2023 EBOOK

SLEEP RESOURCE GUIDE

Adequate sleep is critical for your overall wellbeing.

LANE INNOVATIVE™
SINCE 1994

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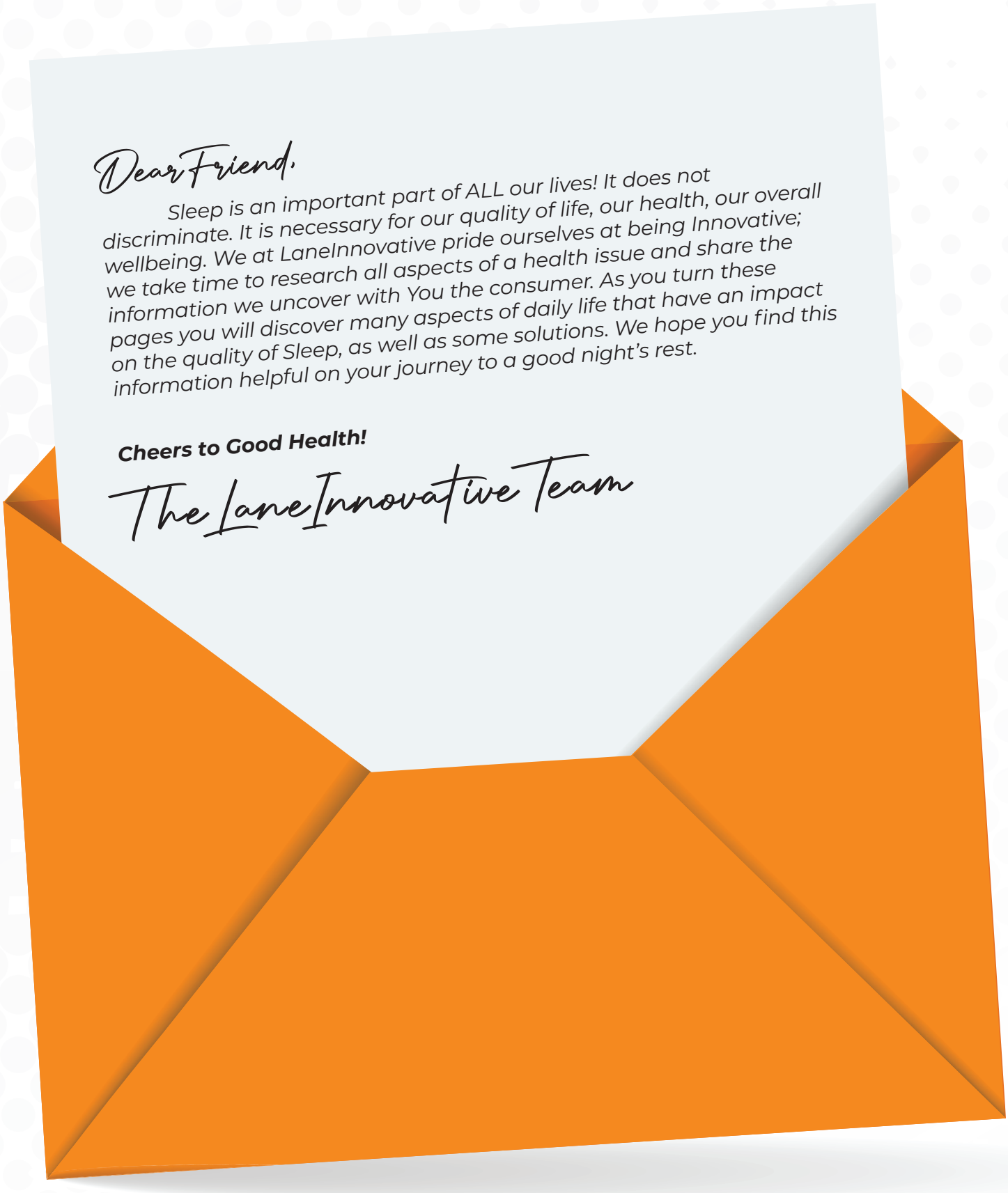
Dear Friend,
Sleep is an important part of ALL our lives! It does not discriminate. It is necessary for our quality of life, our health, our overall wellbeing. We at LaneInnovative pride ourselves at being Innovative; we take time to research all aspects of a health issue and share the information we uncover with You the consumer. As you turn these pages you will discover many aspects of daily life that have an impact on the quality of Sleep, as well as some solutions. We hope you find this information helpful on your journey to a good night's rest.
Cheers to Good Health!
The LaneInnovative Team

THE LANEINNOVATIVE DIFFERENCE

Founded in 1994, LaneInnovative® is a unique natural products company:

- We do not offer me-too products
- Our products offer performance benefits not available elsewhere.
- Our performance claims are based on scientific evidence.
- US courts and leading medical journals have accepted our scientific research
- We openly share our research with our customers, as allowed by law or scientific custom
- The potency and recommended usage of our products are comparable to that used in clinical research.
- We thoroughly understand our products.
- We listen to and respect our customers

Our Pledge

- Provide superior value to our customers through innovation
- Continually Invest in our natural technologies to better understand their capabilities and enhance their benefits.
- Maintain a work environment that values people, promotes learning and nurtures innovation.
- Be respected by our customers, retail and healthcare partners, employees and suppliers
- Continually strive for excellence in all business practices.

Our Quality Standards

- Our key ingredients are produced in countries with advanced food technologies and regulatory oversight.
- We continuously test for label claim potency, pathogens and heavy metals. Products that fail on any measure are not sold.
- We adhere to Good Manufacturing Practices (GMP) and other US Food & Drug Administration (FDA) regulations
- Our products consistently meet U.S. Pharmacopeia (USP) dissolution and disintegration standards.

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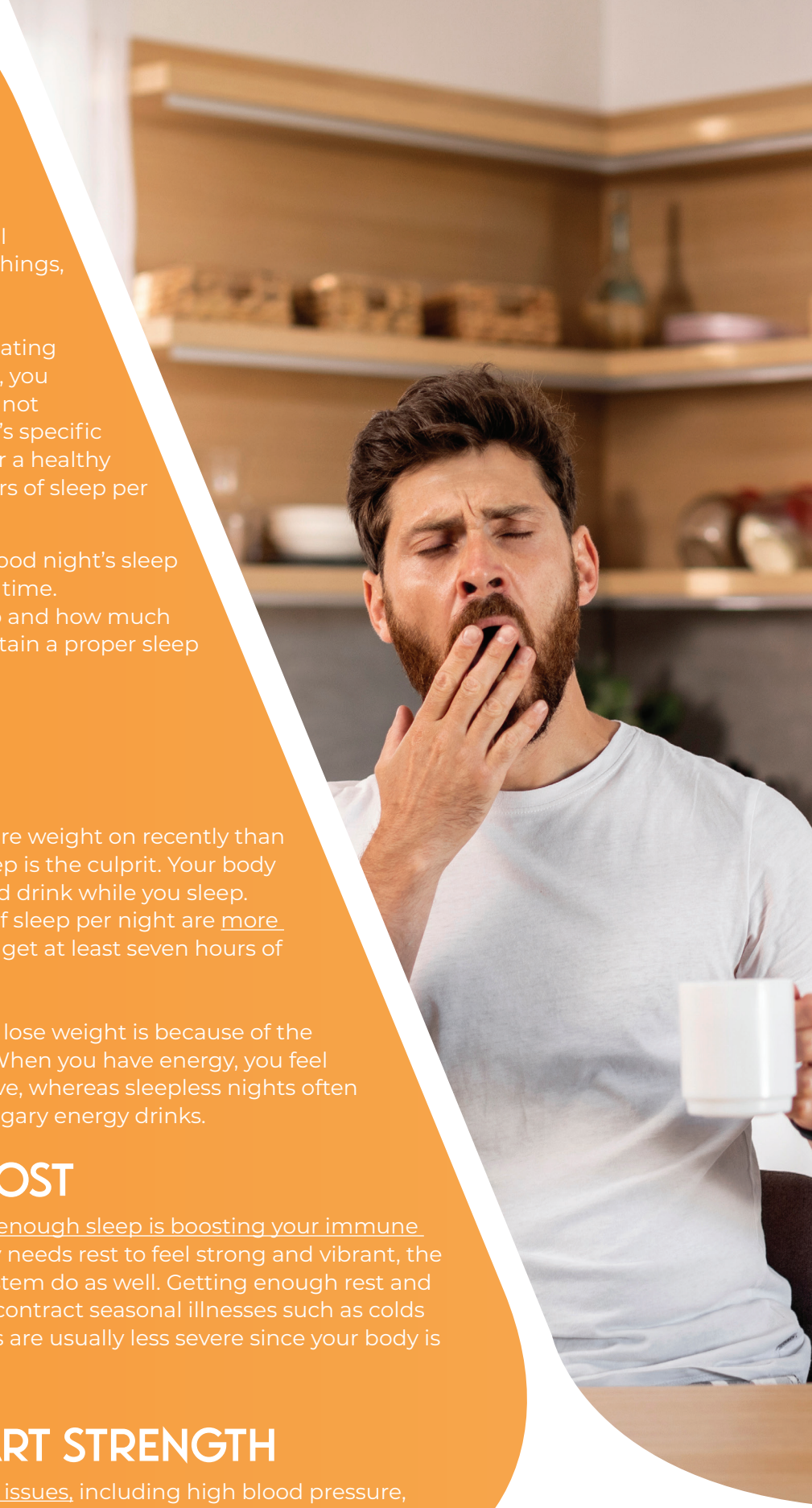
WHY IS SLEEP SO IMPORTANT?

