

## Guillermou

**ASHWAGANDHA, INCREASES THE QUALITY OF SLEEP AND MUCH MORE..** Withania somnifera, also known as Ashwagandha, is an Indian herb, which can be beneficial for the treatment of insomnia. It has been used since ancient Mesopotamia for its medicinal properties and improved sleep. Ashwagandha is regularly used, in Ayurvedic medicine, as a treatment for any number of ailments. Ashwagandha can regenerate the hormonal system, and to promote healing. It is also a rejuvenating herb, which nourishes and clarifies the mind. It is also very calming, and allows you to enter into a state of deep sleep.

A study published in the Journal of Psychological Medicine of India in 2014, found that ashwagandha, is extremely useful in reducing stress and side effects. People suffering from stress, who took ashwagandha, had lower levels of cortisol. Since emotional stress can be a major contributor to insomnia, using Ashwagandha to reduce stress can help improve sleep. This herb has also been found to directly improve sleep by increasing GABA activity. According to a study published in Phytotherapy Research in 2014, Ashwagandha, is effective in the treatment of Alzheimer's disease. There are several chemicals in ashwagandha, which contribute to improving the production of acetylcholine, the main transmitter of neural signals. This in turn improves cognitive skills, including thinking, concentration, depression and memory. Ashwagandha has a wide range of health benefits: antioxidants, anti-inflammatory, immune, anti-stress, soporific, antidiabetic, antibacterial and anticonvulsive immunostimulants.

Effect of Withania somnifera on sleep-wake cycle in sleep-disturbed rats: Possible GABAergic mechanism  
[www.ncbi.nlm.nih.gov/.../PMC3040882](http://www.ncbi.nlm.nih.gov/.../PMC3040882)

Exploratory study to evaluate tolerability, safety, and activity of Ashwagandha (Withania somnifera) in healthy volunteers  
[www.jaim.in/article.asp?issn=0975-9476;year=2012;volume=3;issue=3;spag..](http://www.jaim.in/article.asp?issn=0975-9476;year=2012;volume=3;issue=3;spag..)

Posted On 09/07/2017

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**seg**

Gui, good info...In many people just taking care of their excessive stress can be enough to get a good night sleep.. This insane 24/7 lifestyle is really doing a number on us, we are bombarded day and night with things like EMF'S, WIFI, dirty electricity, noisy neighborhoods/people etc.. These things are not native to our environment and is really taking a toll on us, destroying our DNA, shortening Telomeres, creating all sorts of unheard of diseases, tumors etc..Humans are very good at adapting, this is how we were able to survive this long, but our environments are changing much to rapidly for us to adapt and we are seeing the destruction daily, especially folks that are sensitive to them ..It really is getting to be a mad, mad world..

Posted On 09/07/2017

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## Guillermou

Researcher IAM, good adaptogens and spices to take care of stress and sleep well. Also consider the importance of amino acids.

Consumption in foods with a good content of glutamine, ornithine and arginine make it possible to rest all night long as it is a good "cleanser" of ammonia, helps to produce energy in the body and to breathe the cells. If too much ammonia is found in the body, due in part to excessive protein consumption or poor liver function, it can become stagnant in the brain and block important functional processes. Having a high level of ammonia produces, among other things, insomnia.

These amino acids are necessary for the production and transformation of ammonia into urea. The effects in the organism are: it improves the nocturnal rest, protects the liver in its functions, and the detoxification of the organism. The amino acid carnitine improves mood, intervenes in many functions of the brain, and provides greater resistance to stress.

The exhaustion and the fatigue are produced in the majority of cases by stress, in which there have not been periods of sufficient recuperation. Scientific studies have shown that people with chronic fatigue syndrome or burnout syndrome (or wear and tear), have a lack of carnitine. Carnitine contributes significantly to transporting the energy produced by fatty acids to mitochondria. If we have great physical or mental loads, a supplementary intake can have a very positive effect on the body. People who consume it will improve their resistance to stress for longer and improve sleep.

[search.proquest.com/openview/c7c115f90a083d11af0b722d9c872097/1?pq-ori..](https://search.proquest.com/openview/c7c115f90a083d11af0b722d9c872097/1?pq-ori..)

