

## Guillermou

Insomnia is a risk factor for numerous diseases, including common infections and autoimmune diseases. arterial hypertension, diabetes mellitus, obesity, depression or Alzheimer's disease and immune system dysfunctions - The relationship between sleep and immunity as well as stress is bidirectional, since inflammation can cause drowsiness, but also in some pathological conditions, Just like stress and a prolonged inflammatory response, it can also disrupt the circadian rhythm. As we age, it becomes more difficult to consistently achieve deep non-REM sleep, leading to a buildup of toxic proteins such as amyloid beta and tau in the brain, associated with Alzheimer's disease.

A study shows that slow and steady cardiac and cardiopulmonary activity, associated with deep non-REM sleep, is most optimal for glymphatic system function. Sleep deprivation causes immunosuppression plus susceptibility to SARS-CoV-2 infection. [www.mdpi.com/.../2159](http://www.mdpi.com/.../2159) (2022).----- [www.mdpi.com/.../904](http://www.mdpi.com/.../904) (2022).---- [www.tandfonline.com/.../23328940.2022.2109932](http://www.tandfonline.com/.../23328940.2022.2109932) (2022).--- [www.tandfonline.com/.../PPA.S398188](http://www.tandfonline.com/.../PPA.S398188) (2023).--- [www.sciencedirect.com/science/article/abs/pii/S0031938424000556](http://www.sciencedirect.com/science/article/abs/pii/S0031938424000556) (2024).-- [journals.physiology.org/.../jn.00429.2023](http://journals.physiology.org/.../jn.00429.2023) (2024).-- [safer.uct.cl/.../742](http://safer.uct.cl/.../742) (2025).-- [www.urmc.rochester.edu/news/story/3584/scientists-discover-previously-..](http://www.urmc.rochester.edu/news/story/3584/scientists-discover-previously-..) .----- [www.ahajournals.org/.../STR.0000000000000453](http://www.ahajournals.org/.../STR.0000000000000453) (2024).-- The composition and functionality of the gut microbiota are associated with the duration of REM sleep and continuous glucose levels. [academic.oup.com/jcem/advance-article-abstract/doi/10.1210/clinem/dgad..](http://academic.oup.com/jcem/advance-article-abstract/doi/10.1210/clinem/dgad..) (2023).--

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The relationship between intestinal health and sleep quality is reciprocal. Lack of sleep harms the hormonal control of food intake, the immune system, stress, etc., and has an impact on your intestinal health. An altered microbiota causes greater systemic intoxication and sleep deregulation. Probiotics and prebiotics, from fermented foods and food fibers, are essential for sleep regulation. Current contributions have described several underlying factors that could be involved during sleep, such as the immune system, the vagus nerve, the neuroendocrine system and bacterial metabolites.

[www.theguardian.com/lifeandstyle/2018/mar/19/is-your-gut-keeping-you-a..](http://www.theguardian.com/lifeandstyle/2018/mar/19/is-your-gut-keeping-you-a..) (2018).---

[www.sciencedirect.com/science/article/abs/pii/S0361923021003610](http://www.sciencedirect.com/science/article/abs/pii/S0361923021003610) (2022).--

[link.springer.com/.../s40168-022-01452-3](http://link.springer.com/.../s40168-022-01452-3) (2023).--- [www.mdpi.com/.../9603](http://www.mdpi.com/.../9603) (2023).- --The risk of colorectal cancer was higher in patients with sleep disorders (OR= 1.29). The risk of colorectal cancer was higher in patients who have sleep disorders with depression compared to those without the condition (OR = 5.69).

[iv.iijournals.org/.../573.abstract](http://iv.iijournals.org/.../573.abstract) (2019).-- [www.mdpi.com/.../4547](http://www.mdpi.com/.../4547) (2023).--- Sleep disorders associated with prostate cancer risk. The overall incidence of prostate cancer was higher (OR=1.42).

An age-specific analysis revealed a 1.35-fold increased risk of prostate cancer in patients over 65 years of age. Also in another study, taking a regular nap was associated with a lower risk of prostate cancer. [bmccancer.biomedcentral.com/.../s12885-019-5361-6](http://bmccancer.biomedcentral.com/.../s12885-019-5361-6) (2019)

[onlinelibrary.wiley.com/.../pros.24345](http://onlinelibrary.wiley.com/.../pros.24345) (2022)

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## juststeve

Gui, some are finding gadgets producing brown, green, pink or rain sounds shuts down or off brain chatter. But don't know if there are trustworthy studies as to how or if these may affect the many complex systems involved with a quality deep cleansing sleep.

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## Guillermou

Just, listening to music not only makes you feel good, it's also good for you. Studies have shown that music can help reduce anxiety, lower heart rate, boost the immune system, and improve mood and memory. It's a simple and fun way to promote overall well-being and can be particularly effective in improving sleep. Music can improve sleep quality: Studies have shown that listening to relaxing music before bed can help reduce sleep latency (the time it takes to fall asleep), increase sleep duration, and improve sleep quality . The key is in the tempo and rhythm of the music. Slow, steady rhythms can help slow our breathing and heart rate, signaling to our body that it's time to rest.

