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Chapter 1 : Sleeping Pills and Natural Sleep Aids: Prescription and Over-the-Counter Products

Exercises for Better Sex. To "keep your sex life awesome," exercise physiologist Rich Weil And don't forget to develop the most important muscle of all. "Sex begins with the muscle between.

Nausea Prescription sleep medications There are several different types of prescription sleeping pills, classified as sedative hypnotics. In general, these medications act by working on receptors in the brain to slow down the nervous system. Some medications are used more for inducing sleep, while others are used for staying asleep. Some last longer than others in your system a longer half-life , and some have a higher risk of becoming habit forming. Benzodiazepine sedative hypnotic sleeping pills Benzodiazepines are the oldest class of sleep medications still commonly in use. Benzodiazepines as a group are thought to have a higher risk of dependence than other insomnia sedative hypnotics and are classified as controlled substances. Primarily used to treat anxiety disorders, benzodiazepines that have been approved to treat insomnia include estazolam brand name ProSom , flurazepam Dalmane , quazepam Doral , temazepam Restoril , and triazolam Halcion. Drawbacks to benzodiazepine sleeping pills: You can become both physically and psychologically dependent on benzodiazepines. Sleeping pills can lose their effectiveness if used on a nightly basis, because the brain receptors become less sensitive to their effects. In as little as three to four weeks, benzodiazepines can become no more effective than a sugar pill. The overall quality of your sleep can be reduced, with less restorative deep sleep and REM sleep. You may experience next day cognitive slowing and drowsiness the hangover effect , which may be even worse than the sluggishness you feel from actual sleep deprivation. Insomnia returns once you stop, even if the medication is effective while taking it. There may be a link to dementia. They are thought to have fewer side effects, and less risk of dependency, but are still considered controlled substances. They include zalepon Sonata , zolpidem Ambien , and eszopiclone Lunesta , which have been tested for longer-term use, up to six months. Drawbacks to non-benzodiazepine sleeping pills: Some may find this type of sleep medication ineffective at helping them sleep, while the long-term effects remain unknown. Food and Drug Administration FDA recently directed the manufacturers of Ambien and similar sleeping pills to lower the standard dosage due to the serious risk of morning grogginess while driving, especially in women patients. Other side effects include: Drug tolerance Headaches, dizziness, nausea, difficulty swallowing or breathing In some cases, dangerous sleep-related behaviors such as sleep-walking, sleep-driving, and sleep-eating New or worsening depression; suicidal thoughts or actions Melatonin receptor agonist hypnotic sleeping pills Ramelteon Rozerem is the newest type of sleep medication and works by mimicking the sleep regulation hormone melatonin. It has little risk of physical dependency but still has side effects. It is used for sleep onset problems and is not effective for problems regarding staying asleep. It may also worsen symptoms of depression and should not be used by those with severe liver damage. Antidepressants used as sleeping pills The FDA has not approved antidepressants for the treatment of insomnia, nor has their use been proven effective in treating sleeplessness. However, some antidepressants are prescribed off-label due to their sedating effects. As with all depression medication, there is a small but significant risk of suicidal thoughts or worsening of depression, particularly in children and adolescents. Although the evidence is mixed, the following supplements have the most research backing them up as insomnia treatments. Valerian is a sedating herb that has been used since the second century A. It is believed to work by increasing brain levels of the calming chemical GABA. It works best when taken daily for two or more weeks. Melatonin is a naturally occurring hormone that increases at night. It is triggered by darkness and its levels remain elevated throughout the night until suppressed by the light of morning. Although melatonin does not appear to be particularly effective for treating most sleep disorders, it can help sleep problems caused by jet lag and shift work. Simple exposure to light at the right time, however, might be just as effective. If you take melatonin, be aware that it can interfere with certain blood pressure and diabetes medications. Many people drink chamomile tea for its gentle sedative properties, although it may cause allergic reactions in those with plant or pollen allergies. To

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get the full sleep-promoting benefit, bring water to a boil, then add tea bags or the equivalent of loose-leaf tea, cover with a lid, and brew for 10 minutes. Tryptophan is a basic amino acid used in the formation of the chemical messenger serotonin, a substance in the brain that helps tell your body to sleep. L-tryptophan is a common byproduct of tryptophan, which the body can change into serotonin. Some studies have shown that L-tryptophan can help people fall asleep faster. Results, however, have been inconsistent. Kava has been shown to improve sleep in people with stress-related insomnia. Other herbs that have been found to have a calming or sedating effect include lemon balm, passionflower, and lavender. Many natural sleep supplements, such as MidNite and Luna, use a combination of these ingredients to promote sleep. Valerian, for example, can interfere with antihistamines and statins. Do your research before trying a new herbal remedy and talk with your doctor or pharmacist if you have any pre-existing conditions or prescriptions that you take.

