

Sweet Sleep Right Now

Compiled Tried and Tested Bedtime Tips to a Sound and Restful Sleep



DISCLAIMER AND TERMS OF USE AGREEMENT

The author and publisher have used their best efforts in preparing this report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

EVERY EFFORT HAS BEEN MADE TO ACCURATELY REPRESENT THIS PRODUCT AND IT'S POTENTIAL. HOWEVER, THERE IS NO GUARANTEE THAT YOU WILL IMPROVE IN ANY WAY USING THE TECHNIQUES AND IDEAS IN THESE MATERIALS. EXAMPLES IN THESE MATERIALS ARE NOT TO BE INTERPRETED AS A PROMISE OR GUARANTEE OF ANYTHING. SELF-HELP AND IMPROVEMENT POTENTIAL IS ENTIRELY DEPENDENT ON THE PERSON USING OUR PRODUCT, IDEAS AND TECHNIQUES.

YOUR LEVEL OF IMPROVEMENT IN ATTAINING THE RESULTS CLAIMED IN OUR MATERIALS DEPENDS ON THE TIME YOU DEVOTE TO THE PROGRAM, IDEAS AND TECHNIQUES MENTIONED, KNOWLEDGE AND VARIOUS SKILLS. SINCE THESE FACTORS DIFFER ACCORDING TO INDIVIDUALS, WE CANNOT GUARANTEE YOUR SUCCESS OR IMPROVEMENT LEVEL. NOR ARE WE RESPONSIBLE FOR ANY OF YOUR ACTIONS.

MANY FACTORS WILL BE IMPORTANT IN DETERMINING YOUR ACTUAL RESULTS AND NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE RESULTS SIMILAR TO OURS OR ANYBODY ELSE'S, IN FACT NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE ANY RESULTS FROM OUR IDEAS AND TECHNIQUES IN OUR MATERIAL.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent professional should be sought.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Table of Contents

Introduction	5
Importance of Sleep	5
The Sleep Process	5
Causes of Sleep Deprivation	6
Sleep Apnea	7
Narcolepsy	8
Somnambulism	10
Insomnia	10
Effects of Sleep Deprivation	12
Behavioral Effects	13
Physical and Other Dangers	13
Sleep Tips for Better Sleep	14
It's Bedtime!!!	14
The SOWS Trick	15
Sleep Rituals	15
Rrringgg!!! Rrringgg	16
The Flower Therapy	17
Weight Control	17
Correct Posture	18
No TV's and reading Materials	18
The Benefits of a Warm Shower	19

Taking Naps	19
The Bedroom Atmosphere	21
Eastern Meditation	21
Healthy and Active Lifestyle	22
No Smoking Allowed	25
Relaxation Therapies	25
Relax and Lighten up	30
The Significance of Water	36
Drink Milk	38
Stay Away!!!	38
Munchies That Help	39
Stay Away from Allergies	41
Food Nutrients	42
Sleeping Pills	45
North, South, East, West	46
Sunlight	46
The Sleep Hormone	47
Avoid Looking at the Clock	49
Stomach Massage	49
Hot & Spicy	50
1, 2, 3, Zzzz	50
Lullaby	50
The Best Thing to Do	51

Introduction

Before we go to the battle and fight sleep deprivation, let me first prepare you and equip you with knowledge on what sleep and sleep deprivation really is.

Importance of Sleep

Having sleep is very important to us. It is very essential because sleep gives us the required energy to live another stressful day. It also gives us the time to rest, relax, and forget our worries and anxieties. Sleep also helps maintain our body healthy and keeps our memory sharp. It is as important as to eating and drinking so we should give extreme attention to our sleeping habits. Without sleep, our body will not function well.

Unfortunately, other people do not get enough sleep. They experience lack of sleep due to too much work; while others undergo sleep disorders that forbid them from getting enough sleep.

The Sleep Process

As we fall asleep, we enter the transition sleep called Stage 1 and begin our first sleep cycle. Within a few minutes we go into our Stage 2 sleep. Stage 2 sleep is where the other three stages come from. Within 15-20 minutes we have gradually evolved into Stage 3 then Stage 4 sleep. Stages 2, 3, 4 are called delta sleep or NREM (non-rapid eye movement) sleep. Our respiration and heart beat slowdown during these 4 stages. Our body also becomes immobile. After almost half an hour of NREM sleep, our brain goes loco and we go back to stage 2 sleep and then go to REM (rapid eye movement) sleep where our brain becomes very active and our respiration and heart rate increases again. This is the stage where our dreams occur. Our eyes also move in all directions under our eyelids. The REM sleep will happen for only about 10-20 minutes and then goes back to stage 2 again. This marks the end of the first sleep cycle and then

starts all over again. As we start all over again we gradually lose our time for NREM sleep and replace it with longer alternating stage 2 and REM sleep and by the final sleep cycle, we will spend about half our time in stage 2 sleep and half in REM sleep. Sleep normally ends after six cycles.

