

**ANABOLIC  
SLEEP**

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## Poor Sleep, An Epidemic?

In 2014, the Centre for Disease Control declared that insufficient sleep is a public health epidemic.

According to polling conducted by the National Sleep Foundation, 43 percent of Americans between the ages of 13 and 64 say they rarely or never get a good night's sleep on weeknights.

Sixty percent say that they experience a sleep problem every night or almost every night.

The most common sleep problems are having trouble falling asleep, snoring, waking in the night, waking too early, and not feeling refreshed when getting up in the morning. And the impact on our health is larger and worse than we might think.

Sleep insufficiency has been linked to auto crashes, industrial disasters, and medical and other occupational errors.

It increases the mortality and the risk of chronic diseases like hypertension, diabetes, depression, obesity, and cancer, and it reduces quality of life and productivity.

Inadequate sleep can even slow weight loss, lead to weight gain and muscle loss, and reduce testosterone levels.

The bottom line is that your sleep hygiene is like your diet—it's either working for you or against you, regardless of whether you realize it. But a bad night's sleep doesn't just make for an awful morning. It makes for an awful week. Month. Year.

Sleep well, though, and the benefits can be surprisingly far-reaching. When you give your body enough high-quality sleep, you reap the following benefits:

1. Your memory improves
2. You have lower levels of systemic inflammation
3. You're a better learner and problem solver
4. You can stick to diets easier
5. Your immune system functions better
6. Your mood is generally better

7. Your athletic performance improves
8. You're likely to live longer

Good sleep hygiene is a like a good exercise routine: it improves your life in just about every way.

Anabolic sleep is the gift that keeps on giving.

# Health And Sleep

Sleep deprivation is often seen as a badge of honor in our work-centered society. But the truth is, not getting enough sleep can cause a whole host of problems, a few of which we'll touch on below.

Sleep deprivation causes accidents.

It should come as no surprise to you that lack of sleep causes accidents, but you might be surprised to learn to what extent. First, consider a person who has not slept in 20 hours. That person has the same level of impairment as someone with a blood alcohol concentration of 0.08%. In many jurisdictions, they'd be jailed for driving a vehicle at that level of impairment. And that's at only 20 hours awake — not even what most people would consider an 'all-nighter'.

Accidents caused by sleep deprivation are a big deal. It's not just car accidents either. Sleep deprivation had a hand in the nuclear meltdowns at Chernobyl and Three Mile Island, the Challenger explosion and the Exxon Valdez oil spill. Every year 274,000 workplace accidents are linked to lack of sleep.

Sleep deprivation causes heart attacks, diabetes and strokes.

Sleep deprivation causes excess production of the stress hormone cortisol. Elevated cortisol levels lead to weight gain, which in turn increases risk of heart attack, diabetes, stroke and more.

Beyond weight gain, sleep plays a vital role in healing and repairing your blood vessels and heart. When you're sleep deprived, your body can't perform these functions properly. So even if sleep deprivation never manifests itself in extra pounds, cardiovascular problems can still arise. Sleep deprivation causes all of these problems and more!

Sleep deprivation also causes:

- loss of cognitive function • diminished sex drive
- depression
- prematurely aged skin
- memory issues
- impaired judgment
- increased risk of death

That's a pretty serious list of sleep-related problems. In particular, the last item on the list bears repeating: *sleep deprivation causes an increased risk of death.*

In fact, according to Harvard Medical School, if you sleep fewer than five hours per night your risk of death from all causes increases by a whopping 15%

The truth is that sleep deprivation ultimately ruins each and every area of your life. Your physical, emotional, mental and spiritual well-being are all negatively impacted by a lack of high quality sleep.