Tips for safer use of sleeping pills If you decide to try sleeping pills or sleep aids, keep the following safety guidelines in mind. Never mix sleeping pills with alcohol or other sedative drugs. Alcohol not only disrupts sleep quality, but it increases the sedative effects of sleeping pills. The combination can be quite dangerous—even deadly. Only take a sleeping pill when you will have enough time for at least 7 to 8 hours of sleep. Otherwise you may feel very drowsy the next day. It can be dangerous to double up on your dosage, and with less time for the medication to clear your system it may be difficult to get up the next morning and shake off grogginess. Start with the lowest recommended dose. See how the medication affects you and what kind of side effects you experience. To avoid dependency and minimize adverse effects, try to save sleeping pills for emergencies, rather than nightly use. Never drive a car or operate machinery after taking a sleeping pill. This tip is especially important when you first start taking a new sleep aid, as you may not know how it will affect you. Carefully read the package insert that comes with your medication. Pay careful attention to the potential side effects and drug interactions. Many common medications, including antidepressants and antibiotics, can cause dangerous interactions with both prescription and over-the-counter sleeping pills. For many sleeping pills, certain foods such as grapefruit and grapefruit juice must also be avoided. Talk to your doctor or pharmacist about: Other medications and supplements you are taking. Herbal and dietary supplements and non-prescription medications such as pain relievers and allergy medicines may also interfere. Other medical conditions you have. Some sleep medications can have serious side effects for people with medical problems such as high blood pressure, liver problems, glaucoma, depression, and breathing difficulties. It can be risky to increase your dose, but decreasing your use can also cause problems if done too quickly. In some cases, stopping medication abruptly can cause uncomfortable side effects and even rebound insomnia. For better sleep, opt for healthy habits, not pills

Research has shown that changing your lifestyle and sleep habits is the best way to combat insomnia. Even if you decide to use sleeping pills or medications in the short term, experts recommend making changes in your lifestyle and bedtime behavior as a long-term remedy to sleep problems. Behavioral and environmental changes can have more of a positive impact on sleep than medication, without the risk of side effects or dependence. Relaxation techniques as an alternative to sleeping pills

Relaxation techniques that can relieve stress and help you sleep include simple meditation practices, progressive muscle relaxation, yoga, tai chi, and the use of deep breathing. With a little practice, these skills can help you unwind at bedtime and improve your sleep better than a sleeping pill or sleep aid.

A relaxing bedtime routine. Turn off screens at least one hour before bed and focus on quiet, soothing activities, such as reading, gentle yoga, or listening to soft music instead. Keep the lights low to naturally boost melatonin. When we breathe deeply and fully, involving not only the chest, but also the belly, lower back, and ribcage, it can actually help the part of our nervous system that controls relaxation. Close your eyes and try taking deep, slow breaths, making each breath even deeper than the last. Breathe in through your nose and out through your mouth. Make each exhale a little longer than each inhale. Progressive muscle relaxation is easier than it sounds. Lie down or make yourself comfortable. Starting with your feet, tense the muscles as tightly as you can. Hold for a count of 10, and then relax. Continue to do this for every muscle group in your body, working your way up to the top of your head.

Making Exercise Enjoyable Studies have shown that exercise during the day can improve sleep at

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night. When we exercise we experience a significant rise in body temperature, followed a few hours later by a significant drop. This drop in body temperature makes it easier for us to fall and stay asleep. The best time to exercise is late afternoon or early evening, rather than just before bed. Aim for at least 30 minutes four times a week. Aerobic exercises are the best to combat insomnia as they increase the amount of oxygen that reaches the blood. Cognitive behavioral therapy CBT beats sleeping pills Many people complain that frustrating, negative thoughts and worries prevent them from sleeping at night. Cognitive-behavioral therapy CBT is a form of psychotherapy that treats problems by modifying negative thoughts, emotions, and patterns of behavior. Therapy for Sleep Disorders: American Academy of Sleep Medicine Learn the risks of sleep aids
â€” Looks at side effects and complications of the latest sleep medications. Harvard Health Publications Sleep Aids:

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Chapter 2 : Twelve Simple Tips to Improve Your Sleep | Healthy Sleep

If you have trouble sleeping, chances are you don't exercise. Or you don't exercise enough or exercise properly. Exercise (physical and mental) is one of the most important things you can do to overcome or lessen insomnia. It can help you to fall asleep easier and faster and sleep more restfully and.

