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by Neville Amis

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About The Author

Neville Amis had undiagnosed sleeping problems for a few years.

They affected his health, relationships and his ability to do his work to the standard he was really capable of.

Neville was told by his doctor that a lack of quality sleep was a major factor affecting his life.

He made fixing his problems a priority instead of continuing to accept that his constant tiredness and frequent minor illnesses were a price he had to pay for his fairly successful career.

He started to make simple changes and was amazed at the improvements he felt in himself and his interaction with those around him.

Neville realized that many people were also suffering from various sleeping problems. Some were, like him, unaware that they didn't have to accept them as part of their lives.

Others were unable to find ways to deal with their problems.

So, Neville did some research on the best information about sleep problems and how to control or remove them.

"I wanted my book to help people that were suffering in their work and relationships as I had been."

"This is a plain language guide by an average person who has started to reap the rewards from dealing with his own sleep problems."

"I hope it will be as helpful to other people in that situation."

Introduction



As the pace of our daily lives and the pressure on us increases while we try to produce quality work and provide for our families, many people find that their sleep suffers.

Often, people will give up some of their sleep to have more “productive” time. They don’t realize that those periods of sleep play a vital part in our lives.

Getting a good night’s sleep regularly is vital for ensuring that you feel your best and perform at your best.

But, few people accept that this is very important. Many still believe the old theory that sleep is a necessary nuisance and a blank hole between the important productive and enjoyable parts of our busy lives.

Despite the research to the contrary, many people think interrupted sleep is normal in the modern world.

Sleep provides our brain and various systems essential time for rest, repair and improvement of our physical and mental resources. Many of the benefits which uninterrupted, restorative sleep are needed for are still not fully clear.

But, we cannot be at our best if we reduce our sleeping time or accept that interrupted sleep is a normal part of modern life. These attitudes can prevent us from achieving anything like our full potential and even damage our health over time.

I used to think like the need to trade-off my sleep for my success too. It is perhaps the biggest barrier to reducing the impact which poor sleep and its consequences have an on our health, family life, work performance and the national economy.

When I stopped accepting poor sleep as a consequence of my lifestyle, I started looking for ways to help improve my situation.

I’ve written this book to give you the latest information I found.

Not every suggestion will be something which specifically relates to you. But, I believe that you will find many things which will help you to improve your own sleep and assist family members with any related problems that they may have.

This book is a result of my personal journey to improve my own sleep. After I started to experience the difference in my own life, I used the research skills which I’d used as an instructor and writer to find out more about the whole subject.

I give you an overview of points you should discuss with your doctor or other medical professional. I’ve also included explanations of some common terms to help you to understand why they ask you the questions and use their advice to get the most benefit.

This book will also help you to recognize signs which should be checked by a doctor. These signs are often accepted as part of the price we pay for our busy professional and personal activities.

When you finish reading this book, you can look forward to better rest and that can often translate into greater success in your personal and business lives.

I know that was my experience.

Neville Amis

The Importance of Sleep

For all the research over many years, we don't know the whole story of the benefits which we get from following a proper pattern of sleep and activity.

But, research with rats showed that reduced sleep has lasting effects which increase with the level of the short-fall in quality sleep.

The National institute of Health in the U.S.A. reports that rats which were not allowed to have any Rapid Eye Movement (light) sleep lived just a few weeks, but their normal life span would have been about two years!

Sleep provides benefits for the proper operation of our body's nervous system, but the exact nature of the relationship is not fully clear yet.

Researchers say that an essential growth hormone is released when young people are in the light R.E.M. phase of sleep. Obviously, anything which causes interruption or loss of this phase can have serious consequences.

Researchers say that the areas of the brain related to learning are stimulated during the R.E.M. stage. That may explain why infants seem to have much more of this sleep phase than older humans.

If someone cannot get adequate R.E.M. sleep, it has an effect on their ability to retain information which they have recently acquired. If people are taught something and then allowed to sleep, but not allowed to get any R.E.M. sleep, they will probably not be able to remember the new information which they got just before their sleep session.

If they are allowed to sleep and their non-R.E.M. sleep is interrupted but they get some R.E.M. sleep, they will probably be able to recall and use the new information.





This is a strong indication that a good sleeping pattern can be important for anyone that is learning new information or skills, whatever their age.

Adequate sleep is also important for people when they are operating machinery or involved in any complex, critical decisions.

The wider community has many examples of the problems caused when people are encouraged to sacrifice sleep and its benefits in favor of longer working hours and higher productivity.

For individuals, that can mean lower quality production, reduced quality of life and a significant rise in the number of accidents.

How Much Sleep Do You Need?

The amount of sleep that you need depends on many factors which do not affect every person to the same degree.

Although there are figures which are commonly accepted as healthy for the average person, there is a wide variation in what different people can get used to while still performing their work and keeping up with their social and family activities.



Babies seem to need up to sixteen hours of sleep each day.

Teenagers can operate well with about half that.

Most adults also operate best when they get about eight hours a night.

Particular individuals may need an hour less than that and some will need more. It is hard for us to judge what is best for ourselves. Our thinking and decisions are affected by our personal desires and peer pressures to fit many social and business commitments into each day.

Because of these pressures, most people will probably sleep more lightly and often for shorter times as they grow older. This does not take account of the fact that the demands on our aging bodies and mental abilities still require as much quality sleep as before.

If we nap rather than get sufficient sleep to enjoy complete sleep cycles, the benefits of that sleep are greatly reduced.

Everyone will also, naturally, need more sleep when (or very soon after) we are under extra stress but, of course, that is not usually available to us at those times.

