

The Importance of Sleep

How many hours of sleep do you get each night?

If it's less than 7-8 then you are short changing yourself and setting yourself up for a number of health related problems.

Research from the University of Chicago is quite clear that sleeping less than 6.5 hours will cause disruption in insulin receptor sensitivity which will increase one's risk for diabetes, obesity, and heart disease.

If that's not bad enough lack of sleep can severely disrupt your endocrine system, increasing levels of the adrenal hormone cortisol, while levels of decreasing levels of Growth Hormone (GH). Decreased levels of GH increases fat storage and decreases the utilization of fats for energy (lipolysis).

So you know that you need more sleep, but if you are like most people who don't get enough sleep it's not by any choice of your own, but there are some things you can do to improve your sleep quality.

1. Avoid before-bed snacks, particularly grains and sugars.
2. Sleep in complete darkness or as close as possible.
3. No TV right before bed.
4. Check your bedroom for electro-magnetic fields
5. Avoid caffeine (no brainer).
6. Avoid alcohol.
7. Take a hot bath or shower before bed.
8. Put your work away at least one or more hours before bed (I am guilty of this one on many occasions).

There are also some supplements that I have found very effective in aiding in sleep. In fact we have used this supplement on a number of occasions to get clients off their sleeping medication.

1. [Sleep Optimizer by Jarrow](#) (See Home web page)
2. L-Tryptophan
3. Melatonin

These supplements also have other benefits and are worth trying to improve the quality of your sleep. I personally take all three and sleep like a baby.