

Why Get 7–9 Hours of Sleep?

It's a topic that most regard casually. "Ha, ha! I only slept for 6 hours last night!" Another person says, "You got 6? I barely got 4!" Sleep deprivation is almost seen as a badge of honor, as if the more we get done on the fewest hours of sleep proclaims us the "winner." Not so.

The National Sleep Institute reports that our need for sleep as adults is 7–9 hours on average. Children need even more.

Sleep deprivation causes

- (1) increased levels of cortisol production
- (2) decreased human growth hormone (HGH) activity
- (3) decreased glycogen synthesis
- (4) retention of environmental toxins and physiological waste products

Eighty percent of all ADHD prescriptions worldwide are issued in the United States.

Sleep well, detox and help prevent Alzheimer's

Now the biggest health challenge of the twenty-first century, Alzheimer's disease (AD) has increased as the number of nightly hours we sleep has decreased. Any correlation? Neuroscientists believe yes.

1. Symptoms of elevated cortisol levels include depression, fatigue, weight gain, back pain, decreased concentration, swelling in extremities, low libido, acne, impaired memory, insomnia, irritability, menstrual abnormalities, high blood sugar, and high blood pressure.

2. Decreases in HGH activity cause a reduced sense of well-being, increased fat, increased risk of heart disease, and weak heart, muscles, and bones.

3. Decreased glycogen synthesis may cause an inability to gain or lose weight, perform athletic or daily activities, and an overall feeling of low energy.

4. We detoxify xenobiotics and move stool at night, and getting 7–8 hours of sleep is necessary for these important biochemical and physiological pathways to get triggered. During sleep your body does its repair and maintenance.

- Acknowledge the fact that you probably need 7–9 hours of sleep
- Charge your cell phone in a different room
- Record your favorite show to watch when you have more free time
- Create a “going to sleep” ritual (bath, herbal tea, gentle yoga, etc.)
- Create a “sleep-friendly” space (no media, noise, or light)
- Make a decision to go to bed at a specific time and stick to it!