Adequate sleep is critical for your overall wellbeing. Sleep can help with various things, such as fighting off illnesses, feeling mentally sharp, and so much more.
While taking vitamins, exercising, and eating healthy are all crucial to staying healthy, you won't receive their full benefits if you're not getting enough sleep. While everybody's specific needs are different, it's a general rule for a healthy adult to get between seven to nine hours of sleep per night.

Let's discuss the benefits of getting a good night's sleep and how it can impact your health over time. Understanding the importance of sleep and how much you need each night will help you maintain a proper sleep schedule to achieve optimal health.



SLEEP HELPS WITH WEIGHT CONTROL

If you've noticed that you're putting more weight on recently than usual, there's a good chance lack of sleep is the culprit. Your body burns calories and metabolizes food and drink while you sleep. People who get less than seven hours of sleep per night are more likely to become obese than those who get at least seven hours of sleep per night.

Another reason that sleep can help you lose weight is because of the energy it provides when you wake up. When you have energy, you feel more motivated to exercise and be active, whereas sleepless nights often lead to a desire for food cravings and sugary energy drinks.

IMMUNE SYSTEM BOOST

Perhaps the biggest benefit of getting enough sleep is boosting your immune system. In the same way that your body needs rest to feel strong and vibrant, the cells and defenders of your immune system do as well. Getting enough rest and sleep will make you much less likely to contract seasonal illnesses such as colds or flu. Even if you do get sick, the effects are usually less severe since your body is strong enough to fight the illness.

IMPROVE YOUR HEART STRENGTH

A lack of sleep is directly linked to heart issues, including high blood pressure, which is a leading cause of heart problems. Keep your heart healthy by getting the adequate rest that your body needs to thrive.

IMPROVE YOUR MOOD

There's no denying that getting enough sleep puts people in a better mood. Not getting enough sleep consistently is also linked to depression. The reason this happens is that you wake up feeling tired, grumpy, and unenergetic. You don't desire to exercise, socialize, or exert any type of energy simply because you don't have any. However, when you get enough rest, you're more likely to have mental clarity and the ability to problem solve life's challenges.

REMOVE MIND FOG AND HELP YOU FOCUS

A rough night of sleep won't just affect you physically. It will also affect you mentally. If you've ever gone to work and felt lost or like you couldn't focus, there's a good chance you didn't get enough sleep. You'll find it suddenly harder to process complex thoughts or ideas and have trouble focusing at work or school. This not only impacts your job performance, but it could even be a safety concern for some types of jobs.

PERFORM BETTER ATHLETICALLY

There's a reason that coaches and trainers tell their players to get a good night's rest before a big game or match. It's because they understand that getting enough sleep is paramount to being at the top of your game physically. When you get enough sleep, nights will lead to days of peak performance.

HOW MUCH SLEEP DO YOU NEED?

The amount of sleep each person needs is dependent on a variety of factors. These include immediate sleep needs that may be caused by overexertion, extended work hours, or periods of higher stress. Additionally, each person can have differing sleep needs for their background. It is important to listen to your body to understand your unique needs.

Age plays a major role in the amount of sleep that people generally need throughout their lives. The requirements for sleep are at the highest levels for newborn babies, ranging between 14-17 hours per night, infants (12-15 hours per night), and then steadily decreasing the amount of sleep that people need as they age. Teenagers, through adults generally require around 8 hours of sleep, with some minor decreases in sleep need as an individual's age progresses. Adults 65+ years old need between 7-8 hours of sleep per night.

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 or more years old	7-8 hours

Image from SleepFoundation.org (https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need)

YOUR BODY HEALS WHILE YOU SLEEP

Sleep also helps your body's natural healing process by reducing inflammation in damaged areas. Sleep has a significant impact on your central nervous system, which is where inflammation is regulated. Getting enough sleep helps reduce inflammation, and not getting enough sleep can cause inflammation.

Inflammation happens because a lack of sleep or disturbed sleep activates neural sensor pathways causing them to release certain chemicals and proteins. This, in turn, causes inflammation, which can lead to various conditions, including Alzheimer's, dementia, cancer, heart disease, obesity, depression, and diabetes.

SLEEP AND YOUR HEALTH

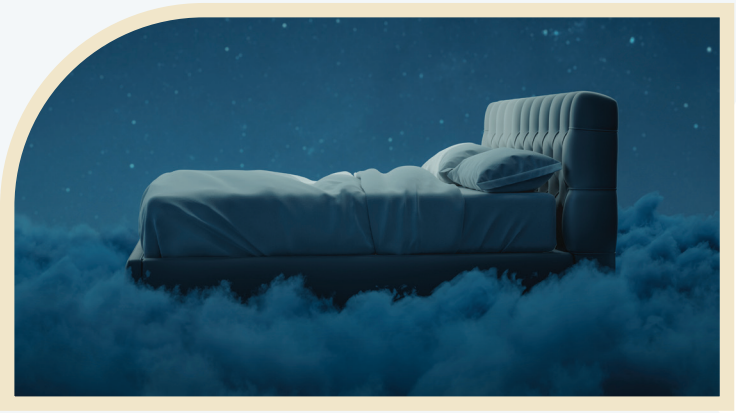
As you can see, there are plenty of good reasons to get enough sleep each night. Proper rest won't just put you in a better mood and mindset for the day. It will also decrease your chances of having serious health problems. If you value your health and want to live life to the fullest, sleep should be a top priority.

THE 5 STAGES OF SLEEP

Many of us have noticed that depending on how much sleep we get for the night, or the quality of sleep we get, will affect us dramatically the following day. This is because of our sleep cycles, or our stages of sleep. During each phase, our body and brainwaves react differently, directly linked to energy and exhaustion levels. There are five total stages of sleep and a few keywords to know when diving into this knowledge.

WHAT IS REM?

REM stands for rapid eye movement. When we sleep, our eyes naturally move but don't send the visual information to our brains for interpretation. During non-REM sleep, your eyes do not move, and you are in a lighter sleep cycle. Each phase of sleep has a different cycle of REM or non-REM, coordinating with how deep of sleep we are in. Usually, REM occurs around 90 minutes after falling asleep, and approximately 75% of sleep is spent in non-REM sleep.



WHAT ARE EEG WAVES?

EEG refers to an electroencephalogram test that monitors and visualizes our brain waves. How does this relate to sleep? When we sleep, our brain activity changes. Using an EEG, we can see what patterns can be seen in each stage. This is helpful for those with sleep difficulties, brain disorders, and epilepsy.

WHAT AFFECTS SLEEP?

Many things can affect your sleep. Examples include age, sleep patterns, sleep disorders, and medications. Newborns spend approximately 50% of their time sleeping in REM sleep, which starts to fade away as we age, with elderly people spending the least time in REM sleep. If you consume a lot of alcohol or caffeine, you will find this impacts your sleep, particularly when trying to fall asleep. Some prescription medications like diuretics may interrupt sleep more often due to the need to urinate frequently. While over-the-counter medications are helpful for some, they may cause daytime grogginess.

MAXIMIZING SLEEP CYCLES

Some things that affect sleep, like our habits or sleeping conditions, can be changed to have more optimal rest. Keep your sleeping area dark and quiet, and minimize the use of electronics or caffeine before bed. Try to avoid long naps that could interrupt your normal sleeping times. Eating before bed, or having nighttime snacks, may also impact your sleep quality or cause disruptions like acid reflux.

If you have consistent trouble sleeping, speak with your physician about what you are experiencing. Taking longer than 30 minutes to fall asleep is usually an indicator of poor sleep quality and should be monitored. Many people have conditions like insomnia or snoring, which can be an ongoing issue and impact your daily life. If you suspect you may have sleep issues, you can start a sleep diary to track how you feel when you wake up, and many times you woke up. You can also use a watch with a sleep tracker. Discuss your findings with your physician to work towards high-quality sleep.

STAGE 1

In the first stage, our body is in non-REM sleep. This is also sometimes referred to as the 'wake' stage. This stage takes us from our waking state into a light rest or the beginning of rest. Our bodies begin to slow down and unwind, with our heartbeat slowing and decreased muscle tension. With brain wave activity, we see similar activity to being in a relaxed and wake state.

STAGE 2

Stage two is a more relaxed state than stage one. This is also non-REM sleep. Time asleep will mostly be in this stage. You can be awakened easily but are not yet in a deep sleep. Your heartbeat, breathing, and temperature will decrease. Usually, you will be in this stage for a half hour less. On an EEG, we see two different brain waves, sleep spindles and K-complexes.
A K-complex is a high amplitude brain wave and brain activity that often respond to external stimuli in a heightened sense. These waves help maintain sleep and memory consolidation. Sleep spindles are brief bursts of neurons that also help with memory consolidation.