Insomnia Common Sense Remedies Go to bed only when you are sleepy. Get up at about the same time every morning, no matter when you go to bed. Do not go to bed until you feel sleepy. If you go to bed and do not fall asleep within 20 minutes get up and do something else until you feel sleepy again. Keep your bedroom quiet and dark. Earplugs and eye shades may help; light comes in even through closed eyelids. Be patient; sleep usually returns. Have a light snack a piece of toast or an apple are good. You may have trouble sleeping if you are over-stimulated by activity or watching television just before bedtime. A quarter hour of quiet conversation, light reading, or soft music may make a big difference. Instead of just listening to music in the evening, sing. Singing is a wonderfully enlivening activity that increases happiness and inner peace. Laughter is a powerful way to defuse stress and anxiety. Watching humorous movies or reading humorous books or comics can cheer you up and get your mind off your troubles. Avoid alcohol and caffeine for several hours before bedtime. Use the bedroom only for sleep and sex-not for reading, working, eating, or watching television. Set an alarm clock and get out of bed at the same time every morning, no matter how you slept the night before. Once normal sleep patterns are reestablished, most people find that they have no need for an alarm clock. Exercise regularly in the late afternoon or early evening- but not right before bedtime. If your bedroom is too noisy or too bright, do what you can to create a quiet, dark environment with adequate ventilation and humidity; excessively dry air can cause nasal passages to contract and make you uncomfortable. Wearing earplugs and eye shades will help to keep out distractions. Learn to put worries out of your mind. If you have occasional trouble getting to sleep, concentrate on pleasant memories and thoughts. Recreate a pleasurable time or event in your life and relive it in your mind. Sleep in natural fiber linens and nightwear only. The electromagnetic field created by rubbing synthetic fibers can disturb the sleep pattern. Sleep at least nine feet away from electrical appliances like TV, clock radio, answering machine and electrical wall outlets. Use a pulsing electromagnetic device to counteract the damaging effects of the electromagnetic influences. Early Morning Exposure to Light Spend some time in bright sunlight during the morning hours. Bright early morning sunlight has a powerful influence upon circadian rhythms, or biological clocks. Studies have shown that exposure to bright, early morning sunlight between about 7: Humans naturally have a Bright sunlight each morning coaxes the biological clock to conform to the twenty-four- hour day. If you cannot get bright early morning sun, you can sit in front of a bright light. Light therapy Make the break Making a break between daytime activities and the inactivity associated with night helps to encourage sleep. If you are worried about your work, or business, job, money, or afraid of forgetting an important appointment, this will toss and turn in bed without falling asleep. Write down everything that is preying on your mind. Do this when you come home from work or after you have finished the main activities of the day. Review the activities of the day and prepare a plan for the following day. After writing down, the problems will seem smaller and more manageable. If there is anything you can resolve straight away, do it and get it out of the way. If there is nothing you can do until the next day, accept this and forget about it. A bath before bedtime Take a bath before going to bed. A bath is more relaxing than a shower. The warm water raises body temperature that helps you to sleep. Keep the water temperature slightly warmer than your own body temperature. Do not make it too hot as this can make you feeling weak and sweaty. Add a few drops of aromatherapy oil into the bath water. Choose those with soothing and relaxing properties. Late-night reading and watching television Many people like to read and watch television before going to bed at night. Reading and watching television are not good for those with sleep problems. Do not read anything related to work just before going to bed. Avoid reading mysteries or other exciting books before going to sleep. You may find it hard to put down. If possible,

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avoid having television in your bedroom. Avoid watching stimulating or frightening programs just before going to sleep. Sex and Insomnia Sex is a great aid to sleep if you have a willing partner. Humans thrive on touch and sex can provide a closeness and warmth that can make other problems fade into the background until morning. In addition, sex itself has beneficial effect on our ability to sleep. Many people just roll over and fall asleep after sex. A bedtime massage can also help. It puts you in the mood for sex and calms your nervous system. Do not start an argument just before bedtime. You will be too disturbed to sleep.

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Chapter 3 : Can You Treat Anxiety with Exercise?

As a clinical psychologist and sleep researcher at the Feinberg School of Medicine at Northwestern University, Kelly Glazer Baron frequently heard complaints from aggrieved patients about exercise.

