

# THE IMPORTANCE OF SLEEP

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## DO YOU OR ANYONE YOU KNOW HAVE SLEEP ISSUES?

Sleep labs are found in most Medical Centers as sleep disorders are very common. If unattended, sleep issues may lead to a whole set of medical issues.

## WHAT DO RESEARCHERS KNOW ABOUT SLEEP?

The average adult needs about seven to nine hours of sleep each night, but most of us don't even get that much [1]. More than one-third of Americans sleep fewer than seven hours a night, affecting their ability to concentrate [2].

## WHY IS SLEEP THAT IMPORTANT?

Clearly, sleep is critical to rebuilding the body and maintaining a functional state, all kinds of damage appear to occur. If we are unable to replenish and replace new cells, that's going to lead to degenerative diseases [3]. The immediate effects of skimping on sleep are obvious. You're groggy, unfocused, sluggish and dying for a nap (or a second cup of coffee). Then there are the sneakier signs you're overtired: You're overly emotional, starving and clumsier than usual. Most of the time, a solid night's sleep will solve all these problems.

Researchers observed that after just seven nights of too little sleep, there were more than 700 genetic changes that could play a role in consequences including heart problems, diabetes and obesity. Some changes affect our inflammatory, immune and stress responses [4]. Other changes are connected to our circadian rhythms (body's internal clock of wake & sleep cycles), metabolism and stress response – in essence, these genes disrupt the body's ability to regulate itself, return to balance while sleeping.

When people don't get enough sleep, have poor-quality rest, or sleep at the wrong times of day, they are at a higher risk of heart disease, kidney disease, high blood pressure, obesity, diabetes and depression [5].

## **Insufficient Sleep is linked to 7 major issues:**

### **1. Obesity**

Partial sleep deprivation is associated with obesity and alters our food intake by disrupting key hormones involved with regulating metabolism and appetite.

*“Reduced sleep may disrupt appetitive hormone regulation, specifically increasing ghrelin [a hormone that triggers hunger] and decreasing leptin [the hormone that tells your brain you're full] and, thereby, influence energy intake. Increased wakefulness also may promote food intake episodes and energy imbalance,”*

### **2. Hypertension**

A study found a strong link between sleep quality and a type of high blood pressure known as resistant hypertension, which does not respond to typical drug-based treatments [6].

### 3. Diabetes

#### 4. Accidents due to decreased alertness

Lack of Sleep Increases Teen Sports Injuries

If you have a teenager who plays sports, make sure you get a restful night's sleep. Teen athletes who slept for eight or more hours each night were 68 percent less likely to get injured than those who slept less [7].

**5. Immune system impairment** makes the body more susceptible to cold, flus and even more tired [8].

**6. Cancer** – chronic acidosis from various factors including chronic stress.

**7. Cognitive Problems:** brain fog, forgetfulness, irritability, lack of focus & depression [9].

A healthy brain requires plenty of restful sleep, not only to support proper memory retention but also for physical maintenance and detoxification purposes. Getting a good night's rest is absolutely vital for brain cells to fully relax, allowing special fluid to rush in the brain and literally flush out material toxins during the night [10].

The glymphatic system, which activates during sleep, is the brain's ultimate detoxifier. Much like how the lymphatic system clears out metabolic waste from the rest of the body, the glymphatic system takes care of the cellular trash that otherwise builds up in a person's brain and impairs neurological function [11].

**Editorial note:** As we age, the brain develops inflammation. This is most likely due to the accumulation of toxins from the air, soil, food, pharmaceutical drugs, shots as well as electromagnetic pollution we are bombarded with on a regular basis. So it is crucial to be able to engage the glymphatic system to clear out the toxins while we sleep at night thus avoid a toxic brain and neurological system.

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