Causes of Sleep Deprivation

There are different causes of sleep deprivation. Somniphobia, (fear of sleeping) anxiety or stress, environment noises, night shifts, and traveling from place to place can cause sleep deprivation. But the most common and well-known cause of sleep deprivation are sleep disorders, and the best known sleep disorder is insomnia.

Sleep disorders cause lack of sleep and excessive sleepiness (normally occurs during the day) too. However excessive sleepiness caused by sleep disorders is not healthy. They do not have good quality like the sleep normal persons have.

There are different types of sleep disorders:

Sleep Apnea

Sleep apnea is a disorder that involves the respiratory system. This sleep disorder is characterized by troubled breathing and this usually comes with loud snoring. Individuals who have this kind of sleep disorder normally experience this period of breathlessness at night. They do not get sufficient oxygen that their body needs to function normally. Sleep apnea may also be associated to abnormality in heartbeat or high blood pressure. Sleep apnea also gets worse as you grow older.

There are three types of sleep apnea and they are:

Obstructive Sleep Apnea

This is the most common among the 3 types. It is usually caused by a hindrance or blockade in the throat which is the passageway of oxygen. Sleep positions or bed patterns may cause this kind of sleeping disorder. Other factors may also cause this disorder like excess fat or being obese, inheritance, and too much alcohol intake before going to sleep.

Central Sleep Apnea

The second type of sleep apnea, central sleep apnea is caused by some irregularities or abnormalities in the part of the brain that controls our breathing. Usually, people with sleep apnea wake up at night for brief periods and breathe. Normally, they do not remember these brief periods when they wake up.

Mixed Sleep Apnea

As the name suggests, the person experiences both obstructive sleep apnea and central sleep apnea.

A person may already have sleep apnea if he or she experiences the following:

- Loud snoring
- Frequent urination at night
- Waking up at night with the sensation of being choked
- Waking up sweating
- Waking up at night panting for air

Narcolepsy

Narcolepsy is a situation where the person feels sleepy every time, even at an unanticipated time and place. It is frequently irregular and sudden. Narcoleptics also experience unmanageable sleep (also known as ‘micro sleeps’). They also lose control of their muscles. This event of losing control of your muscle is called cataplexy. In general, a person attacked by cataplexy collapses and undergoes sudden rush of emotion. Narcoleptics may also suffer from figment of imagination or hallucinations when they wake up.

One property of narcolepsy is that it interrupts the Rapid Eye Movement (REM) Sleep (also called dream sleep) untimely. During this stage of sleep, our body becomes tranquil and our brain becomes energetic and our eyes move hastily under our eyelids in all directions (see The Sleep Stages section for further details). Normal people who don’t have narcolepsy experience REM sleep when they have been asleep or sleep has been in progress for quite some time. But on the other hand, people who are narcoleptic experience REM sleep even if they are awake.

Some symptoms of narcolepsy include:

- Sleep paralysis
- Hallucinations
- Excessive feeling of sleepiness during the day
- Falling asleep even if you don’t want to

Somnambulism

Another kind of sleep disorder is somnambulism. It is also known as sleepwalking. Somnambulism is a sleep disorder that affects children from age’s four to twelve. Adults may also be affected by this kind of sleep disorder. It is a disorder wherein the sleeper stands up, walks, and do chores like ordinary awake people. Somnambulists commonly take out actions, such as looking for someone or

something, that reveal stressful events. Sleepwalking also comes with sleep talking. It is quite puzzling in the sense that the individual is awake enough to do ordinary tasks, but is not completely conscious of them. He doesn't even remember what he did during this period of sleepwalking

Generally, sleepwalking happens to a person during his or her deep sleep or the deep non-REM sleep. Although incidents of sleepwalking are short and not hazardous, some cases might engage in inflicting self-injury which will pose troubles or danger for the person sleepwalking.