STAGE 3

In this stage, your EEG would record lower frequency waves. This is the deepest stage of sleep but is still considered non-REM. If you know of somebody who is very difficult to wake, they are likely in this stage of sleep. When we get older, we spend less time in stage three, when sleeping dysfunctions like bed-wetting, sleepwalking, or night terrors may occur. If you are awakened during this stage, you will feel groggy or foggy-headed, otherwise known as sleep inertia. An interesting aspect of this stage is that our bodies repair themselves when sleeping, building bone and muscle and strengthening our immune system. Our heartbeats and breathing are at their slowest rate, you will not have eye movement, and cell regeneration occurs.

STAGE 4

Some professionals place stages four and three together as they are very similar. They both are deep sleep and can be referred to as 'slow wave sleep,' or delta sleep, by the brain wave patterns they produce. Stage four can also be broken down into two sections, phasic and tonic. Phasic means our eyes will have bursts of movement, whereas tonic does not.

STAGE 5

Stage five is REM sleep and is the stage where we most often dream, although it may not necessarily be restful. An EEG would look like waketime, but our bodies do not. Our breathing is not as stable as in other stages, and our heart rate may increase instead of decrease. REM ignites the areas of our brain that are associated with learning and high activity. There are different REM sleep stages, with the initial stage lasting about ten minutes and the later stage at around 90 minutes. You will continue to be difficult to wake, and you will likely wake spontaneously.

THE 5 STAGES OF SLEEP

WHAT IS YOUR SLEEP BIORHYTHM AND WHY IS IT SO IMPORTANT?

Your sleep biorhythm, which is a major part of your circadian rhythm, is one of several biological rhythms that you have. While everyone has a sleep biorhythm, it's always unique from person to person.

In addition to helping you feel rested and refreshed after a night of snoozing, your sleep biorhythm is important to your overall health and wellness. It's important to maintain a healthy, consistent sleep biorhythm if you want to avoid sleep conditions and disorders, such as occasional sleeplessness. If you're curious and want to know more about your sleep biorhythm and why it's so important, keep reading!

WHAT IS YOUR SLEEP BIORHYTHM?

It's difficult to fully understand sleep biorhythms unless you're a sleep expert. In general, however, the sleep biorhythm is part of a biological, internal clock in the brain known as your circadian rhythm. This internal clock helps regulate things like body temperature, sleep patterns, hormone secretion, and many other autonomic responses, and it does so without you even knowing about it.

Your sleep biorhythm, sometimes known as the sleep-wake cycle, refers to everything that your body does while you're asleep. It influences the quality of your sleep and how rested or sluggish you feel when you wake up.

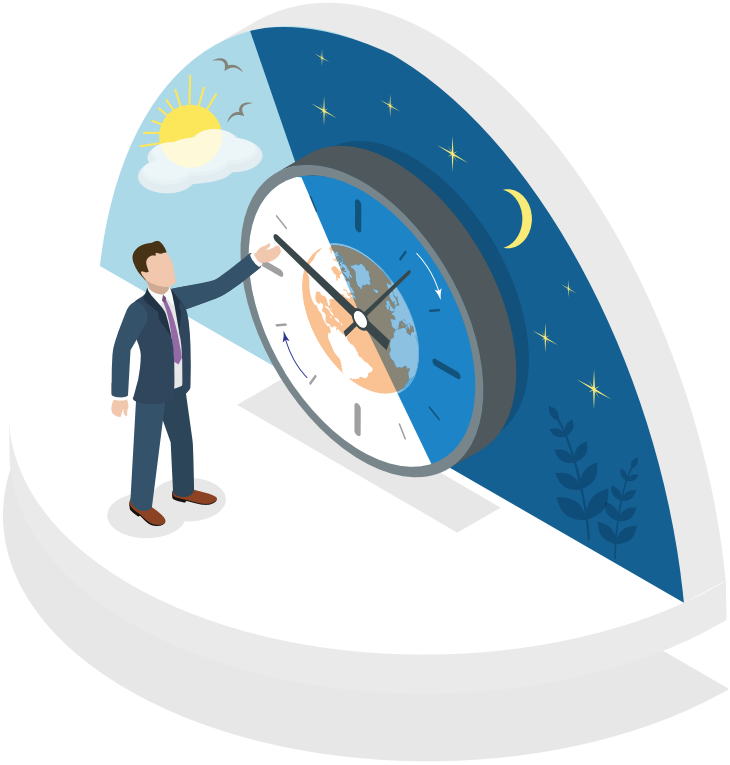
The reason that your sleep biorhythm is a major part of your circadian rhythm is because of how light and other environmental factors affect it. For instance, light significantly affects the msleep-wake cycle, which is why it takes time for people to adjust to sleeping during the day and working during the night. Your body naturally associates darkness with sleep, courtesy of your circadian rhythm and sleep biorhythm.

HOW DOES THE SLEEP BIORHYTHM WORK?

To understand how sleep biorhythms work, we need to look at how circadian rhythms work as a whole. Circadian rhythms are based on a 24-hour internal clock inside the brain that works automatically and doesn't require any intentional input from you. While they're best understood in humans, all plants, animals, and living organisms have a circadian rhythm.

The internal clock that controls your circadian rhythm tells your body to do a ton of things that you can't control on your own. It helps regulate things like your body temperature, digestion, protein secretion, how your body uses energy, and much more. Additionally, when it gets dark outside, your internal clock tells your body to release melatonin, which makes you start feeling drowsy and sleepy.

This, in turn, starts the sleep biorhythm cycle, which refers to the time when you fall asleep to the time you wake up. Your sleep biorhythm helps you stay asleep, go through the various sleep cycles, and wake up in the morning feeling refreshed. Conversely, however, if you don't have a healthy sleep biorhythm, it can result in occasional sleeplessness, not feeling rested, and waking up periodically throughout the night.



WHY IS YOUR SLEEP BIORHYTHM IMPORTANT?

Your sleep biorhythm is important because it determines how well you sleep at night and how rested you feel in the morning. If your sleep biorhythm is off, it can result in a number of things, including the following.

- Feeling drowsy or unrested when you wake up in the morning.
- Having a bad temper
- Mood changes and swings
- Headaches
- Trouble focusing

These are just the short-term effects of having a bad sleep biorhythm. If your biorhythm is off for a prolonged period of time, it will start to affect your physical and mental health.

TIPS FOR MAINTAINING A HEALTHY SLEEP BIORHYTHM

If you want to stay healthy and alert by maintaining a healthy sleep biorhythm, here are a few tips and tricks.

MAKE HEALTHY LIFESTYLE CHOICES

One of the best ways to maintain a healthy sleep biorhythm is by making wise food and beverage choices while you're awake. You should avoid large amounts of caffeine, nicotine, and alcohol, especially right before trying to go to sleep. Additionally, you should also consider adding healthy supplements to your diet, like magnesium, ashwagandha, chamomile, and passion flower.

While many individuals begin trying to regulate their sleep by using melatonin, this can actually disrupt your sleep rhythm over time. Recent studies have shown that doses over 0.3 mg can disrupt your circadian rhythm and mutually beneficial sleep cycles.

AVOID BLUE LIGHT AND PURSUE SUNLIGHT

Melatonin is the main hormone in the human body when it comes to activating your sleep biorhythm. By getting plenty of sunlight and Vitamin D in your system, you'll increase the flow of melatonin. Blue light from computer screens and phones, on the other hand, will have the opposite effect and stimulate your system.

KEEP A CONSISTENT SLEEP SCHEDULE

It's also crucial that you maintain a consistent sleep schedule. Do this by avoiding long naps in the afternoon that will end up keeping you awake at night. It's also a good idea to exercise regularly and to avoid electronics for a minimum of two hours before going to bed.

WHY STAYING ONLINE TOO LONG WILL AFFECT YOUR SLEEP

No matter how hard you try not to get sucked in, we live in the digital age. For most people, everything we do revolves around screen time, where you're staring at a phone, TV, or computer screen. We use computer screens for work and school, our phones for social media, and TV screens for entertainment.

While screen time is unavoidable for most, it's not necessarily always a good thing. For instance, studies are showing that excess or late screen time involved with staying online for too long could have a detrimental effect on your sleep.

If you're curious about how and why staying online has an effect on your sleep, keep reading. This article will delve into how electronic screens and the act of staying online can keep you up at night and prevent you from getting a good night's sleep.

WHY DOES STAYING ONLINE TOO LONG AFFECT YOUR SLEEP?

There are a number of mental, physical, and psychological reasons why staying online too long will affect your sleep. The main reason, however, is because of how the light emanated by electronic screens affects your brain.

BLUE LIGHT AND SLEEP

Whether by chance or by purpose, the light from electronic screens emits unique, short wavelengths that are designed to keep people alert, active, and productive. This light, better known as blue light, makes mobile devices and electronics perfect for daytime use, work, and school.

However, when you absorb blue light at night, these wavelengths are less desirable. While most people think they're winding down when watching a TV show or browsing the internet while lying in bed, they're actually doing the exact opposite. By absorbing blue light, you're inadvertently absorbing energy, which will make it difficult to fall asleep anytime soon.