[www.ingentaconnect.com/content/ben/cpb/2003/00000004/00000003/art00005](https://www.ingentaconnect.com/content/ben/cpb/2003/00000004/00000003/art00005)

[www.nejm.org/.../NEJM199007053230101](https://www.nejm.org/.../NEJM199007053230101)

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## Guillermou

SEG, very good appreciations, we are challenging all the laws of nature, the ecosystem and our body is intoxicated and our mind enters a dangerous terrain, lack of humanity. A bit of philosophy, mixed with reality:

Hesiod was a Greek writer who wrote his works about 2700 years ago. In Works and Days he wrote an allegory on the degeneration of the human race, known as "The Myth of the Races." What Hesiod comes to say is that there are five races of human beings and that, in their evolution, have been degerando and being worse (except the fourth, that of the heroes). The worst of all is the iron race, the last one, to which we belong. Hesiod tells us that this race will die when its members "at birth are gray." It is a race whose members "will despise parents as soon as they reach old age; they will censure them by speaking to them with hard words ... ". In the time of the iron race, "there shall be no consideration of him who is faithful to his word, nor of the just nor of the good ..." and "there shall be no respect."

Suicides, wars, torture and executions are becoming more frequent. Wars are cursed and cursed are also those who promote them. But millions of people work every day to build PEACE in the world. That is why I believe that Hesiod was wrong and that our race will go forward, building with illusion a better world. Hopefully the Korean leader, does not affect the degeneration of the race, and do not press the button, to launch the hydrogen bomb, 3,000 times more powerful than the atomic bomb

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## stanleybecker

hi Gui - seems like Kim Jong-un is doing his best to create interest in North Korea - as grand publicist - in spite of China's dissociation from the spotlight - these guys are polluting our earth with radiation that with Fukushima our planet has no need of - this provocation should be ignored - but someone has to be the "fall guy" and distract from the disastrous status quo - no winners here

Posted On 09/07/2017

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**nao3425**

Guilli,

In reference about what we were discussing about Government and Multi-nationals

I would suggest Karen Hudes be advised, no matter what anyone says, we cannot be under Martial Law, There is NO LEGAL way Executive orders can become LAW.... Congress is FORBIDDEN to DELEGATE it's authority, and that matter has been before the Supreme court more times than I can count. Any usurpation of Congressional power is plain an simple TREASON, Since the Congress is the ONLY COSTITUTIONALY RECOGNISED LAW MAKING BODY, any and everything else is simply Bull \*\*\*.

Posted On 09/09/2017

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**RobertSRedfern**

Spanish researching examining the brains of thousands of people who died found that plaque made no difference as to whether a person developed Alzheimer's, but fungus was always present in those who died with AZ. There is no major disease that does not have yeast and fungus present. The moral of the story is high sugar low fat diets are more likely to feed yeast and fungus and why Ketogenic diets have such an amazing success.

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## Guillermou

A study led by researchers at the Hospital Clínic in Barcelona has shown that the Mediterranean diet helps prevent cognitive impairment and neurodegenerative diseases such as Alzheimer's, ... In an article published in the journal JAMA Internal Medicine, demonstrate the benefits of the Mediterranean diet to prevent or delay the cognitive decline associated with aging that eventually ends in dementia or Alzheimer's. The study, derived from the PREDIMED (Mediterranean Dietary Prevention) trial, reveals that, after 4 years of follow-up, people who follow this diet supplemented with extra virgin olive oil, or nuts, have a better cognitive function than people assigned to the control diet. Dr. Emili Ros, member of the Endocrinology and Nutrition Service of Hospital Clínic.

The study involved a total of 447 healthy volunteers at a cognitive level but with a high cardiovascular risk and a mean age of 67 years, all participants in the Predimed (Mediterranean Dietary Prevention) study. The volunteers were given a Mediterranean diet, supplemented with extra virgin olive oil, a Mediterranean diet with an extra of nuts, or a low-fat control diet: their cognitive function was assessed by various neuropsychological tests at baseline , and at the end of the dietary schedule marked. With a follow-up of more than four years, the researchers found that there was an improvement in cognitive function in participants who followed the Mediterranean diet supplemented with respect to the control diet. The diet with nuts was more effective in improving memory, while that of olive oil favorably influenced frontal cognition: "These beneficial effects are probably due to the large amount of anti-inflammatory and antioxidant agents it provides, said the coordinator of the study, Emili Ros.