Music can reduce insomnia: The relaxing effects of music can make it easier for people with insomnia to fall asleep faster and sleep longer. Fewer disturbing awakenings help you spend more time in deep, restful sleep than in light sleep. Try peaceful composers like Chopin, Satie, Mozart or Debussy. Beethoven's Moonlight Sonata and Mozart's Piano Concerto No. 2 have been found to successfully induce sleep in several studies. [www.calm.com/.../best-music-to-fall-asleep-to](http://www.calm.com/.../best-music-to-fall-asleep-to)

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## juststeve

The Classics. Loved them just as much as any of the top ten, forty of the day when a kid and to this day. :) )

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## Almond

It is not always the quantity, but the quality. How rapidly you relax and enter deep sleep matters. Some people may find that a bedtime prayer settles the mind. If not, maybe just reflect on everything you have to be grateful for.

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## Piw6958

The military has information they use to help the soldiers get good sleep, Relax your whole body from the head to the toes, breathe deep with your mouth, exhale slowly. Blank your mind, pretend you are in a hammock gently swinging or lying in a boat floating on a gentle stream, if you begin to think, stop yourself by thinking "don't think, don't think, slowly again and again for 15-30 seconds, If you can't get to sleep because of a racing brain, after 15-30 minutes, get up and either read in subdued light for 20 or 30 minutes, or work a bit of a crossword, then return to bed and sleep. If this does not work, try taking 1 milligram of melatonin 1 hour before bed or some valerian root caps.

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## Catryna

At almost 75, I have never had a problem going to sleep. In fact, it's a standing joke that if my husband doesn't immediately kiss me good night it won't happen because I fall asleep within moments of my head hitting the pillow. I usually fall asleep between 9-10pm and wake between 3:30-4am. Even as a child I required less sleep than others my age and that was true of one of my brothers, but not the rest of our 5 siblings. Our mother hated the fact that we were awake an hour or two before her. But, she always had a plan; an early morning snack we could grab quietly and watching cartoons. Although, we would invariably try to get into the cookie jar unsuccessfully without waking her. Stupid kids.

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## LSquare

Up until age 45 or so, it took forever to fall asleep, and then an act of God to wake me up (I literally slept thru an earthquake in San Diego in the early 90's). Now, I go to sleep earlier then ever, but then wake up to pee 4 or 5 hours later, and have had just enough sleep to not be able to fall back asleep. Sadly, I'm up long before the alarm at least 80% of the time. I'd try and limit drinking later at night, but I have meds to take for the foreseeable future.

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## **grulla**

Welcome to my world. Waking up to pee in the middle of the night is the least of my problems. My 16 Y.O. wire-haired Griffon, Maggie, needs to go out to pee, and maybe poop as well at night, and the two events don't usually coincide. Sigh.

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## **LSquare**

I sympathize, Grulla, but I'm certain that you are Maggie's whole world right now in her very senior years, so it's surely a labor of love, and one that you will probably miss in the not-so-distant future :-)

Posted On 04/04/2024

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## **grulla**

True dat. :-)

Posted On 04/05/2024

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## **boo7619**

I bought Dr. Mercola's faraday cage and now reach deep sleep.

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**mjgill1**

Based on your recent report and article, I was under the impression that you moved everything away from a paywall and back to a searchable database on your website. I went to read the "50 ways" and it's behind a paywall. Thanks for all of the great content over the decades. Been reading since around 03.

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### **Dr. Mercola**

All Substack articles are now available on this site for free. Merely use search engine at the top of the page to find it

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### **BernadetteGately**

After sitting up to do a little meditation, I nearly always go straight to sleep, However, at 79 years, i do have to get up during the night to go to the toilet to urinate. Sometimes it takes me a while to get back to sleep. Thanks Dr. Mercola, I will try the 4 - 7- 8- pattern of breathing.

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### **Guillermou**

Good practices for falling asleep avoid serious health risks. At 74 years old, I also use meditation. Sleep disorders associated with prostate cancer risk. The overall incidence of prostate cancer was higher (OR=1.42). An age-specific analysis revealed a 1.35-fold increased risk of prostate cancer in patients over 65 years of age. Also in another study, taking a regular nap was associated with a lower risk of prostate cancer. [bmccancer.biomedcentral.com/.../s12885-019-5361-6](https://bmccancer.biomedcentral.com/.../s12885-019-5361-6) (2019) [onlinelibrary.wiley.com/.../pros.24345](https://onlinelibrary.wiley.com/.../pros.24345) (2022)

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## HealingMindN

I go so much at night, I could be tapped and placed at one of those all night bars.

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