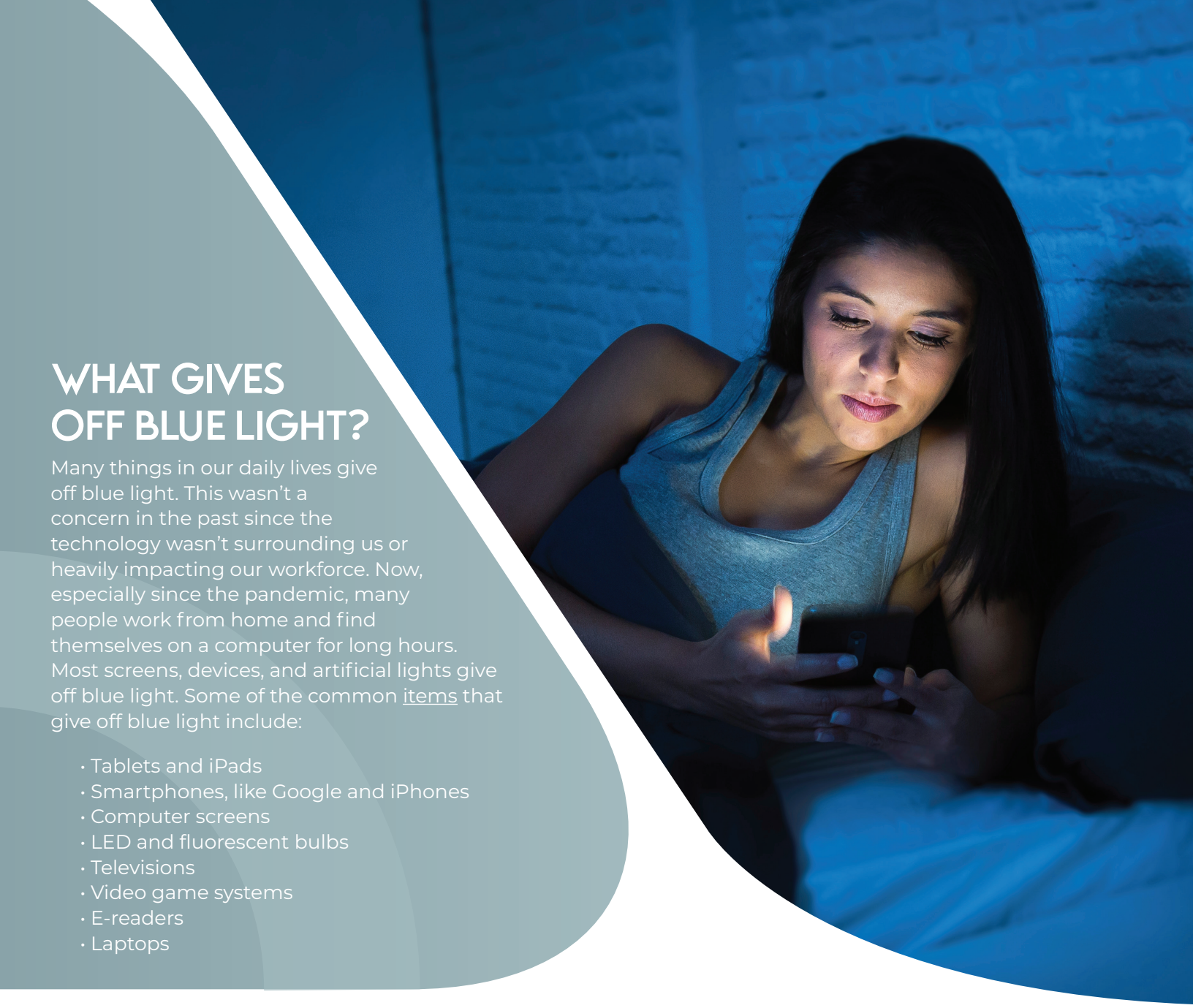
Additionally, blue light also delays the process of how your body releases melatonin, a hormone that promotes sleep. By delaying the release of melatonin, your body won't get weary and wind down as fast, and it will take longer for you to fall asleep.

HOW DAYLIGHT AND MELATONIN AFFECT SLEEP

The second big reason that staying online too long will affect sleep is because of how light and melatonin affect each other. The body has an internal clock that's controlled by light, darkness, and various hormones, including melatonin.

During the day, when it's light outside, and the sun is shining, melatonin lies dormant. However, when the sun goes down, and darkness is approaching, your body automatically releases melatonin, a hormone that insights drowsiness and sleepiness.

As we learned above, however, electronic screens emit blue light. Even though blue light doesn't come from the sun, it's still a form of light and can inhibit the release of melatonin. Therefore, by staying online, you're tricking your body into thinking it's daytime because your system is absorbing light. This will make it take much longer to fall asleep because it takes longer for melatonin to release.



WHAT GIVES OFF BLUE LIGHT?

Many things in our daily lives give off blue light. This wasn't a concern in the past since the technology wasn't surrounding us or heavily impacting our workforce. Now, especially since the pandemic, many people work from home and find themselves on a computer for long hours. Most screens, devices, and artificial lights give off blue light. Some of the common items that give off blue light include:

- Tablets and iPads
- Smartphones, like Google and iPhones
- Computer screens
- LED and fluorescent bulbs
- Televisions
- Video game systems
- E-readers
- Laptops

MINIMIZING BLUE LIGHT EXPOSURE

There are a few ways we can minimize our exposure to blue light. Although it's best to take breaks from the computer and get outside more often, that isn't as feasible for those who work long hours and require screens to complete their tasks. Most people use their phones for regular communication, and use apps that can be wonderful for our health, so knowing how to balance exposure can be beneficial.

Most devices nowadays have brightness settings that can be changed. This includes your phone or computer. If you search in settings, you should be able to dim the light or even change it to 'dark mode,' which will change the color of your background. You can also look in the app store on your phone for a blue light-filtering app, which will help filter the amount of blue light entering your eyes while using the device. If you have difficulty getting away from devices, try setting the alarm to put down the phone or engage in a task that isn't on a device, like reading a book or listening to relaxing music.

WHEN SHOULD I CUT OFF SCREEN TIME BEFORE GOING TO SLEEP?

Because of how blue light from staying online, checking your phone, or watching a movie affects your sleep patterns, it's vital to put your electronic devices away at night. At most, you should keep screen time in the evenings to two hours or less. You should also try to cut off your screen time by at least one hour before going to bed. Although this is difficult, it will greatly improve your sleep patterns.

OTHER REASONS STAYING ONLINE TOO LONG WILL AFFECT YOUR SLEEP

In addition to the harmful effect that blue light has on your body when it comes to sleep, here are several other reasons why staying online too long can keep you up at night.

IT KEEPS YOUR BRAIN TURNED ON WILL AFFECT YOUR SLEEP

Your brain isn't a machine in that you can simply flip a switch and turn it off. Instead, it takes time for your brain to shut down so that you can fall asleep. It will take even longer if you're watching a movie or browsing social media.

CAN CAUSE STRESS AND ANXIETY

Depending on what you're doing online, it can make you experience stress, anxiety, or worry, all of which will keep you up at night.

IT'S WASTED SLEEP TIME

Finally, staying online too long will affect sleep for the most obvious reason of all - you have to be awake while you're online. Therefore, the longer you keep looking at your phone, checking social media, or watching TV, the less time you'll have to actually be asleep.

FOODS THAT PROMOTE GOOD SLEEP VS FOODS THAT PROMOTE BAD SLEEP

The things that you eat and drink affect nearly every aspect of your life, including how well you're able to sleep. Sleep, in turn, plays a massive role in your overall health and can affect everything from your weight to your mood and overall attitude toward life.

The best way to form healthy sleeping habits is to have a healthy diet and avoid or gravitate toward certain foods and drinks before you turn in for the night.

FOODS AND DRINKS THAT PROMOTE GOOD SLEEP

Many of the best foods and drinks to partake in before going to bed are healthy and beneficial for other parts of life. In general, most of the best foods and drinks to consume before sleeping will help reduce inflammation, which occurs while you sleep.

✓ NUTS

Nuts are full of heart-healthy fats and proteins that will help reduce inflammation as you sleep. Nuts have the added benefit of boosting your serotonin levels and balancing out your hormones, which also help with sleep. Some of the best nuts to eat before bed include:

- Walnuts
- Pistachios
- Cashews
- Peanuts

When you have the option, you should choose nuts that are lightly salted or unsalted.

✓ TURKEY & FISH

Another good option if you're craving meat right before bed is turkey, fish, or other lean meats. Lean meats are moderately high in protein, help boost your serotonin levels, and are also easy to digest during sleep. Chicken and egg whites are also good options for lean meats and proteins that you should eat before falling asleep.

✓ SOOTHING TEAS

One of the best ways to get a good night's sleep is to drink a cup of soothing tea around an hour before you plan to fall asleep. Tea takes some time to kick in, but it's an extremely rewarding beverage when it does. For best sleeping results, you should avoid teas with caffeine and gravitate towards chamomile or passionflower teas.

✓ FRUITS

While some fruits are great for forming healthy sleep habits, you should be very selective. Kiwi, bananas, tart cherries, and tart cherry juice are some of the best fruits to eat before bed. These fruits and juices are lower in sugar than other types of fruits, such as apples and citrus fruits, and will benefit your sleep cycles rather than impair them.