(2016)[jamanetwork.com/journals/jamainternalmedicine/fullarticle/2293082](http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2293082)

[www.predimed.es/publications.html](http://www.predimed.es/publications.html)

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## forbiddenhealing

Robert...Everything that is dying/dead is being consumed by fungi....the great recycler....See an ear on a tree? The tree will be gone soon...Fungi hate O2 and a well charged alkaline environment....Baking soda, oregano oil, ACV, colloidal silver, UV, etc. reduce populations...whereas sugary diets drop pH and invite candida.

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## seg

When it comes to good health, no doubt sleep is indeed one of the mighty pillars.. This is when your body revives itself, kinda like a battery, sleep is when the body recharges itself..You simply cannot do anything with a dead battery and that is why it is imperative to develop and maintain good lifestyle habits..This includes but is not limited to eating a whole food organic diet that is suited to your Genetics, getting the right amount of exercise and activity during the day, ensuring you get as much safe Sunlight as you can, eating your dinner together with your family if you can..Here you can discuss your daily activities and connect with each other, and is just one of the social aspects that is missing from households today...Create your personal sleep schedule, go to sleep when your body tells you and wake when it is time to do so..

That said today the unnatural crazy 24/7 lifestyle/environment we are living in is making it very difficult to get a good night sleep, and this is wreaking havoc on our bodies..Many folks have to work 2 to 3 jobs to make ends meet and even that in some cases is still not enough to be able to enjoy basic necessities like buying wholesome organic foods..This is systemic and cleverly designed so the rich keeps getting richer and the poor stays poor(er)...You might have to go through these things yourself to fully understand what it is, so unless we have a system that can address these issues, the problems of not just sleep, but just about every other disease, known to mankind would continue to plague humanity...Folks in the path of Irma, i know there's not going to be much sleep until this is all over, be well and stay safe..

Posted On 09/07/2017

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## seg

Yam yeah i always try to shoot for quality first and then up the quantity, especially where those ferments are concerned :)

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## Guillermou

Very good SEG, take care of the body, cleanse the blood, boost the immune system, and try to be happy, good relationships, empathy, pursue goals that make you happy, etc. With all this, stress at work is, one of the risk factors that can lead to insomnia. In fact, work-related stress has been identified as the first cause of occasional insomnia.

In Spain, economic inequalities, evictions, bank frauds, have produced serious consequences for families and their coexistence, which have led to serious problems in mental health. Women are the ones who sleep the most, especially in the period of raising their children, when they get together, with attention to work at home, food, etc., because they involve more than their husbands. Women, sleep less than 7 hours and worse. The data that are officially handled in Spain, say that 10.1% of the population, usually has difficulty sleeping, is that among women, that problem reaches 14.6% In addition, one in four, awakens several times, while sleeping, and 18.1%, wakes up too soon.

It is well known that to perform a physical or intellectual activity, requiring a high level of attention, or muscular effort, a few hours before bed, can make it impossible for the person to sleep, and that it is reparative. After these situations, the muscles of the body need more glucose, to repair the energies released during the exertion, there is also a stimulation of the autonomic nervous system, which causes an increase in the heart rate, blood pressure and pulsations increase .

The individual, before going to bed, needs a time to relax his muscles, and so that his heart rate, and his body temperature decrease. Before sleep, there must be a period of calm, so that the conciliation of the dream, occurs naturally, and that it is reparative. The hours preceding sleep should be devoted to leisure, and activities, which contribute to the relaxation of the body, and the mind, and not to its stimulation

Posted On 09/07/2017

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**jmiller739**

Excellent analysis Seg! The current system is rigged. Crony capitalism has taken over and as a result, the rich keep getting richer while everyone else struggles to keep their heads above water. "Crony capitalism and genuine capitalism, if not opposites, are fundamentally opposed. Unfortunately the broader public, to date, is largely unaware of this. Crony capitalism is the marriage of the state and private special interests. Some people have called it corporatism, mercantilism, fascism, or even Communism." [www.againstcronycapitalism.org/what-is-crony-capitalism](http://www.againstcronycapitalism.org/what-is-crony-capitalism)