Alcohol is a sedative that may induce sleep initially, but it can disrupt deeper stages of sleep that allow your body to rest fully. Long-term heavy drinking can also trigger high blood pressure, heart failure, and stroke. Caffeinated drinks such as coffee and soft drinks are other stimulants to avoid. A study published in the *Journal of Clinical Sleep Medicine* found that milligrams mg of caffeine taken six hours before bedtime can significantly disrupt your sleep. For reference, an 8-ounce cup of coffee has 95 to mg of caffeine. The researchers recommend avoiding caffeine a minimum of six hours before your normal bedtime. Drinking too much of any fluid before bedtime can disrupt sleep with repeated nighttime trips to the bathroom. However, regular exercise over the course of four months did improve how much they slept and their overall quality of sleep. Regular exercise can also help prevent serious medical conditions such as cardiovascular disease, obesity, and diabetes. Maintain a healthy diet Avoid foods that are high in saturated fat, which may cause heartburn and indigestion. These foods can be hard to digest, particularly when you eat them late at night. This can make it difficult to sleep. Behavior therapies These treatments can teach you how to make your environment more conducive to sleep. Behavior therapies are often conducted by a psychologist, psychiatrist, or other trained healthcare provider. Such therapies are often the first line of treatment for people with insomnia. These therapies may include the following: Relaxation techniques Progressive muscle relaxation, biofeedback, and breathing exercises are ways to reduce anxiety at bedtime. These strategies help you control your: Cognitive behavioral therapy In group sessions or one-on-one counseling, mental health therapists can help you learn to change negative patterns of thinking. This can help you learn to replace worried or fearful thinking with more pleasant, relaxing thoughts. This type of mindset is more helpful for finding healthy sleep habits. Sleep restriction Sleep restriction requires that the time you spend in bed is temporarily restricted, causing partial sleep deprivation. Once your sleep has improved, your time in bed gradually increases. Light therapy Some sleep experts recommend light exposure for people who tend to fall asleep too early at night or wake up too early in the morning. This helps to adjust your internal clock. Talk to your doctor about a treatment plan if you have insomnia. The type of drug and dose will depend on your symptoms and medical history. This may be the root of your insomnia and will require other types of treatment. Prescription sleep aids Prescription medications for insomnia include sedatives, tranquilizers, and anti-anxiety drugs. Dosage and duration will vary depending on your diagnosis, medical history, and current condition. Some of the more popular prescription sleep medications include: Side effects are often more pronounced in older adults.

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Chapter 4 : 5 Sex Exercise for Men | Everyday Health

New guidelines specify the amount of sleep necessary to avoid health risks. president of the American Academy of Sleep Medicine, For more advice on how to get a good night's sleep.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. You know that working out is good for your health. But did you know that hitting the gym could also help you have better sex? So what types of exercise are best for better sex? Weight Lifting Strength training could be just what the doctor ordered for your sex life. In fact, some studies have linked short intense exercise, such as weight lifting, with increased testosterone levels. To improve your sex life, do some push-ups, sit-ups, and crunches. These muscle-building exercises can help lead to better sex by strengthening the shoulders, chest, and abs. Strong upper body strength can increase stamina since these muscles are used during intercourse. Better Sex Exercise No. Kegels Doing Kegels is considered a good sex exercise for men because these exercises can help endurance and control by toning the pubococcygeus PC muscles – the ones that let you stop the flow of urine mid-stream. To do Kegels, start by interrupting the flow of urine when going to the bathroom to get familiar with your PC muscles. After that, you can do Kegels anytime and any place by squeezing the PC muscles. Hold for 10 seconds, relax, and do as many reps as you can before tiring. Yoga Want to shake up your sex life with some new positions? Practicing yoga will give you better sex by allowing your body to get into creative positions for maximum pleasure during intercourse. Some experts say it can also improve your stamina in the sack by drawing your energy in and up. Fast Walking In a study of 31, men over age 50, Harvard researchers found that aerobic exercise resulted in a percent lower risk of erectile dysfunction ED. More specifically, according to another study, aerobic activity that burns at least calories per day equal to fast walking for two miles can significantly lower the risk of ED. Brisk walking is thought to help ED by improving circulation and blood flow. Vigorous activities, such as running and brisk walking, also release endorphins and relax you, which can boost sexual performance. Swimming In another Harvard study of male and female swimmers, swimmers in their 60s reported sex lives comparable to those in their 40s. Since sexual activity can be an act of endurance, long-distance swimming can keep you going and going like the Energizer bunny. Swimming is also a great activity for weight loss, which can also lead to better sex. A randomized, single-blind study of obese men with ED found that losing just 10 percent of their body weight improved sexual function in one third of the men. Try doing some or all of the above workouts to improve your sexual technique, endurance, and flexibility.

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Chapter 5 : How to Sleep Better: Simple Steps to Getting a Good Night's Sleep

Exercise: 7 benefits of regular physical activity. You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