✓ RICE AND OATMEAL

Rice and oatmeal are an example of just two of the best carb-based foods to eat before bed. Rice and oatmeal are readily available in most parts of the world, making them a great, basic sleep-food option. In addition to rice and oatmeal, other great carbs that benefit sleep and are healthy overall include:

- Whole Grain Bread
- Whole Grain Cereal
- Whole Grain Pasta
- Healthy Crackers

GREAT SNACK OPTIONS

Here are a few ideas to try if you're looking for specific snack ideas to help you get a good night's sleep.

- A combination of bananas with low-fat and low-sugar yogurt.
- Low-fat cottage cheese or slices of cheese.
- Smear some peanut butter on whole-grain crackers.
- A piece of whole-grain toast with low-fat butter and a cup of chamomile tea.

BEST TIME TO EAT DURING THE DAY TO GET A GOOD NIGHTS SLEEP

Generally, you don't want to eat anything immediately before bed. Each of the foods and drinks that are beneficial for sleep is best when consumed at least one hour before sleep. If you decide to eat something on the bad food and drink list, you should do so at least five hours before going to bed.

FOODS AND DRINKS THAT ARE BAD FOR SLEEP

While many foods and drinks that promote healthy sleeping habits are good for your overall health, many things that inhibit sleep are also bad for your health.

PORK AND FRIED MEATS ✗

While pork isn't necessarily bad for your health, it's very difficult to digest, so your body will be working in overdrive if you eat it before going to sleep. Fried foods and meats are also a bad option if you plan to get a good night's sleep.

PROCESSED CARBOHYDRATES ✗

Processed carbs and foods aren't just bad for your overall health. They're also terrible for forming healthy sleeping habits. Store-bought foods like basic kinds of pasta, bread, fast food, and other store-bought snacks and foods are heavily processed and terrible for your sleep.

SUGARY FOODS AND DRINKS ✗

Sugary foods and drinks will raise your blood sugar levels and make it very difficult to fall asleep. Obvious foods like cake, ice cream, and candy should be avoided, but other foods like white bread and processed and refined carbs should also be avoided. It's important to read the nutritional facts label and ingredient list on anything you eat before going to bed.

CAFFEINATED DRINKS ✗

The fact that caffeinated drinks like coffee, soda, tea, and energy drinks should be avoided before going to sleep should come as no surprise. Caffeine and sugar raise your adrenaline levels and cause you to feel awake and alert rather than tired and sleepy. Instead, opt for decaf coffee and teas, and don't drink energy drinks or soda before bed.

SPICY FOODS ✗

Spicy foods are another bad option if you want to get a good night's sleep. Spicy foods are known to cause acid reflux and indigestion, which tend to get worse when you lay down. Therefore, the worst time to eat spicy foods is at night before you plan to turn in for the night.

CAFFEINE, NICOTINE, AND ALCOHOL AND THEIR IMPACT ON SLEEP

In terms of your overall health and wellness, sleep is extremely important. It's one of the foundations of maintaining a healthy lifestyle and a positive outlook on life. In general, drugs such as caffeine, nicotine, and alcohol aren't good for your health. One of the reasons they're so bad for you is because they tend to harm your sleep habits. In this article, we'll go over why these drugs are bad for a good night's sleep and why.

HOW DOES CAFFEINE AFFECT YOUR SLEEP?

Caffeine is a common ingredient in coffee, soda, and energy drinks. Many people don't realize that caffeine is a drug in the class known as a stimulant. Like all stimulants tend to do, caffeine has a negative impact on your sleep when you consume too much throughout the day or right before attempting to sleep.

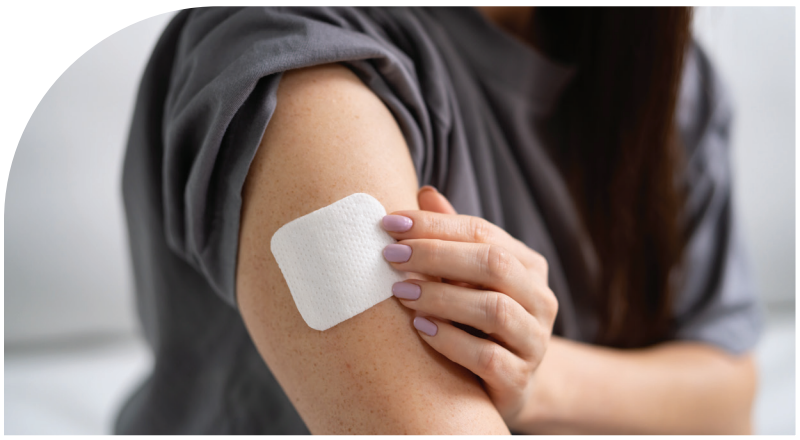
HOW CAFFEINE AFFECTS YOUR HORMONE LEVELS

The main reason caffeine is bad for falling asleep is how it impacts your hormone levels. Because it's a stimulant, caffeine will increase your adrenaline levels which will make you feel awake and alert.

Caffeine also blocks another hormone known as adenosine, which is a hormone that causes you to feel sleepy and usually kicks in at night or when you're tired. The dual effect that caffeine has, where it blocks adenosine and increases adrenaline, is a recipe for disaster if you want to fall asleep quickly.

Caffeine is also a fast-acting drug that gets into your system quickly. In turn, it also exits your system quickly. However, while a high content of caffeine will exit your system, there are trace amounts that remain for a long time.

As such, even if you drink a caffeinated drink five or six hours before going to bed, it can delay your sleep time by up to an hour. As such, the best time to drink caffeine is at least seven hours before you plan to go to sleep.



HOW DOES NICOTINE AFFECT YOUR SLEEP?

Like caffeine, nicotine is a drug known as a stimulant, which means it stimulates your mind and body. As such, nicotine is terrible if you hope to form healthy sleep habits. However, while caffeine is usually bad for falling asleep, it's not always as black and white as it is with caffeine.

Long-term smoking and other methods of using nicotine have been linked to a higher chance of insomnia. Nicotine use in the form of smoking is also likely to lead to lung conditions that can cause sleep apnea and other things that reduce the quality of your sleep.

NICOTINE WITHDRAWAL AND SLEEP

In terms of how nicotine affects sleep is slightly different when the withdrawal is involved. Nicotine is always bad for your sleep when you're using it consistently. However, you can learn to adapt to nicotine if you use it long enough. While your sleep will still be inhibited and lack quality, you can train your body to fall asleep at a regular time.

If you're addicted to nicotine and are going through withdrawal, not using nicotine will negatively impact your sleep. Because your body is craving nicotine, you'll experience high anxiety and stress levels. While nicotine is a stimulant that makes you feel more awake, it also has a calming effect on the nerves. Therefore, smoking a cigarette or consuming nicotine in another way can lower your stress levels and improve your mood if you're going through withdrawal.

Because people know that a nicotine rush will help calm their nerves and fall asleep, detoxing from nicotine is extremely difficult. However, the long-term effects of getting nicotine out of your system will improve sleep quality in the long run.

ALCOHOL IN EXCESS

However, if you drink too much alcohol, the opposite effect will be true. An excess of alcohol is likely to impair your ability to fall asleep, and someone with an alcohol use disorder is more likely to struggle with insomnia or other sleep-related condition.

ALCOHOL IN MODERATION

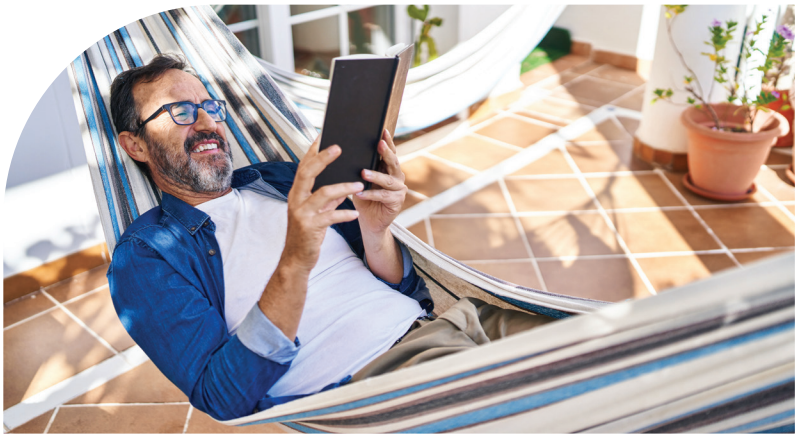
While low to moderate amounts of alcohol can help you get better sleep, it can also have the opposite effect. Depending on your age, gender, conditioning, and body shape, alcohol can positively or negatively impact sleep.

For example, alcohol often helps people fall asleep initially, but it can reduce the overall quality of the sleep you get. In other cases, alcohol can help you fall asleep and sleep longer overall but will cause you to awaken more often throughout the night.

ALCOHOL AND SLEEP APNEA

While much is unknown about how alcohol affects sleep overall, people who consume alcohol consistently are much more likely to suffer from sleep apnea.

As long as you don't become addicted to alcohol and consume it in moderation, it can be beneficial for sleep. However, becoming addicted to alcohol or drinking moderate to high amounts of it will hinder your sleep quality and time.



HOW LACK OF SLEEP CAN IMPACT YOUR WORK DAY AND DAILY ROUTINES

Sleep deprivation is a serious and common condition that affects millions of people. The sad thing about people who struggle with occasional sleeplessness and lack of sleep is that they don't realize how it affects every other part of their lives. A lack of sleep affects everything from work to school to your daily routine.