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**jmiller739**

Against Crony Capitalism-- What We Believe... 1. "We believe that special deals from government for politically connected individuals, businesses, and powerful political interests destroy the marketplace. These favors, though often sold to the public as "regulations" or "works programs", are usually vehicles for some to take from the many. 2. When powerful interests are permitted to use the coercive power of the state for private ends, there is no end to the economic destruction that can be wrought. 3. From shady zoning regulations in a small town, to billion dollar bailouts for international banks, to billions of newly printed dollars flowing from government to Wall St at virtually free rates, crony capitalism takes many forms." [www.againstcronycapitalism.org/what-we-believe](http://www.againstcronycapitalism.org/what-we-believe)

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## stoic

jmiller...as you point out, capitalism is capitalism. there's no such thing as crony capitalism. or stoic capitalism. or jmiller capitalism. the prefix crony just confuses the blunts – which is why it was fabricated in the first place. scapegoating capitalism, property, free markets is a huge psychosis that pays in various ways.

cronyism, nepotism, kissmyassism, that isn't imposed & enforced via color of law ain't nuthin'. i can run circles around wanna' be gangsters that aren't shrouded in the magic words of legality. it's because those cowardly schmucks \*know\* there is no shortage of people in the world who can - & would – run circles around them that politicians, regulatory agencies, nationstates & "laws" are manufactured --- to save them from actual competitors turning them out (of business) for the uncompetitive boobs they are. "belief" has nothing to do with it. except that belief is one of humanimal's biggest deficiencies.

Posted On 09/07/2017

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## Acroyali

"Working while the other guy sleeps" has become the norm for success. Being a workaholic is viewed as dedication, and when the person finally loses it and crashes (or goes insane), those close to them are shocked as this sudden drop in productivity "came out of nowhere--they were always so hardworking."

Hard work is a part of a life well lived, but there should be limits. No one should be so overworked they are miserable 24 hours a day and NO one should ever experience hospitalization from it. Find that healthy balance (work hard, play hard) and stick with it IMO. If I have many days off in a row I find myself feeling unproductive with no ambition; a day here and there is wonderful, refreshing, and healthy. Many days I curl up with a book and am asleep within 30 minutes. I used to fight that; I'd sit at my desk and stare at the wall trying to keep myself awake and waste 4 hours taping my eyelids open vs. taking an hour to curl up. Sometimes I curl up on the couch with absolutely no intent to sleep and just allow my mind to wander wherever it wants to go (we call this "cocooning"). If my mind wanders to a problem and stays there, my next course of action is devising every possible plan to resolve it, choosing a plan and attacking it. Again, JMO :)

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## Krofter

For me, watching carb and sugar intake during the day can help prevent blood sugar levels from causing an awake response at night. Non-psychoactive THCa and CBDA can help provide a full night's sleep with no side effects.

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## Guillermou

KROFTER. Very true, good remedy cannabinol. The main feature of CBN is its sedative effect, ideal for combating sleep apnea, insomnia or other sleep disorders, Cannabinol or CBN is a barely psychoactive cannabinoid with tremendous therapeutic potential, being an ideal alternative for those who do not want to feel the effects of THC to treat their medical conditions. It is certainly the most sedating and relaxing cannabinoid, something that can help thousands of people around the world with problems to have a correct and restful sleep.

In a recent study, Steep Hill Labs concluded that 5mg of CBN was as effective as 10mg of Diazepam, a drug (benzodiazepine) that is usually prescribed to treat anxiety, seizures, or spasms. In addition, the use of CBN in combination with other cannabinoids with tremendous therapeutic potential, such as THC or CBD, is also being studied. It appears that the pharmacokinetic interaction between the CBD and CBN (or even among the three) medicinal properties may represent an effective drug to relieve pain and reduce inflammation. And is that, as has been known for some time, cannabinoids and terpenes enter into synergy to enhance or modulate their respective properties.

This cannabinoid also has other therapeutic properties: Sedative effect (promotes sleep and increases sleep hours) Antiemetic effect (nausea and vomiting) Reduction of pain (chronic pain, fibromyalgia, etc.) Antibacterial effect Promotes the growth of bone cells. Anticonvulsive effect (Parkinson's, multiple sclerosis, epilepsy, Tourette's syndrome, etc.) Stimulates appetite (chemo, AIDS, appetite disorders) Anti-inflammatory effect Decreased intraocular pressure (Glaucoma) Control of the growth of cutaneous cells (treatment of burns, psoriasis, etc.)