Insomnia

Insomnia never comes to a man who has to get up at six o'clock

Insomnia only troubles those who can sleep any time.

- Elbert Hubbard (1856-1915)

The most common of all sleep disorders is insomnia. Many people experience insomnia where they do not get enough sleep and rest.

Insomnia is a condition where the person has a problem in sleeping. That person experiences complexity in establishing sleep. The person also finds it hard to stay asleep. Insomnia is often used in suggesting other kinds of sleep deprivation including circadian disorders, sleep apnea, narcolepsy, and others. Many people suffer from insomnia and are dispossessed of the benefits and welfare of sleeping.

Insomnia can be a symptom of other sleep disorders or other medical or psychological/psychiatric problems, and can often be treated. When insomnia symptoms occur more than a few times a week and impact a person's daytime functions, the symptoms should be discussed with a doctor or other health care provider.

There are three types of insomnia and they are:

Transient Insomnia

This type of insomnia is typically caused by excitement or stress and happens for a few nights only. This kind of insomnia is caused by acute stress, emotional problems, etc. causing emotional anxiety. A vigorous exercise before bedtime or poor health can also temporarily disturb sleep.

Short-term Insomnia

As the name suggests, this type of insomnia is described as insomnia that occurs for only a short period of time. It is believed that this type of insomnia is caused by stress.

Chronic Insomnia

The worst of the three types, this type of insomnia is characterized by poor sleep every night. It is also more compound and frequently results from a mixture of factors, as well as basic physical or mental disorders

Effects of Sleep Deprivation

The feeling of no sleep starts turning the body and the skull into a dried-out husk inside with a sour grease smoke like a tenement fire curdling in the brain pan.

- Tom Wolfe (1930 -)

All of the above mentioned disorders direct to one thing and that is sleep deficiency. Sleep deprivation is not good for our body. We require sleep in order to rejuvenate and to be able to feel refreshed and ready for a new day.

Behavioral Effects

Sleep deprivation has numerous negative effects. It may break our sleep neurons due to long times of sleeplessness causing it to malfunction. This will result to bad conduct or bad interaction or bad speech towards others.

Studies also illustrate that people deprived of sleep experience difficulties in thinking imaginative thoughts or terms. That person also suffers difficulties in delivering his or her declarations well. Without sleep, our brains grow weaker, and our actions and deeds will be affected.

Physical and Other Dangers

Lack of sleep also poses dangers to ones body. As we have learned earlier, lack of sleep damages the brain and causes behavioral damages and because our brain controls the other functions in our body, sleep deprivation may also damage them. Studies also show that people who lack sleep gets sick more often. Also, sleep deprived persons are prone to accidents (particularly car accidents). I have found out in the internet that around 200,000 accidents are caused by sleeping drivers on their sleeping wheels.

The person who experiences sleep deprivation may also suffer financially. Because the brain (again) is affected, the person produces low-quality work. This may cause him to be kicked out of office or fired by his boss.

Sleep deprivation may also affect the person mentally. Studies shows that people who don't get enough sleep experience difficulties in remembering things and expressing their thoughts creatively.

Researches also suggest that people who lack sleep seem to age quicker than those who get enough sleep.

Sleep Tips for Better Sleep

It's Bedtime!!!

Most individuals have the capacity of waking up the same time each day. Have you ever wondered how this came to happen?

That's because people are creatures of habit. You may have heard of this before and yes, it's true. However, there is a deeper underlying reason why we wake up and doze off at almost the same time everyday.

It's because of our body temperature rhythm. Our body temperature rises and falls the same time each day, regardless of when you sleep. Do you know that even when you go out partying and sleep at 2:00 a.m. on a Friday night, you would most probably wake up at the same normal time as you always did? You will also feel sleepy at the same time the next day.

That's why it is important to have a consistent bedtime schedule. If you don't, you'll ruin your own body clock. You can't "recover" for sleep you lose during the night by waking up much later in the morning (or even in the afternoon for some people). This will result in fatigue, restlessness, and even irritability.

The SOWS Trick

The trick is simple, the person is typically advised to set off to bed only when sleepy. If unable to fall asleep, the person is told to get up, hang about until sleepy, and then go back to bed. Later on the person's body will be taught to relate the bed and bed time with sleep. SOWS is a pneumonic that stands for the phrase "Sleep Only When Sleepy".

Sleep Rituals

Do you have any particular habit before going to sleep? For example,

To Finish this Ebook

[SIMPLY CLICK HERE](#)