If you're curious and want to know more about how occasional sleeplessness can affect your daily life, you've come to the right place. This article will explain why sleep is so important and what can happen when you don't get enough of it.

WHY IS SLEEP SO IMPORTANT?

Contrary to what you may think, sleep isn't just something you do when you're tired and need to recuperate. Instead, sleep affects every part and system in your body, including the endocrine, digestive, nervous, cardiovascular, and respiratory systems.

Each of these systems requires sleep to recover and work to its full potential, which means that if you don't get enough, you're more prone to sickness, digestive issues, hormone problems, breathing and heart issues, and other serious problems.

7 EFFECTS A LACK OF SLEEP CAN HAVE ON YOUR DAILY ROUTINE

In addition to these serious issues that happen from a consistent lack of sleep, let's look at the effects of occasional sleeplessness on your everyday life.

LACK OF ALERTNESS

One of the first things you'll notice if you don't get enough sleep is that you aren't as alert as you typically are. Staying alert is crucial if you have a job with responsibilities that require concentration and immediate reaction. Alertness is also important for everyday tasks such as driving your car, watching your kids, and working around the house.

MIND FOG AND POOR MEMORY

If you've ever sat in a morning meeting and found yourself staring at a single point in the meeting, or having your mind drift throughout other people talking, you know what it's like to have mind fog. Mind fog is when you read or hear something but have no idea what it means or what to do with the information. This, along with poor memory, are both symptoms of not getting enough sleep. And, if this happens on the morning of an important task, you'll struggle with job performance.

TROUBLE PROCESSING COMPLEX THOUGHTS AND IDEAS

Difficulty processing complex thoughts and ideas goes hand in hand with poor memory and mind fog. It nearly always accompanies a lack of sleep and is very detrimental for workers. Engineers and medical professionals, for instance, don't have jobs where everything is cut and dry. Sometimes, you'll need to take in information, process it, and act accordingly, all in the blink of an eye.

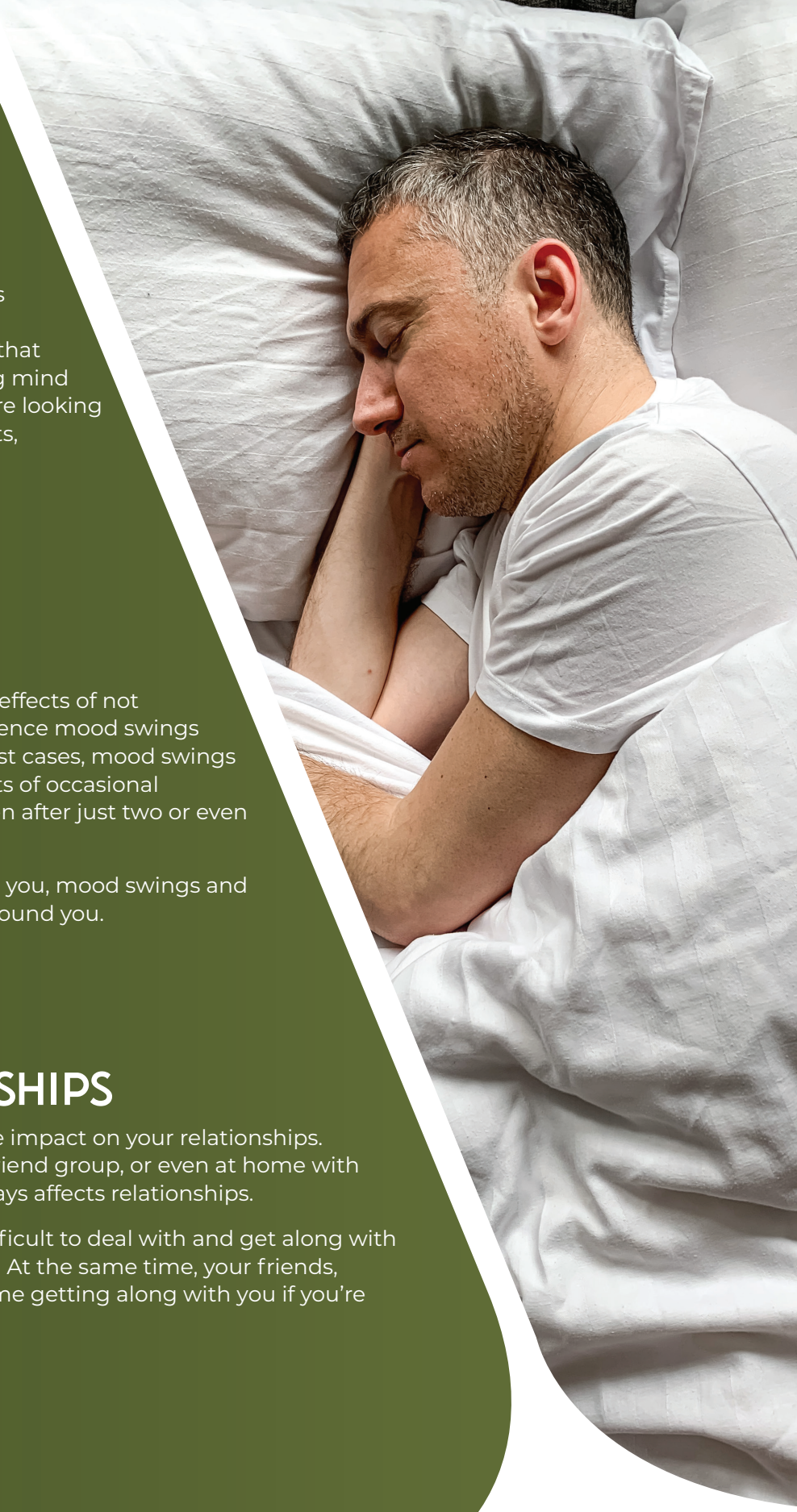
If you didn't get enough sleep the night before, however, you'll have a much harder time doing this, and it will take far longer for you to process something and act accordingly.

LESS ENERGY

It should come as no surprise that you will have less energy if you don't get enough sleep. Your body uses sleep as an opportunity to rejuvenate itself and prepare you for the challenges of the day. While less energy is bad for anyone, it's especially detrimental if you're an athlete, take care of children, or have an active job with lots of movement.

LACK OF MOTIVATION

Along with less energy, you'll also feel less motivated if you don't get enough sleep. A lack of motivation stems from the fact that you're not feeling energetic, experiencing mind fog, and feeling drowsy in general. If you're looking to get ahead at work or do better at sports, motivation is crucial.



MOOD SWINGS AND DEPRESSION

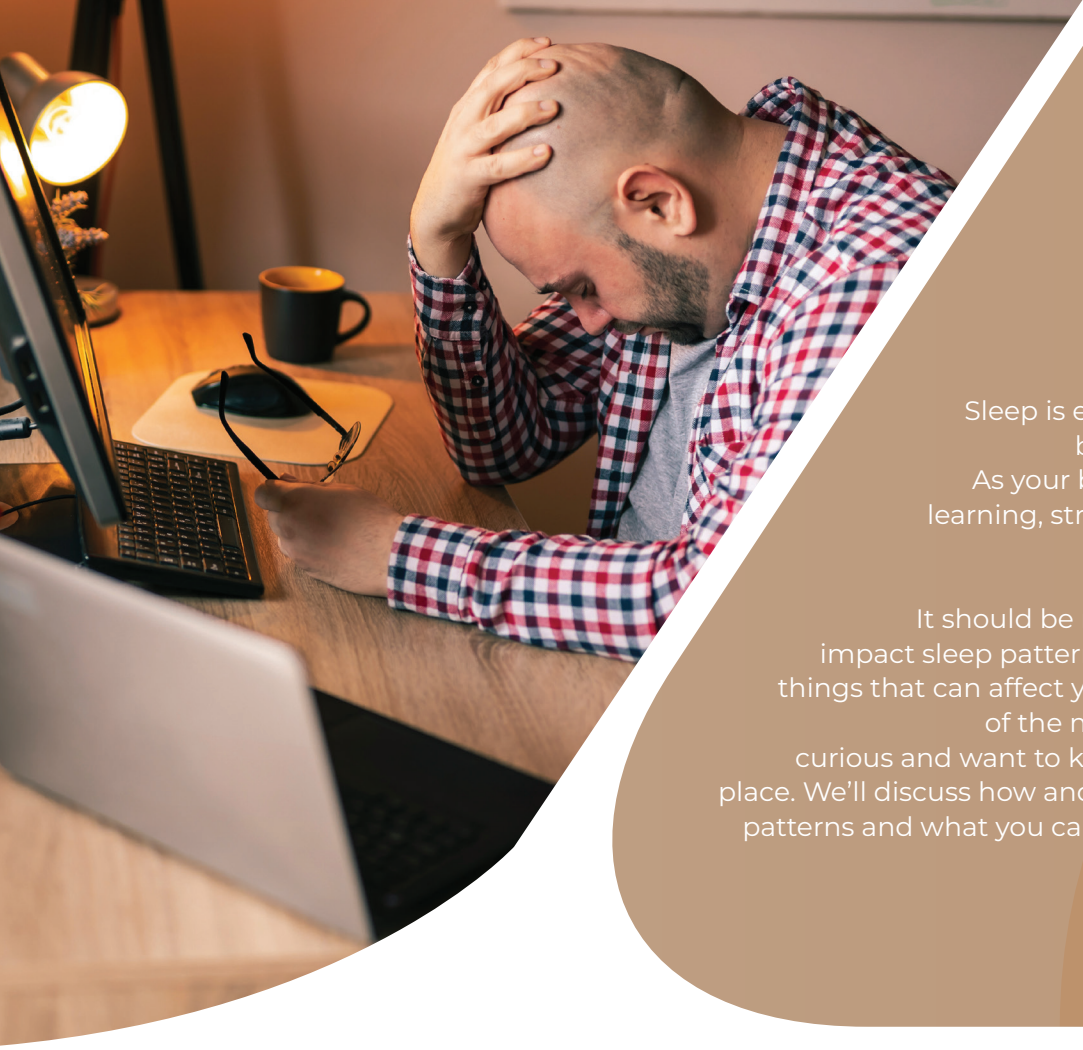
One of the more drastic and serious side effects of not getting enough sleep is that you'll experience mood swings and are more prone to depression. In most cases, mood swings and depression stem from repeated bouts of occasional sleeplessness. However, it can also happen after just two or even one night of not getting enough sleep.

