

# The Power of Sleep

Is the power of sleep underestimated?!!!

Did you know that since the “back to sleep” program, children are having more sleep issues?!!! One of the most common struggles parents have these days: getting their children or themselves adequate sleep!!!

What does that mean for adults and children? The following is an article on sleep that can be found in detail from [Mercola.com](http://Mercola.com). Check it out!

## **Here are some facts about sleep:**

1. Poor sleep interferes with the brains neurons to regenerate
2. When sleep rhythms are off (not having regular sleep patterns, not sleeping enough), it impacts on blood pressure, hunger hormones, blood sugar and increases inflammation, immune excitability, diabetes, cancer risk, stress, and more.
3. Scientists believe that sleep gives your brain the ability to process the day's events, assisting in mental growth and perception
4. Poor sleep impacts on the energy driver of the body: mitochondria. It is interesting that more and more children are being identified with mitochondria issues.
5. Animal studies show that intermittent sleep has a negative impact on the brain
6. Sleep allows your brain to detoxify
7. Poor sleep impacts on memory and will reduce the ability to learn new things
8. Poor sleep reduces productivity at work and grades in school
9. Poor sleep reduces athletic performance and creativity

## How much sleep do we need?

Newborns (0-3 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5 years)	10-13 hours
School age (6-13 years)	9-11 hours
Teenagers (14-17 years)	8-10 hours
Adults 18-64 years	7-9 hours
Seniors (65+ years)	7-8 hours

The following are red flags for the quality of sleep. Remember it is very individual.

1. Number of hours of sleep
2. Timing: Sleep routines help set internal body rhythms. When these routines are off, sleep is not restorative
3. Intensity of sleep; There are different phases of sleep that are very important. How your brain performs the different phases of sleep is key. Keep in mind certain medications interfere with the rhythms of sleep. The best way to determine if this is going ok is if the person wakes rested.

Some helpful hints for better sleep (and there are a lot more)

1. Establish a sleep routine. It is important to go to bed at the same time and wake at the same time. This is so key
2. Sleep in complete darkness. Any light will interfere with melatonin production
3. Keep temperature in bedroom between 60 and 68 degrees
4. Eliminate electric and electromagnetic fields in bedroom
5. Shut down the WiFi at night
6. Move electrical devices away from the bed
7. Take magnesium or do Epsom salt baths
8. Avoid television or phone use in bed