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## Guillermou

KROFTER. Totally agree, with the consideration of sugar and carbohydrates. The imbalance of the sugar in the blood, interrupts your sleep. The process would be as follows: Eating sugar or carbohydrates first increases the blood sugar level, giving you a boost of energy, which could cause you to stay up later, than you would like, especially if you overeat while eating, right on the hour in which you get used to sleeping.

Then, as insulin carries blood sugar, to the cells for energy production, there is an inevitable drop in blood sugar, causing drowsiness, and could even lead you to sleep. This drop in blood sugar causes a stress response in your body, causing cortisol, and adrenaline levels to rise, which causes a stress response due to hypoglycemia, while you are trying to sleep . This causes the person to wake up, to feel hungry again, which leads him to eat, with the consequent rush, and the inevitable drop in sugar levels, ie the vicious circle, begins to turn again.

Posted On 09/07/2017

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## stoic

[www.leafly.com/news/cannabis-101/what-is-cbn-and-what-are-the-benefits..](http://www.leafly.com/news/cannabis-101/what-is-cbn-and-what-are-the-benefits..)

tried various of these. sativa. indica. CBD oils. nada (for insomnia). after pancreatitis, tried again ~ desperation ~ & the Stratos (sleep formula, 10mg indica tablet) worked...thereafter referred to as "a heluva price to pay to get some sleep." until it didn't. just heard about CBN. Mary's Medicinal sells a CBN capsule, 5mg. will be trying that next...gonna' have to take a road trip to get it tho (this stuff oughta' be mailorder...instead, it's just more of the same racket, organized criminality). anybody who simplifies insomnia - approaching 40 years experience - doesn't know the first thing about it...& the simple simons are everywhere.

Posted On 09/07/2017

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## Guillermou

IAM. Research leads to wisdom. Then you are a wise man. The wise are humble. !!!! knew you would tell me the meaning of the star.!!!

Posted On 09/07/2017

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## jmiller739

I suffered through sleep hell for about 3 years. I could fall asleep but would have waking issues in the middle of the night with difficulty getting back to sleep. Severe cyclical depression and anxiety were part of the picture. The combo of 'Tryptophan + GABA + oral Magnesium' rescued me from chronic sleep interruptions. These issues resolved a few years back. I then started using transdermal magnesium (MgCl<sub>2</sub> or magnesium oil). I put it on my skin in the morning after showering. The results are excellent. Inclined Bed Therapy (IBT) then took everything to the next level. Sleep posture can have an amazing impact on quality of sleep and overall health. I've been doing Inclined Bed Therapy for over 18 months. My energy and sense of well-being increased just days into my IBT experiment. I haven't felt like this in years. My occasional bouts of vertigo have disappeared. My hands and feet are warmer due to improved circulation. I don't wake-up as much during the night to go to the bathroom. More people need to learn about IBT and give it try. It's so simple, inexpensive and effective. Just raise the head of your bed 6 inches using blocks, books or bed risers. I never want to go back to sleeping flat again.

Posted On 09/07/2017

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## melissawl

I use the same glasses Dr. Mercola suggests (for the blue light), and they really work well. They help prevent headaches for me also, or from staring at a computer or TV for too long. I also find that sometimes during the day I wear the glasses because they relax my eyes, and prevent headaches.

Posted On 09/07/2017

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## **Mberanek**

Heads up, everyone. The FDA is looking to possibly class Cbd with opioids. Here's a link to to read about it. They're looking for comments on it. Here's a link. [saveourcbd.com](http://saveourcbd.com)

Posted On 09/07/2017

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## **PeterKC**

Inclined Bed Therapy. Raising the head end of the bed 6 inches has improved my sleep to where I am sleeping solid for 5 hours,one short break, then another 3 hours. I used to wake up almost hourly.

Posted On 09/07/2017

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## larc10

It's literally been over 2 decades since I've slept more than a few decent nights in any given week. By 'decent' I mean just not miserable, but by know means refreshed or rejuvenated,... it's just become my norm. A little more about me: I'm now 58, but am in great physical shape otherwise. I've worked out and been spot on with my nutrition since my early 20's. I'm currently a black belt in Shotokan karate, and work out at the dojo usually 3 times per week. I also weight train a couple of times per week. I'm skinny but muscular. I only state all of this so as to paint my picture more clearly. It's very, very frustrating, and sometimes depressing dealing with this roller coaster of feeling 100% miserable one day and then reasonably OK another.