In addition to having a negative effect on you, mood swings and depression will also impact the people around you.

STRESS ON RELATIONSHIPS

Finally, a lack of sleep will have a negative impact on your relationships. Whether it's relationships at work, your friend group, or even at home with your family, occasional sleeplessness always affects relationships.

This happens because it's much more difficult to deal with and get along with people if you lack energy and motivation. At the same time, your friends, family, and colleagues will have a hard time getting along with you if you're prone to mood swings and depression.



HOW STRESS IMPACTS REGULAR SLEEP

Sleep is extremely important if you want to be a productive, functional person. As your body sleeps, it's rejuvenating itself, learning, strengthening memories, and doing many other incredible things.

It should be no surprise that stress and anxiety impact sleep patterns and habits. In fact, out of all the things that can affect your sleep schedule, stress has one of the most detrimental impacts. If you're curious and want to know why you've come to the right place. We'll discuss how and why stress impacts regular sleep patterns and what you can do to reduce stress and get your sleep schedule back on track.

HOW DOES STRESS IMPACT SLEEP?

The number of people who aren't getting enough sleep or have impaired sleep is at an all-time high. Over 40% of all Americans complain that they either don't get enough sleep or they don't have quality sleep. Ironically enough, stress levels in adults are also at an all-time high. This isn't a coincidence. Studies have shown that stress has a direct impact on your sleep patterns and can upset your sleep schedule.

STRESS AND HORMONES

Part of the reason that stress affects sleep so drastically is because of how stress affects your autonomic nervous system. Your nervous system controls the release of hormones, which in turn, help regulate your body.

When you're stressed, your body automatically releases stimulating hormones such as adrenaline and cortisol. These are the same hormones that get released when you're afraid during fight-or-flight situations. They're meant as a trigger to stimulate your body into action rather than calm you down. Therefore, you don't want your body to release adrenaline and cortisol when you're trying to fall asleep.

STRESS AND YOUR MENTAL HEALTH

In addition to your hormones, stress also keeps you awake by affecting your cognitive functioning. When you're stressed, it's because you're thinking about something that worries you. This could be family or relationship stuff, work or school-related issues, or financial problems. Regardless of what the source of your stress is, however, you won't be able to fall asleep as long as you're thinking about it because your brain won't be able to wind down.

STRESS AND SLEEP QUALITY

In addition to keeping you from falling asleep, stress also affects your quality of sleep. Stress is one of the leading causes of occasional sleeplessness and other sleep disorders where you fall asleep but then have trouble staying asleep. You can do everything else right, from diet to screen time, but if you're stressed, it can still ruin your quality of sleep.

Part of the reason that stress disturbs your quality of sleep is that it affects the duration of the various sleep stages. When you're sleeping, your body automatically cycles through each sleep stage every 80 to 90 minutes. If you're stressed, however, you may cycle through the stages faster than you should, thereby affecting your quality of sleep.

STRESS AND SLEEP: A NEVER-ENDING PATTERN

Unfortunately, once stress starts affecting your sleep patterns, it's tough to get back on the right track. Stress and sleep have a symbiotic relationship in that one affects the other and vice versa. As we've discussed, stress will keep you from getting a good night's sleep by keeping you up at night and fragmenting your sleep patterns.

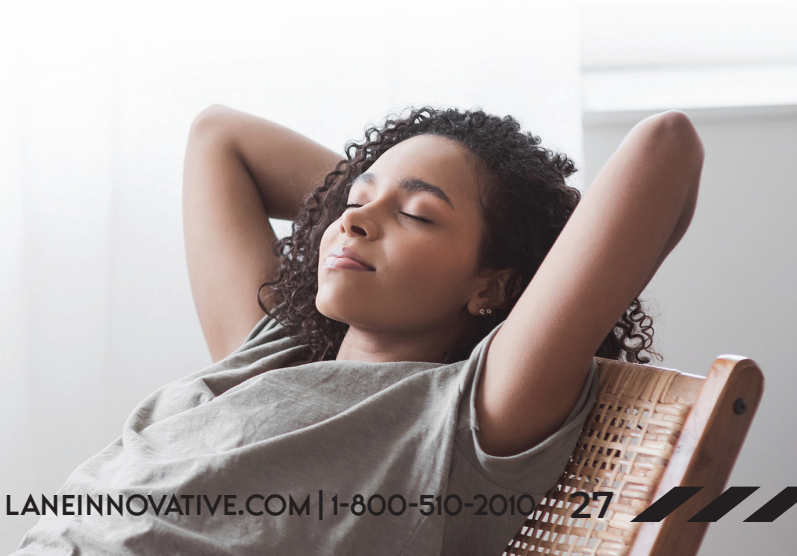
On top of that, a lack of sleep will induce an auto-immune response triggering the activation of your body's stress response system. When this happens, your stress levels are automatically activated, resulting in even more stress. Therefore, once you start letting stress affect your sleep, the lack of sleep will lead to more stress, and the pattern will continue.

HOW TO REDUCE STRESS AND IMPROVE SLEEP

Because of how connected stress and sleep are to one another, it's important to do everything you can to eliminate stress in your life. Here are a few tips and tricks to get you started.

- Consider taking natural sleep supplements such as l-theanine, magnesium, and chamomile, to name a few.
- Exercise a minimum of thirty minutes per day. Exercise is a proven way to reduce stress.
- Talk things through with a friend, family member, or spouse.
- Consider seeing a mental health professional or counselor.
- Practice yoga and meditation.
- Reduce the amount of caffeine you consume.
- Make dietary changes to eat and drink healthily.
- Avoid social media and screen time late at night

By doing these things, you can eliminate stress and get back on a healthy sleep schedule.



HOW DOES SLEEPLESSNESS AFFECT YOUR MEMORY?

There are few things more important to living a long and healthy life than sleep. In addition to playing a role in your physical and emotional well-being, sleep also affects your memory and mental health. Countless hours of study and research have been dedicated to learning how and why sleep and memory are so interconnected.

No matter who you ask, however, there's a direct correlation between sleeplessness and a bad memory. Although your body is at rest during sleep, your mind is working overtime to process everything that happens during the day. Additionally, your brain also uses sleep as a time to reinforce old memories and make them stronger and sharper.

WHY YOU SHOULD SLEEP ON IT

It's likely that at some point in your life, you've heard someone use the phrase, "I need to sleep on it." While you might have assumed that it's just something people say, sleeping on it is a great idea before making a big decision or learning something new.

As you're sleeping, your brain is doing a number of things.
- Processing information
- Strengthening old memories
- Connecting old memories to new ones
- Coming up with ways to solve problems

Therefore, when you take the night to sleep on it before making a big decision, your brain will use new and old memories to help you make the right choice. Additionally, a good night's sleep will also help you retain things you learned earlier in the day and connect that new information to something you may have learned days or years prior.

CAN SLEEP HELP YOU FORM NEW MEMORIES?

In addition to strengthening old memories and information, sleep is also important for creating new ones in the future. This is why it's important for students to get adequate sleep when they're in college.

According to Dr. Matthew Walker at the University of California, Berkeley, sleep is essential to memory-based learning. As your sleep, your brain is preparing neural pathways to retain future information. During this time, your brain is also preparing itself to receive new information and store it for future use.

Then, a good night's sleep after learning new information will help to cement it in your brain as a long-term memory. Therefore, sleep is essential for learning and processing new information, as well as retaining it for future use.

WHY ARE SLEEP AND MEMORY SO INTERCONNECTED?

To fully understand how and why sleep and memory are connected, it's important to understand the three stages of sleep and the three types of memories.

LIGHT SLEEP

During light non-REM sleep, your brain starts preparing itself to receive new information the following day. Light non-REM sleep is a time when your brain somewhat decompresses and prepares itself for future use. During this time, however, your brain also goes over everything it learned during the previous day and cycles through the information.

DEEP SLEEP

Deep non-REM sleep is the second stage of sleep. This stage is very similar to light non-REM sleep in that it's a time when your brain prepares neural pathways and cycles through fresh information. However, because deep non-REM is a slightly deeper sleep stage, memory preparation, and retention is more intense. It's during light and deep non-REM sleep that your brain works on two memory types - acquisition and consolidation.