Temperature Control Want to Sleep Better? Exercise physical and mental is one of the most important things you can do to overcome or lessen insomnia. It can help you to fall asleep easier and faster and sleep more restfully and deeper when you do. For some people, exercise by itself is enough to overcome their insomnia. Why Exercise Promotes Sleep Exercise helps you to sleep better for a couple of reasons. Exercise is a beneficial stressor to the body. The brain compensates for the physical stress by increasing the amount of time you spend in deep sleep stage 4 sleep. This drop in your body temperature makes it easier to fall asleep and stay asleep. Exercise and Bright Light Exercise may also help people to sleep because people often exercise outside, increasing their exposure to bright light sunlight. This bright light exposure helps to properly regulate the body-temperature rhythm which makes it easier to sleep better. These two factors, exercise and exposure to sunlight, may help explain why people find it so easy to sleep well when they have spent extended time outdoors, such as when they are camping or hiking. After hiking to the bottom of the Grand Canyon, I slept on slightly padded granite under the stars with wild animals all around me. None of it bothered me in the least, however, because I slept at least nine hours, and they went by in a flash. Big Difference Skeptical about the positive effects of exercise on sleep? Researchers at the Stanford University School of Medicine studied how exercise affects sleep patterns of people aged who were not physically active and had insomnia. They were asked to moderately exercise for minutes every other day in the afternoon. If you must exercise earlier than this, then by all means do so, but exercising at this time may not be as effective in combating insomnia as exercising later in the day. You should not exercise in the late evening or just prior to going to bed. Exercise at this time of the day will not give your body enough time to cool down and calm down, making it difficult to sleep. If this time is the only opportunity you have to exercise, then make it a light exercise, nothing approaching strenuous. Try to exercise three to six hours before bedtime to get the maximum sleep benefits. Your body and mind will get used to the exercise you are performing and they will not be as stimulated by it. In fact, if you get used to it enough, it will hardly be exercise at all. Not to mention, it will also be becoming boring, and this means you will be less likely to do it, if you do it at all. Also, by making yourself do different exercises, or at least variations on the same exercise, you are exercising your mind because it must first think to come up with something at least a little different and then work to properly learn and perform the new exercise or variation. How to Motivate Yourself to Exercise If you have insomnia, then understanding that exercise can help you sleep better should be a powerful motivator to exercise. However, getting into a good exercise routine is hard. Print out the page, and put it someplace where you will see it often. Best Exercises for Sleep There are two types of exercise: Aerobic means "with oxygen. Examples of aerobic exercises include jogging, walking, swimming, bicycling, jumping rope, dancing, riding a stationary bicycle, and using a treadmill. Anaerobic, or nonaerobic, means "without oxygen. Aerobic exercises, however, are probably the best to combat sleeplessness. However, if you dislike aerobic exercise but like anaerobic, then doing anaerobic is certainly better than no exercise. And anaerobic exercises alone will likely help you sleep better, just probably not as well as aerobic ones. To help yourself to sleep well, you should get minutes of moderate-intensity exercise on a daily or near daily basis. The physical activity does not need to be performed at all one time. It can be broken up throughout the day. If you want to exercising longer or engage in high intensity activity, then do so. Just make sure you are healthy enough for it. Those who plan to start more vigorous physical exercise or who have a chronic health problem should first consult their physician to plan a safe, effective program. Mental Exercise Just as we need to be physically active to sleep well, we also need to be mentally active. Mental exercise, like physical exercise, has been shown to result in better sleep. To put it differently, boredom or a lack of mental activity can reduce the need to sleep and contribute to insomnia, just

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as a lack of physical exercise can. Strong mental activity encourages improved sleep because it is a positive stressor on the mind, and the brain will recuperate from this activity and process it by sleeping more deeply. My own experience and history with insomnia supports this. On days when I actively use my mind, such as when I learn a new and difficult task, I tend to sleep better on those nights. As a result, I have eliminated "mentally neutral" days as much as possible. Probably about an hour is enough transition time from mental exercise to going to bed. While you should not be highly mentally active before bedtime, this does not mean that you should be bored before bedtime. Boredom creates anxiety and stress, and this can interfere with falling asleep easily and staying asleep. How To Stimulate Your Brain Anything that you do differently in your day will stimulate your brain by causing it to work more to process the new information. This will let you sleep better at night because your brain will require more deep sleep to properly recuperate. Here are some very simple ideas to get you started. With a little effort you will surely be able to come up with more. Take a different way to work than you normally do. Talk to new people. Use the opposite hand that you usually do for tasks such as brushing your teeth, doing dishes, talking on telephone, using the mouse and even writing. Go somewhere new, such as a new store or restaurant -- and the more different than what you are used to the better. If you have a certain routine that you follow every day, do the routine in a different or reverse order. By doing things differently than you normally do, you knock the dust off much of your brain and force it to work hard, instead of just going through the motions with ease. And a brain that gets worked hard is a brain that sleeps well.

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Chapter 6 : Learn Goto Sleep What Foods Help You Fall Asleep Why You Should Eat Before Bed Review

The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting the American Academy of Sleep Medicine (AASM) guidelines outlining recommended sleep duration for children from infants to teens.

Sleep disorders are a common struggle in recovery from addiction. Guest blogger, Alisa, Nestmaven, notes that insomnia is not the only sleep disorder associated with addiction; it also contributes to the development of circadian rhythm disorders, parasomnias, and sleep apnea. The relationship between sleep and addiction goes both ways: The consequences of sleep deprivation include low mood, impulsivity, and poor emotional regulation, which increase the likelihood of relapse. If you are experiencing sleep issues while recovering from an addiction, making changes in your lifestyle and environment can dramatically improve your symptoms.