I've only had one sleep study done, which showed only hypopneas. I sometimes wonder if I really even need the mask, but have fallen asleep without it and inevitably wake myself up 'snorting', not gasping for air, but just making a snoring noise, and since I'm a very light sleeper, I wake up. With my cpap, I sometimes only wake up once during the night, but still feel horrible, as if never reaching deep sleep. I've analyzed the data via the sd card and software, and the AHI is always very low.

Years ago I went back a few times to my sleep doctor, and all he ever wants to do is try another prescription medication, which I'm very much against. I do still have a prescription for temazepam, but I only take it when I'm truly at the end of my rope and need some decent sleep. So this translates into taking it maybe once every couple of weeks, if that. I do sleep much better with it, which leads me to believe maybe my gaba receptors are screwed up somehow? I've tried every herbal combo you can imagine, with no real improvement. So what's the answer here, take the temazepam and possibly get dependant but sleep reasonably well,..and possibly die sooner,...or NOT take the med, and have sleep deprivation kill me?

Marc

Posted On 09/07/2017

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mar6915

I've had one sleep doctor tell me it is better to be dependent on a sleep medication than to not sleep. I have not heard of temazepam. If you think your problem is gaba, they do sell gaba pills, I have tried some from Swanson. Gaba did not help me, it did not even help when a doctor gave me some in a formula. Hope, perhaps it will help you. I have taken a sleep med that has worked for me for 20 years. I am currently out and had been cutting the remaining in pieces. So no real sleep lately. If/when the day comes when I am no longer allowed my sleep med, I will probably die. I will continue to try to find something, natural without a prescript, have tried it all, maybe, I plan to order some poppy and see if that helps. Yes I even tried 10mg of melatonin in combo with a handful of herbs and magnesium.

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## sten

I often wake up at 2-4 too, from "need" to go to the loo, something that seems to increase with age, often leading to more and more wake ups. (It goes for women too, meaning not always the prostate!) But I also note that those wake-up calls do not produce much pee! It is as if the system is "out of tune", as the amounts mean that all that could well have waited until the morning! I am now starting to try to ignore and delay pee-calls during the day. Maybe I learn and the nights also improve then. At least, I know that I then "stretch the bladder" daytime which means it is used to stretch like that also during nights!

Another thing is that it may well be excesses of fast carbs today, without the resistant starch we used to consume before the introduction of white flour, white bread, white salt and processed foods, and at the same time, the lost fermentation by-products that our fridges "took away" from our feed! Resistant starch produces 3 important fatty acids in the colon: Butyric, Propionic and acetic. Any calming one or what are they precursors to? Like cholesterol is a crucial precursor to most hormones?

Otherwise getting up and reading or writing "rather soon" is great to get sleepy again, if the stuff is boring! Eating something is definitely out for me as I think it will disrupt autophagy that only really takes place during long enough daily fasts and it takes time to re-initiate each time we eat. I do minimum 18 hours fasting each night as I only drink black coffee, never sugar for breakfast. When I can for social reasons I also skip lunch, ending up with 23 hour fasting those days, keeping the system from clogging up with broken proteins, often everywhere. Check this Jason Fung interview about intermittent fasting!

[www.youtube.com/watch](http://www.youtube.com/watch)

One more thing: Too low cholesterol can cause sleep problems. Low cholesterol in general predicts also typically 10% higher all cause mortality risk than "high" cholesterol!

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## ahh9413

Sten if you have frequent false alarm to pee there could be a chance something nearby is pressing up against your bladder producing a false signal, swollen appendix, prostate, or maybe you just need a fast in order to clear out all the junk in the GI tract to allow for a little more space down there. That is what my ND advised, and it worked for me!