Acquisition is the type of memory where you learn new information, whereas consolidation is where the memories get solidified in your mind.

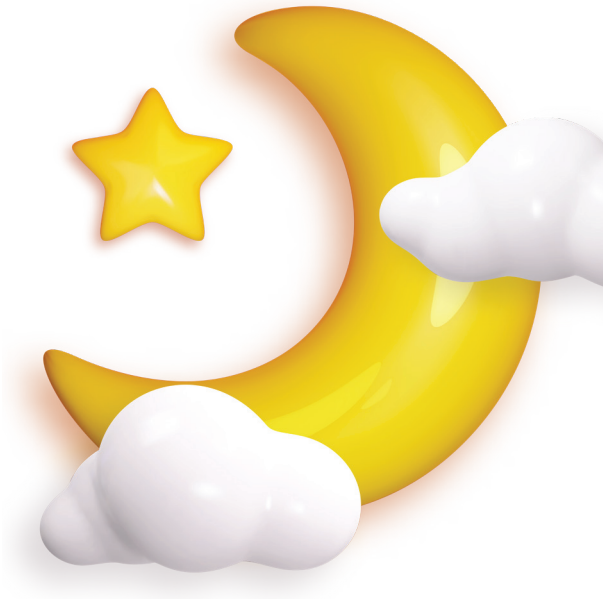
RAPID EYE MOVEMENT (REM) SLEEP

The third, final, and most important stage of sleep is the REM stage. REM sleep is where memories and information get locked in and solidified in your brain. This stage is also when your brain processes emotional information and memories, which is crucial for working through dark points in your life. The REM sleep cycle is also when most of your dreaming occurs.

THE EFFECT OF SLEEP ON THE BRAIN

In addition to your memory, sleeplessness also has a detrimental effect on your brain. When you don't get enough sleep, it will directly impact your hippocampus, which is the part of your brain dedicated specifically to memories. This effect on your brain cuts your ability to learn new things and process thoughts nearly in half.

Finally, not getting enough sleep will also make you feel drained, unenergetic, and drowsy. Each of these things can lead to mental fog and an inability to process new information. If you struggle to process information and feel like you're in a mental haze, your memory will suffer drastically.



ESTABLISHING A ROUTINE FOR A GOOD NIGHT'S SLEEP

Getting consistent sleep is extremely important if you hope to live a healthy life. On average, adults should get between seven and nine hours of sleep per night, while teenagers and pre-teens should get between nine and eleven hours. Toddlers and infants have an even higher need for sleep and should get an average of eleven to fifteen hours per night.

In this article, we'll dig deeper into why exactly getting enough sleep and establishing a routine to get the sleep you need is so important. We'll also look at how sleep affects the body and the positive effects it can have.

WHY IS SLEEP SO IMPORTANT?

There are obvious benefits to getting enough sleep each night and effects that you can't always see immediately. For example, people who get enough sleep are likely to be in better moods and have a more positive outlook on life. Adequate sleep leads to lower levels of depression and serves as an overall attitude booster.

However, there are also unseen reasons that sleep is so important. Getting the right amount of sleep for your age group will also help increase your ability to focus and solve problems. It will also improve your long and short-term memory and lessen the chances of suffering from conditions that result in memory impairment.

DOES SLEEP HAVE AN IMPACT ON YOUR PHYSICAL HEALTH?

In addition to the mental and emotional benefits of sleep, it also impacts your physical well-being. Because a lack of sleep is more likely to make you tired the next day, you're less likely to work out and stay in shape. You're also more likely to partake of sugary or caffeinated foods and drinks in the hopes of a quick energy boost.

However, while these things might help you temporarily, they have negative long-term effects. Partaking in caffeinated foods and drinks will likely keep you awake for longer into the night and make it difficult to fall asleep. Therefore, not getting enough sleep is a revolving door of being tired, having a poor diet, and getting caught up in an unhealthy lifestyle. Once you start the cycle, it's tough to put it to a stop.

Finally, sleep also positively impacts your immune system and will help you fend off illnesses. This is the reason you're so tired when you're sick. It's because your body knows that it needs to rest to fully recover.

HOW DOES SLEEP HELP IMPROVE YOUR WELL-BEING?

As you can see, sleep greatly impacts your overall well-being. It can impact your mental and emotional health and your physical well-being. Establishing a solid sleep routine before you go to bed can help ensure that you maximize the amount of restful sleep that you get each evening and leads to overall improvement in your daytime hours too.

Your sleep routine allows you to effectively manage the amount of time it will take to fall asleep, and also helps your body acclimate to when you should wake up as well. This allows for you to feel better rested throughout the week.

Additionally, when you're able to effectively implement your sleep routine, you'll ensure that you get adequate rest every night, reducing several health risks, including:

- Weight Gain
- Depression
- Stroke
- Reduced Immune Response
- Cardivascular Disease

Adequate sleep every night also has several important benefits. Individuals who routinely get the right amount of sleep are less likely to act irrationally, struggle with bouts of anger or rage, and have difficulty focusing on or remembering things.

If you want to avoid each of these long-term issues, make sure to get enough sleep each night. Sleep is the best way to stay on top of your mental, emotional, and physical well-being and live life to the fullest.

SIMPLE TIPS FOR IMPROVING YOUR SLEEP QUALITY

REDUCE BLUE LIGHT EXPOSURE BEFORE BEDTIME

Blue light is a type of energy that can affect how alert we are, our natural release of melatonin, and our sleep cycle. Most of our blue light comes from the sun, which helps us establish our sleep routines. Electronic screens have blue light and minimizing exposure before bed can help your body naturally rest. Some examples of screens that have blue light are phones, tablets (iPads, Kindles, Amazon Fire), televisions, and computer screens.

AVOID LATE-DAY CAFFEINE CONSUMPTION

Caffeine stays in our body and should be ideally stopped 6 hours before bedtime. Since caffeine is a stimulant, it can suppress our body's natural sleep cycle and make it hard to get the recommended amount of sleep.

CREATE AN IDEAL ROOM ENVIRONMENT

Every person will be different in what helps them rest. Finding the best ways for you will be critical for your sleep quality. Establish the temperature you enjoy, minimize noises or bright lights, and make room to wind down. Read with a book lamp, meditate, or take this time to indulge in some relaxation techniques.

AVOID LATE-NIGHT EATING AND LIQUID CONSUMPTION

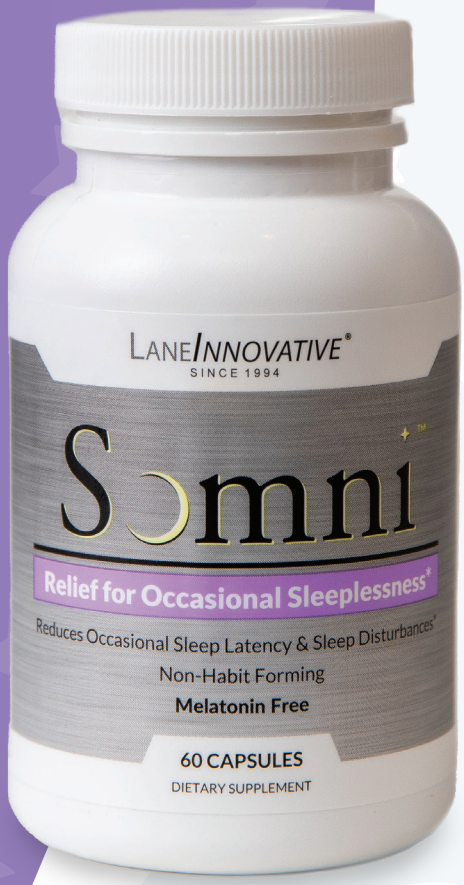
When we eat before bed, it's stored as fat and not used as fuel. It can also poorly affect digestion, resulting in discomfort or indigestion. Drinking caffeinated beverages can keep you up at night, and excessive water intake may mean interrupted sleep for bathroom breaks.

LIMIT DAYTIME NAPS

Taking an occasional short nap during the day is typically okay but should be avoided to not negatively interrupt your sleep cycle. A critical component of taking a daytime nap is the length of time you sleep. Research has shown that short naps, approximately 20-30 minutes, can leave individuals feeling refreshed. Longer naps can leave people feeling groggy and more tired. A nap that is longer is also more likely to disrupt your sleep schedule

EXERCISE REGULARLY

Exercise is an excellent alternative to help wake you up and improve sleep, resulting in an easier time falling asleep. Additionally, exercise offers benefits like lowering your risk of disease, better physical function, and positive effects on mental health. Although, you should avoid exercises close to bedtime as this may interrupt your body's natural wind-down process.



CONSIDER TAKING SOMNI FOR A BETTER SLEEP EXPERIENCE

Dietary supplements can help aid our sleepless nights when we just can't seem to get our bodies to rest. Ingredients like magnesium, chamomile, and L-Theanine are just some of the ingredients found in the synergistic formula, Somni. These ingredients have been shown to help reduce occasional sleep latency and disturbances. Somni may help provide you with relief from occasional sleeplessness and can help you fall asleep faster, and stay asleep throughout the night.*

It is recommended to consult a healthcare professional if you are experiencing long-term sleep difficulties.

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