

Est. 16,100,000 people are unable to achieve the amount or level of sleep they want.

Hours Needed

- Newborns – 16 hours
- 6 Months – 14 hours
- Children -- 8 to 10 hours
- Adults -- 7 to 8 hours

**Purpose of Sleep/
 Effects of too Little Sleep**

- Healing
- Growth (release of GH)
- Mental Health
- Immune System
- Longevity
- Detoxing (Graveyard Shift)
- Mood Swings
- Increase in Risky Behaviors
- Hallucinations

Long Term vs Short Term Sleeping Problems

Short Term	Long Term
<ul style="list-style-type: none"> • Kava Kava • Melatonin • Calcium • Chamomile • Herbal Sleep 	<ul style="list-style-type: none"> • Indicates the body is out of balance, toxic or weak... • Address and Correct the Chronic Health Problem

The 7 Major Reasons for Chronic Sleep Problems

- Liver (Prostate)
- Nervous system
- Time
- Adrenals
- Sleep apnea/Snoring
- Pain
- Pineal gland

Adrenals

If you are not tired at night but can't get up in the mornings.

Cause

- Adrenals are Weak and are delayed in reacting to the stimulation of the ACTH of Pituitary gland

Rise in blood pressure/heart racing

Solution

- Adrenal support
- Mood Elevator
- Pantothenic acid
- Punche something

- Parsley (blood pressure rises during the night)

Liver

If you fall to sleep but wake up during the night before 5 or 5:30 AM

Cause

- The liver cleanses itself
- When the liver is detoxing, if it is weak or VERY toxic it releases sugar into the blood stream



Solution

- Liver cleanse formula... start with what is on the bottle and increase until you sleep the whole night through every night
- Not even waking up to go to the bathroom, fluff the pillow or look at the clock

Nervous System

Can't turn mind off, toss & turn not dreaming nightly

Cause

- The coating on the nerve is too thin inhibiting the body's ability to turn out noises and releases chemicals which soothes the nervous system.

Solution

- Build the myelin
- Soothe the Nerves
- Protect Nerves from Adrenals
- White noise

A Complete Sleep Cycle Should take 1 ½ hours

- Stage I (light sleep)
- Stage II
- Stage III (deep sleep)
- Stage IV (REM – Rapid Eye Movement) (Nightmares & Night Terrors)

Importance of Dreaming

- A person should get into the REM at least once a night preferably several times during the night
- A nervous system which has all the nutrients it needs can get into that level of sleep
- Body heals and rejuvenates most efficiently
- Brain reboots

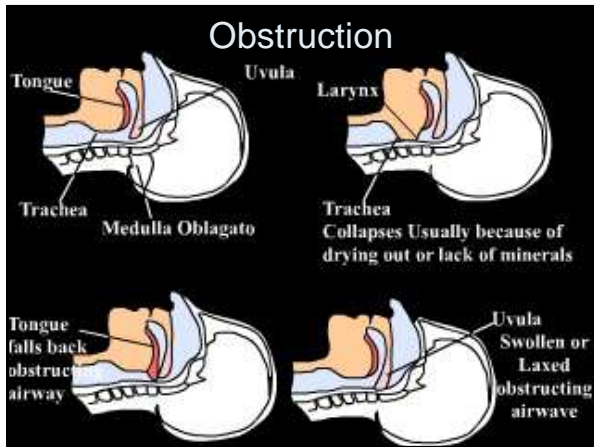
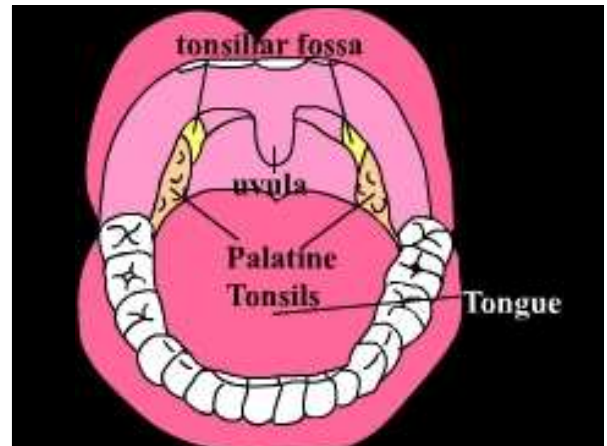
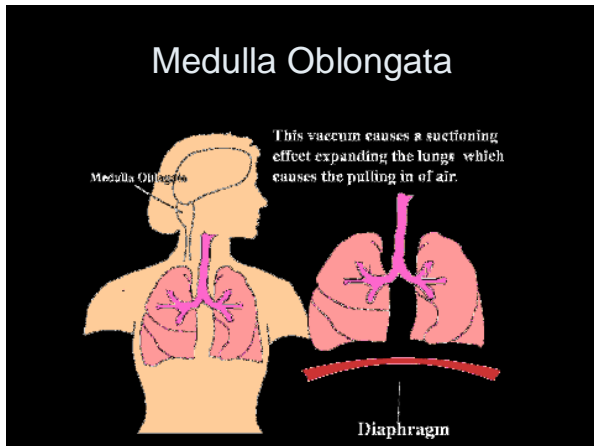


Sleep Apnea/Snoring

Causes

- Weak Medulla
- Weak Pharynx
- Tonsils or Uvula Swollen
- Flaccid Tongue
- Sinus
- Lack of Mucosal Lining (Dry throat or mouth)





- ### Health of Throat and Sinus
- Dry mouth... B complex
 - All tubing Vitamin A and D
 - Moisten tubing – Sodium
 - Correct pH
 - Magnesium to tone of pharynx

Pain Injury or Acid

- pH balance
- Supporting (calcium)
- Magnets?

Pineal Gland

- Short term
- Malatonin
- Long term
- Noni
- Sage
- B-complex
- UV lights
- Dark room

Breastfed Babies

- Nights and days mixed up --- Pantothenic acid and/or B complex
- Hungry --- Marshmallow root



Prayer