Posted On 09/07/2017

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## sten

To ahh9413. Thanks for the further advice of potential obstructions/swellings from your ND. I gather it gives us a good set of tools to avoid many nightly trips! I am fasting intermittently and the prostate is a little enlarged but not swollen, but who knows where the limits actually are! Sten

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## acs4457

Accepting all the other factors I have always wondered whether some people have thinner eyelids than others and light thus worries them more ? I also sleep with earplugs which I find helps. Every time I have a hospitalization experience with the kidney stone story, my sleep rhythms are totally disturbed. It is probably ones subconscious reacting to the trauma. I then get more time for painting in the early mornings and try and just have a little shut eye before going to work. Somewhere I read people in Island live like that. One wonders what their stats are.

Posted On 09/06/2017

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## melissaw1

Idk the answer to you question about the thinner eyelids, but it is a good question. Personally I don't find earplugs helpful, but I am glad they work for you. My sleep rhythms are also affected by being hospitalized ... not sure why, but I find that while hospitalized the doors are always open, hallway lights are on, I can hear nurses/DRs/patients in the hallways, and also the nurses usually woke me up to take vital signs every hour or so.

Posted On 09/07/2017

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## Acroyali

Earlier this spring I kept waking up several times per night and had no idea why. Our room is pretty dark, but after this happened a few times I realized we had just put in a supplemental AC unit that we left run in the evening and shut off at bedtime. The AC unit was plugged in, and shone a tiny red light. I started unplugging the unit and my sleep improved; coincidence perhaps but the thinner lid thing makes me wonder!

Waking naturally (without an alarm) is not an option here (we need to be up early.) so earplugs would be out. I did find that moving my alarm across the room, facing the opposite wall (to block the light as much as possible) was a good move, as was setting it to go off a bit later (vs. earlier so I could hit snooze 700 times.) Not only that but when the alarm actually goes off, I need to get out of bed to shut it off and since I'm up anyways...

It also helps to own a dog that thinks scream-howling along with an alarm is necessary (annoying to some I'm sure, but kind of funny to me). Years ago we had a dog we nicknamed "Tornado" and he was very much a morning person. If you slept too late, his waking style was rushing into the room and leaping onto the bed and jumping in sheer joy, around like a 5 year old on their way to Disneyland, LOL

Posted On 09/07/2017

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## musicboxqueen

I personally can speak to the lack of sleep promoting weight gain. It was 14 years ago my husband told me I moved a lot at night. In fact, I was jerking in my sleep much like the jerks anyone gets when going to sleep, except I was doing it about every two minutes. I didn't know, it wasn't waking me up. Plus, I would stop breathing about every four minutes. I've always been on the heavy order, despite being active but the weight kept piling on and nothing helped, and finally I was too heavy to try to exercise. And I was too tired. I tried every kind of diet you could think of and nothing worked! Finally, I had a sleep study done and was issued a cpap machine. I lost 30 pounds in 4 months and I've been able to keep it off. I am so much more rested than I used be. Most of the time I felt terrible and would have to nap, a lot. A lot! Please, if you're heavy, have a sleep study done. It might make all the difference in the world!

Posted On 10/09/2017

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## Dr. Mercola

One of the MOST important things you can do to help your sleep is turn off the electricity in your bedroom at the circuit breaker every night before you go to bed.

Posted On 10/09/2017

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## jsmccord7

I work with a guy who's wife has dementia very bad. When she sleeps he says she sleeps like a rock, has no trouble at all.

Posted On 09/07/2017

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## grulla

"When she sleeps he says she sleeps like a rock, has no trouble at all.", That sounds all too familiar to me. I am/was the care provider for both my (currently) mentally disabled SIL, as well as my demented late MIL, who outlived her daughter (my wife) by 4 years. In my MIL's last 6 weeks, (circa 5/2015), the hospital doctor diagnosed my MIL with advanced Alzheimers, and so I brought her back home with Hospice assistance. She always slept sound and late, so I never disturbed her when making the early morning rounds, believing good sleep was beneficial. But that one morning that I thought she was still sleeping late as usual, I found her still "asleep" when I returned later, in the same exact position, way above and beyond her normal wake up time, and I then realized she had passed away quietly in her sleep, (a sort of "silver lining" to her condition). The Hospice RN was due shortly, and confirmed and documented her passing when she arrived.

