

Sleep

By Bryon Verhaeghe

“Awe.... I wish I could sleep like a baby.”



“Why am I having trouble with my sleep?” Most adults have difficulty getting a good night’s sleep and wake up tired. Let us go through the events of the night to see what could be the reason.

The cycle of a full day reflects on the 24 hour clock. In biology this natural rhythm is called the ‘Circadian cycle’, a Latin word made from; “about + day”. Normally we are wide awake in the day and have deep sleep during the night. Our body has many ways to control routine events.

Histamine is a powerful regulator of many body functions. Throughout the day it stimulates the brain to be awake and sharp, the muscles to be fast and strong, and the stomach to produce acids for hunger and digestion. If we happen to breathe in a toxin, it helps to produce a good strong sneeze or runny nose to clean and protect the lungs. Good levels are found in people who are alert and energetic. Our body produces histamine from proteins found in food such as eggplant and spinach. Remember Popeye eating spinach to be strong. Coffee helps to release histamine because it contains niacin (B3). On the other side; low energy, constipation, bloating, gas, depression and foggy brain can be related to low levels of histamine.

Sometimes we take anti-histamines to stop heartburn, stomach acids, itching, allergies, runny nose, sneezing, hives, rash, bug bites, and etc.

After prolonged use they begin to mess up our natural rhythm and we become addicted.

Coffee helps to release histamine because it contains niacin (B3)



All fluids in our body are kept healthy with taurine. It is collected from food by the liver and released by the gall bladder for digestion after we eat. This helps to relax us after meals and can make us sleepy. Being concentrated in the brain it also helps us to fall asleep. High levels in the eye keep cataracts from forming. Breast milk has a significant amount for a baby’s immune system and sleep. Body builders supplement it for muscle endurance and recovery. Without taurine we have hard time falling asleep.

Nerves are like a telephone with instant feedback while hormones are like an email where the reply is delayed. Once a hormone has finished a function it triggers the next job. This timing allows the cycle of night and day.

**My day is amazing
after a good
nights sleep**

Day light helps to regulate and stimulate hormones. In summer months we have improved mood, immune systems and often sleep better. In the winter we help our hormones by eating turkey and duck because they have the protein that makes the hormones melatonin and serotonin. These two hormones counter each other for good mood and good sleep. Anti-depressants affect these natural hormones.

Each of us has a natural clock that tells us when it is time for bed that is regulated by hormones. Once we fall asleep the thyroid releases lithium to knock out the brain and hormones to keep plenty of blood pumping from the heart. If the thyroid is not working properly we have energy, weight and sleep problems.

Thirty to sixty minutes after falling asleep the body starts the process of repair with growth hormone. Children and teenagers might be woken up with growing pains in the night. Adults repair and slightly grow to counter the possibility of shrinking with age. In middle age some notice thinning of hair, lips and skin due to low levels. Our diet requires the amino acid from protein called arginine for growth hormone. Nuts and seeds have high levels of arginine but it is destroyed by lysine in low fat dairy products.

We have two peaks of testosterone in the circadian cycle. One in the middle of the afternoon that produces periods of the sharpest mind and the strongest muscles. The other spike is in the middle of the night for nerve repair and libido. The summer sun enhances the level and we are most fertile at the end of the summer. High levels of the good HDL cholesterol improve hormones but cholesterol lowering drugs take away from our sharp mind, strong muscles and sex drive. Eggs in the diet are a good source of good cholesterol.

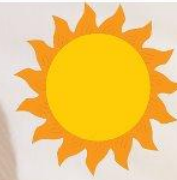


During the last few hours of sleep we have an increase in the hormone cortisol to fight joint pain and body stiffness. If one joint has a constant pain, a doctor might inject cortisol. Good levels of cortisol also help us remain asleep. People with low levels often wake up too early.

Whew! Most people do not realize how much goes on in the night. If you would like some help sorting out your routine of being more alert and better rested give us a call. At Rebound Health it is our passion to fully understand a topic and attempt to share the information. The 'simple' science of life is very complex and can be overwhelming.



Sleep for ENERGY



Sleep easy

Wake up alert

No more brain fog



L-tryptophan



Melatonin



B3 Niacin



L-Arginine



Taurine



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Which one is best for you? Call today!