Light Exposure Light is the most powerful cue for our circadian rhythms, which are responsible for guiding the sleep-wake schedule. Timing light exposure for the correct times of day, while avoiding unnecessary light sources as bedtime approaches, is crucial. Blue light is emitted by electronic device screens, including computers, laptops, and smartphones, and is responsible for blocking the release of the sleep hormone melatonin. These devices should be avoided at night, and, when their use is necessary, nightmode should be activated. Light therapy is used to treat circadian rhythm disorders and insomnia, the two disorders with the highest incidence in recovery. Light therapy is also a useful tool in treating the depression which frequently occurs alongside drug addiction.

Diet Diet, while an important part of any healthy lifestyle, lends additional benefits to those struggling with sleep disorders. Foods that inhibit sleep include those high in sugar and refined fats, as well as spicy foods and chocolate, depending on its caffeine content. People suffering from sleep disorders should avoid these foods, particularly after midday. Foods that promote sleep do so by either inducing drowsiness or through inducing muscle relaxation to relieve discomfort. Experts recommend natural sources of magnesium, potassium, and B vitamins, such as legumes and leafy green vegetables. Dairy products and animal proteins contain tryptophan, a precursor to the neurochemicals serotonin and melatonin, which are essential to sleep. The timing of meals is just as important as their content. Additionally, consuming regularly spaced meals and snacks throughout the day can help prevent dips in energy level.

Exercise Both physical and mental exercise play an important role in regulating circadian rhythms and increasing relaxation. Studies have shown that performing aerobic exercise hours before bed has the greatest effect on sleep: A short workout of 30 minutes per day is sufficient to see an effect. Meditation is exercise for the mind, and with consistent practice has been proven to reduce stress and promote restful sleep. One popular form of meditation, called mindfulness, focuses on bringing attention to the present moment and fostering a nonjudgmental mentality.

Sleep Environment The bedroom environment should be designed in a way to promote comfort and relaxation, while simultaneously reducing factors which inhibit sleep. One must consider sleep position, weight, and physical complaints when choosing a mattress and pillows. Temperature plays an important role in circadian rhythms. During the night, body temperature drops to its lowest point, before steadily rising again by morning. Setting the thermostat lower at bedtime, around 60–70 degrees Fahrenheit, promotes more restful sleep. Noise at night, particularly for light sleepers, can make it difficult to drift off and stay asleep. Even when not consciously perceived, environmental sounds can cause restlessness. White noise can be used to dampen these sounds, whether played through a dedicated machine or a mobile application. Colors have influence over mood and energy levels. Research indicates that those who sleep in a blue-colored room tend to get more sleep and wake up feeling more refreshed. Experts recommend choosing a color scheme which instills an atmosphere of calm in the bedroom.

Bedtime Routine According to leading sleep specialists, maintaining a bedtime routine is one of the most effective strategies for combatting insomnia and promoting quality sleep. A relatively set sleep-wake schedule should be adhered to every day, weekends included. This allows your circadian rhythms to adjust to a regular pattern, preventing desynchrony that results in sleep disorder. Reserve the bedroom for sleep and intimacy only. Sleep experts warn against using the bedroom for other activities, as these habits can inhibit the

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association between the space and sleep. A bedtime routine including relaxation helps make the transition from a state of wakefulness to sleep more natural. Recommended activities include yoga and meditation, as well as simple comforts such as taking a hot bath or reading a story. Better sleep leads to healthier living, and better empowers you to take the steps towards sobriety. Alisa is the editor in chief at Nestmaven. She has a Bachelor of Honors in Information Science, loves yoga, healthy food and chocolate and is totally fine with that contradiction. Send manuscripts or queries to blog.smartrecovery.

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Chapter 7 : Each Hour Matters: How Much Children Should Sleep | Seattle Mama Doc

Doing interval training will increase your stamina and endurance, making it a perfect exercise for sex. And you can do intervals just about anywhere – outside on a track, at the park or on a bike, elliptical, stair climber or treadmill.

Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Yet many of us regularly toss and turn at night, struggling to get the sleep we need. There is a solution. Making simple but important changes to your daytime routine and bedtime habits can have a profound impact on how well you sleep, leaving you feeling mentally sharp, emotionally balanced, and full of energy all day long. Just as how you feel during your waking hours often hinges on how well you sleep at night, so the cure for sleep difficulties can often be found in your daily routine. Unhealthy daytime habits and lifestyle choices can leave you tossing and turning at night and adversely affect your mood, brain and heart health, immune system, creativity, vitality, and weight. But by experimenting with the following tips to find the ones that work best for you, you can enjoy better sleep at night, improve your mental and physical health, and improve how you think and feel during the day. Try to go to sleep and get up at the same time every day. If you need an alarm clock, you may need an earlier bedtime. Avoid sleeping in—even on weekends. If you need to make up for a late night, opt for a daytime nap rather than sleeping in. This allows you to pay off your sleep debt without disturbing your natural sleep-wake rhythm. Be smart about napping. While napping is a good way to make up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon. If you get sleepy way before your bedtime, get off the couch and do something mildly stimulating, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep. Control your exposure to light Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. How to influence your exposure to light During the day: Expose yourself to bright sunlight in the morning. The closer to the time you get up, the better. Have your coffee outside, for example, or eat breakfast by a sunny window. The light on your face will help you wake up Spend more time outside during daylight. Take your work breaks outside in sunlight, exercise outside, or walk your dog during the day instead of at night. Let as much natural light into your home or workspace as possible. Keep curtains and blinds open during the day, and try to move your desk closer to the window. If necessary, use a light therapy box. This simulates sunshine and can be especially useful during short winter days. Avoid bright screens within hours of your bedtime. The blue light emitted by your phone, tablet, computer, or TV is especially disruptive. You can minimize the impact by using devices with smaller screens, turning the brightness down, or using light-altering software such as f. Say no to late-night television. Not only does the light from a TV suppress melatonin, but many programs are stimulating rather than relaxing. Try listening to music or audio books instead. Use heavy curtains or shades to block light from windows, or try a sleep mask. Also consider covering up electronics that emit light. Keep the lights down if you get up during the night. If you need some light to move around safely, try installing a dim nightlight in the hall or bathroom or using a small flashlight. This will make it easier for you to fall back to sleep. Exercise during the day People who exercise regularly sleep better at night and feel less sleepy during the day. Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep. The more vigorously you exercise, the more powerful the sleep benefits. But even light exercise—such as walking for just 10 minutes a day—improves sleep quality. It can take several months of regular activity before you experience the full sleep-promoting effects. For better sleep, time your exercise right Exercise speeds up your metabolism, elevates body temperature, and stimulates hormones such as cortisol. Try to finish moderate to vigorous workouts at least three hours before bedtime. Relaxing, low-impact exercises such as yoga or gentle stretching in the evening can help promote sleep. Be smart about what you eat and drink Your daytime eating habits play a role in how

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well you sleep, especially in the hours before bedtime. Limit caffeine and nicotine. You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Similarly, smoking is another stimulant that can disrupt your sleep, especially if you smoke close to bedtime. Avoid big meals at night. Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Spicy or acidic foods can cause stomach trouble and heartburn. Avoid alcohol before bed. Avoid drinking too many liquids in the evening. Drinking lots of fluids may result in frequent bathroom trips throughout the night. Cut back on sugary foods and refined carbs. Eating lots of sugar and refined carbs such as white bread, white rice, and pasta during the day can trigger wakefulness at night and pull you out of the deep, restorative stages of sleep. Nighttime snacks help you sleep For some people, a light snack before bed can help promote sleep. For others, eating before bed can lead to indigestion and make sleeping more difficult. If you need a bedtime snack, try: Half a turkey sandwich A small bowl of whole-grain, low-sugar cereal Milk or yogurt A banana

Tip 5: Wind down and clear your head Do you find yourself unable to sleep or waking up night after night? Residual stress, worry, and anger from your day can make it very difficult to sleep well. If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn how to stop worrying and look at life from a more positive perspective. Even counting sheep is more productive than worrying at bedtime. If the stress of work, family, or school is keeping you awake, you may need help with stress management. The more overstimulated your brain becomes during the day, the harder it can be slow down and unwind at night. During the day, many of us overstress our brains by constantly interrupting tasks to check our phones, emails, or social media. Try to set aside specific times for these things, and focus on one task at a time. Relaxation techniques for better sleep Practicing relaxation techniques before bed is a great way to wind down, calm the mind, and prepare for sleep. Accessing the Relaxation Response Deep breathing. Close your eyes and take deep, slow breaths, making each breath even deeper than the last. Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up to the top of your head. Visualizing a peaceful, restful place. Concentrate on how relaxed this place makes you feel. Read a book or magazine by a soft light Take a warm bath.

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Chapter 8 : How can lack of sleep affect my erections? | Sleep Basics - Sharecare

Not sleeping enough—less than seven hours of sleep per night—can reduce and undo the benefits of dieting, according to research published in the Annals of Internal Medicine. In the study, dieters were put on different sleep schedules.