Research suggests that we start to incur a “sleep debt” when we cut down too much from the amount which our body really needs.

Teenagers usually think that they really only need a fraction of eight hours each day. Their youthful strength and attitude can mask most effects for a while but there will be a reckoning to some degree later on.

Another important factor is whether we look after our health. If we have a regular exercise program and follow a good diet, this can help to reduce the effects of insufficient sleep, but only to a degree.

If we do not look after ourselves, then we are likely to suffer some serious consequences in the future.

Our ability to deal with the demands we put on our bodies will be reduced and all areas of our lives will be poorer because of that.

It is inevitable that the sleep debt which someone has will affect their mental and physical capacity after a while unless they get some extra quality sleep so that they can reduce their “sleep debt”.

Effects of Sleep Loss

A lack of appropriate periods of quality sleep will affect your energy level and quickly show in poorer levels of work performance.



Sleep deprivation will affect your ability for doing any activity which involves hand-eye coordination and focused physical activity, such as driving, playing sports or operating equipment.

Your interaction with your family, colleagues and other people will also suffer.

Although the symptoms you have may not become worse in the short term, the effect on your health and lifestyle will only increase if you do not do something to improve the situation.

Common signs of a sleep debt include:

- Having difficulty with focusing your eyes
- Faulty short-term memory
- Frequent yawning

Deprivation can be Torture!

This is an example of the serious effect which loss of sleep can have.

One of the most common methods used by interrogators through the centuries is to deprive their victims of sleep.

This involves preventing them from being able to sleep.

Most of us will be aware of the effect that can have on us when we deliberately go without sleep to have more time for parties and other social events, or try to complete some important work objective. It is clear that the effect would be much greater if someone was under the control of their enemies.

They also let them fall asleep but wake them up at frequent, irregular intervals. This affects the quality of all the sleep which the victim gets because they never know when they will be woken again.

This also prevents them from having any deep, restorative sleep.

It has proved to be very effective, causing distress and disorientation which makes the victim more likely to give the questioners the information they are looking for.

This sort of treatment leaves no marks or injuries but the emotional and physiological effects are great and tend to be long-lasting.

When people, soldiers and civilians, are trapped and subjected to bombing or artillery bombardment in any conflict, they are unable to get regular sleep.

Soldiers who were sent back to hospitals from the trenches during the First World War were given psychiatric help and the opportunity to sleep safely each night. Many were judged to be ready for returning to combat in a remarkably short time.

Sometimes, those decisions might have been influenced by the urgent demand for more soldiers in the combat area. But, it seems that the recovery period was often unexpectedly short.

The specialists probably claimed much credit for that but their methods were fairly basic at that time.

It is likely that much of the benefits came from restoring the soldiers to an area where they could be sure of safety while they slept.

Get a Check-up

Self diagnosis has only limited value. It can encourage you to make changes to your daily routines, diet or to start an exercise program.

But, the things you notice and relate to your sleeping problems may sometimes also be indicators of the possible presence of other, more serious conditions and even diseases.

It is well-known, for instance, that people often ignore the signs of insomnia, the most common sleep disorder. They may feel that it is something they just need to put up with or they may not want to invest the time and money going to the doctor.



But, insomnia and some other sleep problems should be checked by a doctor to eliminate the possibility of more serious conditions and also ensure that any treatments or procedures you use for your sleep problems are safe and appropriate.

Sometimes your doctor may order a sleep test to have your symptoms checked in depth.

The risks to yourself are just one reason for getting a professional check-up or asking your doctor’s advice during your next appointment.

Some studies suggest that physical coordination and mental fitness of people with severe sleep deprivation may sometimes be as bad as someone who has had too much alcohol!

Sleep deprivation can increase the possibility of the affected person being involved in an accident which is dangerous for them and everyone around them.

The presence of a significant sleep debt can magnify the effects of alcohol someone has consumed. Many of the over 100,000 traffic accidents caused by driver fatigue in the U.S.A. every year are probably caused by sleep deprivation and other sleeping problems.

Sleep Problems

This section explains the most common sleep problems, their causes (where known), effects and possible treatments.

It's important to realize that some problems can cause similar symptoms and no book can be an effective alternative to a check-up by a qualified professional.

My intention is that my ebook will give you the best information I have been able to locate about the various problems to inform and reassure you.

It will also help you to understand what your doctor says and guide you when you start your road to recovery and the better life you deserve.

Insomnia

Signs: You probably have insomnia if you cannot fall asleep when you are ready to, or keep waking up when you would reasonably expect to be able to stay asleep.

Another sign is when you cannot fall asleep as quickly or smoothly as you have been used to.

You probably have insomnia if you have had a regular amount of sleep but feel you have not had much rest.

Description: Insomnia is probably the most widespread sleeping problem.



Insomnia is a condition, not a disease. It is not believed to cause the onset of any disease. But, studies made about the occurrence of insomnia in people that have particular diseases suggest that insomnia is more common with people that have certain diseases than in the general population.

Most people are affected by insomnia at some time.

More women seem to have insomnia than men; but that may just be a result of women being more likely to tell their doctor about their symptoms and seek advice than men.

Although insomnia can affect people of almost any age, older people have insomnia more often.

Some researchers claim that as many as ten percent of all Americans have chronic or persistent insomnia.

Figures for insomnia in the U.S.A. are much higher than many other countries; but researchers believe that the actual occurrence of insomnia is not much different in most developed countries.

The main reason suggested for the difference in the figures is the different criteria which the various countries use for collecting their information. The

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