Posted On 09/07/2017

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**jsmccord7**

So sad to hear that story "grulla". This dementia/alzheimers is a dreadful disease. The alzheimer org. in my local area do not do much for the suffers except dole out the pharmaceutical drugs. I called and asked them if they do any of the procedure that the Queensland Brain Institute performs....they said they had no knowledge of any of their procedures. It's a shame, they should be looking at other countries that can do more for patients. The mainstream medical here in the U.S. is a broken system in many ways...!! Hang in there...!! Cheers, and God bless...!!

Posted On 09/07/2017

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## Cabochoh

We tend to think of melatonin solely as the sleep hormone, released from the pineal gland after sundown, but it is also an anti-inflammatory, anti-oxidant, protective of mitochondria, promoting new neurons through BDNF as well as the breakdown of beta-amyloid which is in all of us. No doubt as we age, less melatonin will be produced making us more susceptible to neurodegenerative diseases such as dementia, Parkinson's, and M.S. Increasing melatonin is therefore a no-brainer (sorry, bad pun) But what if the link between metabolic issues, weight management, leptin and ghrelin are even more precise, in that actual food choices determine the composition of the microbiome which in turn determines sleep patterns through the gut-brain axis in a two-way process - in other words, the microbiome acts as a mediator or controller of metabolic and sleep homeostasis. "Disruption of circadian rhythm doesn't just affect sleep, it affects the entire metabolism". "The Microbiota-Gut-Brain Axis in Metabolic and Sleep Disorders", [www.mdpi.com/.../390](http://www.mdpi.com/.../390)

Posted On 03/11/2024

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## yan25970

Hormones depletion causes sleeplessness in perimenopause and post menopausal women. BHRT will help get that resolved as it is the fundamental issue. Sleep hack techniques will have little or no effect unless that root cause issue is addressed. Probably the same for men.

Posted On 03/11/2024

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## kkmama

The Uvex link doesn't work anymore, apparently single pair no longer available. Now comes in a 3 pack as S1933X-3 [www.amazon.com/Uvex-Blocking-Computer-Glasses-SCT-Orange/dp/B01N3RQETD..](https://www.amazon.com/Uvex-Blocking-Computer-Glasses-SCT-Orange/dp/B01N3RQETD..)

Posted On 03/12/2024

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## Guillermou

2.062 / 5.000 Resultados de traducins Resultado de traducin According to Dr. Mercola, raising the head of your bed 6 inches (15 cm), achieving a 5-degree slope, improves glyphatic drainage of the brain during sleep, favors blood circulation, metabolism, respiratory, neurological and immunological function, relieving pain. Symptoms related to diabetes, Alzheimer's, sleep apnea and acid reflux. Processed foods, loaded with sugars, flavorings and grains contaminated with glyphosate, are poison for mental and intestinal health.

They cause intestinal dysbiosis, systemic inflammation, and decrease brain cell regeneration. Dysbiosis in the intestine causes fermentation products, such as phenols, amines, ammonia and hydrogen sulfide, to be toxic to the intestine, causing intestinal hypermeability and passing into the blood, causing oxidative stress and systemic inflammation, reducing the hormone melatonin in the intestine. brain and the active form of D3 both in synergistic action [www.cornucopia.org/entropy-15-01416\\_Glyphosate.pdf..-----](http://www.cornucopia.org/entropy-15-01416_Glyphosate.pdf..-----)

Posted On 03/11/2024

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## Guillermou

Some phrases that cover aspects that can help you sleep: -----1) "Having a calm spirit and a happy mood at the time of eating and sleeping is one of the precepts, the practice of which contributes most to prolonging life" -----2) "Leave behind the worries of the day that ends and surrender to sleep with blank thoughts, only thinking about God, the good things that come tomorrow, and the dreams that you want to come true, everything in the universe begins to synchronize according to that frequency, and you will obtain excellent results, both in your dream and in your reality." -----3) "Before entering a deep sleep, remember all the beautiful things in life, the people who love you and want the best for you, start dreaming about happy things, they make your dreams pleasant, and Rest well, I wish you beautiful dreams." -----4) "Laugh before going to sleep, out loud if possible, you don't know how good therapy it is for you to sleep fully and without hesitation"

Posted On 03/11/2024

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## pecanroll

I agree with everything you say except one spot and with someone with gadolinium in the brain and lyme disease, you can imagine which one it is. I follow all of the rules. I did watch our sunrise this morning ;) Gorgeous.

Posted On 03/11/2024

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