One is your model of fitness success She clearly knows how to slim down correctly and has the body to show for it , and the other is what you fear. The troubling part is that when you talk to both, they share a common approach: They eat meals that focus on lean protein and vegetables. They exercise at least three times per week, focusing on both weights and cardio. They know which foods are truly healthy and which they need to limit—and they do. The problem might seem obvious at first. After all, one woman strays from her diet more than the other. Sometimes you want to eat less and move more, but it seems impossible to do so. And there might be a good reason: According to the Centers for Disease Control and Prevention, more than 35 percent of people are sleep deprived. Not sleeping enough—less than seven hours of sleep per night—can reduce and undo the benefits of dieting, according to research published in the Annals of Internal Medicine. In the study, dieters were put on different sleep schedules. When their bodies received adequate rest, half of the weight they lost was from fat. However when they cut back on sleep, the amount of fat lost was cut in half—even though they were on the same diet. Overall, those on a sleep-deprived diet experienced a 55 percent reduction in fat loss compared to their well-rested counterparts. How did you feel when you woke up? Maybe even a little grumpy? You might be able to cope just fine. After all, coffee does wonders. In fact, the University of Chicago researchers found that insulin sensitivity dropped by more than 30 percent. When your insulin is functioning well, fat cells remove fatty acids and lipids from your blood stream and prevent storage. When you become more insulin resistant, fats lipids circulate in your blood and pump out more insulin. Eventually this excess insulin ends up storing fat in all the wrong places, such as tissues like your liver. And this is exactly how you become fat and suffer from diseases like diabetes. Hunger is controlled by two hormones: Leptin is a hormone that is produced in your fat cells. The less leptin you produce, the more your stomach feels empty. The more ghrelin you produce, the more you stimulate hunger while also reducing the amount of calories you burn your metabolism and increasing the amount fat you store. In other words, you need to control leptin and ghrelin to successfully lose weight, but sleep deprivation makes that nearly impossible. Research published in the Journal of Clinical Endocrinology and Metabolism found that sleeping less than six hours triggers the area of your brain that increases your need for food while also depressing leptin and stimulating ghrelin. This is the stress hormone that is frequently associated with fat gain. Cortisol also activates reward centers in your brain that make you want food. At the same time, the loss of sleep causes your body to produce more ghrelin. A combination of high ghrelin and cortisol shut down the areas of your brain that leave you feeling satisfied after a meal, meaning you feel hungry all the time—even if you just ate a big meal. And it gets worse. A study published in Nature Communications found that just one night of sleep deprivation was enough to impair activity in your frontal lobe, which controls complex decision-making. Ever had a conversation like this? This is why sleep deprivation destroys all diets; think of the amygdala as mind control—it makes you crave high-calorie foods. Normally you might be able to fight off this desire, but because your insular cortex another portion of your brain is weakened due to sleep deprivation, you have trouble fighting the urge and are more likely to indulge in all the wrong foods. No matter what your fitness goals are, having some muscle on your body is important. Muscle is the enemy of fat—it helps you burn fat and stay young. But sleep or lack thereof is the enemy of muscle. Just as important, lack of sleep makes it harder for your body to recover from exercise by slowing down the production of growth hormone—your natural source of anti-aging and fat burning that also facilitates recovery. This happens in two different ways: Poor sleep means less slow wave sleep, which is when the most growth hormone is released. As previously mentioned, a poor night of rest increases the stress hormone cortisol, which slows down the production of growth hormone. That means that the already reduced

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production of growth hormone due to lack of slow wave sleep is further reduced by more cortisol in your system. **The Better Health Secret: Prioritize Sleep** The connection between sleep and weight gain is hard to ignore. Research published in the *American Journal of Epidemiology* found that women who are sleep deprived are a third more likely to gain 33 pounds over the next 16 years than those who receive just seven hours of sleep per night. And with all of the connections to obesity, diabetes, high blood pressure, heart failure, and cognitive failure, the need to sleep goes far beyond just looking better and seeing results from your diet and exercise efforts. It might not seem like much, but it could make all the difference and mean more than any other health decision you make.

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Chapter 9 : Why Sleep Is the Most Important Thing for Weight Loss and Overall Health | Shape Magazine

Although L-Tryptophan supplements have not yet been established to have a direct positive effect on weight, their influence on stress, mood, cognition, sleep, and exercise, may indicate the potential for an indirect positive effect on your weight.

Sign up now Exercise: From boosting your mood to improving your sex life, find out how exercise can improve your life. By Mayo Clinic Staff Want to feel better, have more energy and even add years to your life? The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability. Need more convincing to get moving? Check out these seven ways exercise can lead to a happier, healthier you. Exercise controls weight Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. To reap the benefits of exercise, just get more active throughout your day – take the stairs instead of the elevator or rev up your household chores. Exercise combats health conditions and diseases Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein HDL , or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, a number of types of cancer, arthritis and falls. Exercise improves mood Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise boosts energy Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores. Exercise promotes better sleep Struggling to snooze? Regular physical activity can help you fall asleep faster and deepen your sleep. Exercise puts the spark back into your sex life Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and physical appearance, which may boost your sex life. Regular physical activity may enhance arousal for women. Exercise can be fun – and social! Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Try something new, or do something with friends. The bottom line on exercise Exercise and physical activity are a great way to feel better, boost your health and have fun. Aim for at least minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise. Try to engage in a combination of vigorous and moderate aerobic exercises, such as running, walking or swimming. Squeeze in strength training at least twice per week by lifting free weights, using weight machines or doing body weight exercises. Space out your activities throughout the week. If you want to lose weight or meet specific fitness goals, you may need to ramp up your exercise efforts.