, but it can make you feel restless the moment you go to bed. If you don't want to be a living zombie, say goodbye to coffee now!

Alcohol

It is believed that drinking alcohol before going to bed will make you feel relaxed and easier to enter dreamland. This may be true to others, but studies show that this beverage can disrupt sleep and increase your tendency to snore. According to London Sleep Centre scientists, it acts as a sedative, but can disrupt the body's sleeping pattern.

Those who sleep under the influence will feel like they have been in a deep sleep, but they have actually been deprived of rapid eye movement (REM) sleep.

What is alarming nowadays is that so many people have become dependent on alcohol in order to sleep. Experts claim that this is very dangerous to the body because it can lead to addiction and worse, insomnia.

The Relationship of Alcohol and Snoring

Many people think that by drinking too much alcohol, they will immediately fall into a deep sleep. As aforementioned, since it is a sedative, it can cheat the body out of good quality sleep. This is the reason why people who drink alcohol still get tired right after 8 to 9 hours of sleep.

Studies show that alcohol can turn a non-habitual snorer to a habitual one and worse, it can increase his/her tendency to suffer from apnea. This is because alcohol makes the tissue around the nasal passages and throat relaxed, thus making the soft tissue to vibrate and move.

So, what does this study mean? Well, if you have an important meeting or event to attend to the next morning, the best decision you could ever make is to forget about the nightcap. If you want your life to be on the right track, you should say no to the things that can harm your body. Alcohol is one of them.

Chapter 4:

Understand That Exercise Is Important For Sleep

Synopsis

One of the most common sleep disorders that are experienced by millions of people around the world is insomnia. This is defined as the incapability to sleep, not depending upon the number of your sleeping hours, but on your sleep's quality and how you feel the moment you wake up in the morning.

Thus, even if you were able to sleep 8 hours during the night, but feel tired when you wake up, that means you have insomnia.

People suffering from this pesky sleeping disorder usually resort to medication, as it is convenient and offers quick results. However, the major drawback of medicines is that they can be very addictive.

Good thing, there are some healthy alternatives that can help you to be free from insomnia without spending a fortune and exposing your body to risks and side effects.

Thanks to Exercises

By simply stretching your muscles and moving your joints, you will no longer feel like you are a living zombie due to the inability to sleep. The following are some of the most ideal exercises that will give your body a boost and set your sleeping pattern on the right track:

Stress Relaxation Exercises - The key to having a good night's sleep is relaxation. One of the most common and effective relaxation strategies is to count backwards. In doing so, the excessively active neuron activity in the brain will be deactivated, so you will become bored and go off to a deep slumber. But wait. If you don't want to count backwards, just count sheep instead.

Breathing Exercise – You can also perform a deep breathing exercise involving the ribcage, lower back, lower abdomen and chest. By simply inhaling deeply and fully, the parasympathetic nervous system which controls relaxation will be affected. This will result in sleep and comfort. In addition, since you are inhaling more oxygen amount, the supply of your blood increases within your brain and body. As a result, the essential nutrients which aid you to sleep better, properly flows to your brain. This exercise is taught in Art of Living and Reiki.

Muscle Relaxation Exercise – This is by far the simplest exercise that can help you avoid insomnia. All you need to do is tense your

muscles to the toes and relax them suddenly. When all your muscle groups are relaxed, you will not find it hard to enter dreamland. Acute stress will cause your muscles to have high tension. So, when your muscles are relaxed and tensed, the level of tension will drop below the normal level, thus helping you achieve a higher level of relaxation. However, you must be comfortable prior to performing this kind of exercise.

Meditation – This is another effective exercise that can treat your insomnia. All you have to do is work on the basic meditation aspect whereby you are concentrating on your breathing, on an object or on a word. This activity will pave the way for you to have peace of mind and relaxation. Bear in mind that visual imagery is a great strategy that will aid you to distract your mind from your current problems.

If you are an insomniac, the abovementioned exercises will pave the way for you to experience the deepest and most relaxing slumber ever. So, why don't you exercise your mind and your body regularly? You will surely love the benefits.

Chapter 5:

Watch What You Eat

Synopsis

Sleeping and eating have more in common than their shared standing as fundamental biological functions. The quality of your sleep has a great impact to your eating pattern; eating certain foods can have a great impact to the quality and time of your sleep patterns. See the relationship? Therefore, eating a balanced and healthy diet can enhance your sleep, and vice versa.

In the succeeding paragraphs, you will be able to know the best and worst foods that can positively or negatively affect your sleep time and quality.



Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