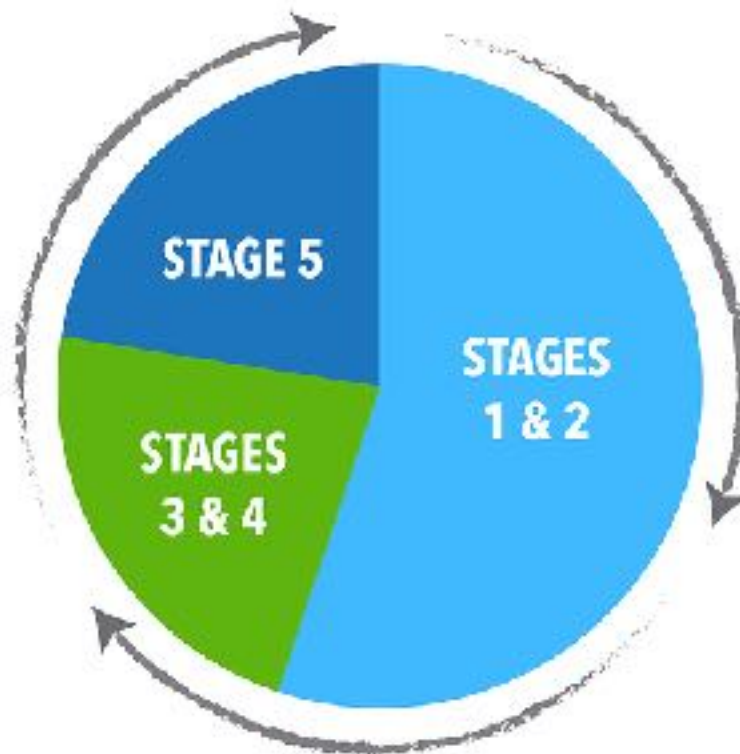
So being sleep deprived is far from a badge of honor. Rather, you are doing a disservice to yourself, your coworkers and your family (who are depending on you to live a long, healthy and productive life).

You might be saying to yourself:

"Ok, I know that lack of sleep is horrible for me. Tell me something I don't know. How can I improve the quality of my sleep?" Don't worry. There's plenty of help coming.

But first, it's important to understand the sleep cycle

# The Sleep Cycle



## **STAGES 1 & 2**

You are asleep, but not deeply.

## **STAGES 3 & 4**

Your sleep is **deep** and restful; heart rate and breathing have **slowed**; there is little body movement.

## **STAGE 5**

You are **dreaming** because your brain is now active; there is movement under the eyelids, known as Rapid Eye Movement (R.E.M.).

Let's quickly look at what happens during each of the 5 stages of sleep. Stage 1 is the stage between waking and sleeping. Stage 2 is the onset of deeper sleep. It's in this stage that you become totally disengaged from your surroundings. Your breathing and heart rate become very regular. Your body temperature drops.

Stages 3 and 4 are your **deep, restorative sleep stages**. Your blood pressure drops and your breathing becomes much slower and deeper. Your muscles become relaxed, while at the same time blood supply to the muscles increases. Tissue growth and repair happen in stage 3 and 4. To assist with repair and restoration, growth hormone and other hormones are released and utilized.

Lastly, in **REM stage**, your eyes dart back and forth. Your body becomes completely relaxed as all of your muscles are turned off save for the ones that keep your circulatory system functioning. This is the stage where your brain is active. It's the dreaming stage.

## The Anabolic Sleep Difference

The whole point of anabolic sleep is to help get the maximum GH response and deeper sleep in less time. With our 24/7 society, every second is precious and while adequate sleep is important, there is no glory in the waste of time.

A poor sleep destroys GH production. The symptoms of absent GH can be mentally and physically damaging. Growth Hormone deficiency can result in:

1. reduced muscle mass
2. diminished strength
3. baldness
4. impaired concentration
5. low energy levels
6. waistline body fat retention

Poor GH production results in a whole list of things you don't want - even poorer sleep being one of them. It's a cycle you want to avoid - starting immediately.



# Six Steps To Anabolic Sleep

## **1. Control the light**

Your bedroom should be very dark — pitch black — for the best quality sleep.

Admittedly, this is a tough one if you're a shift worker. But assuming you're not, this may be an easy way for you to get better, more restful sleep. As you'll see later on in this guide, even if you are a shift worker, there are ways of blocking out the light effectively.

We talked about your circadian rhythm earlier, and how it cycles you between alertness and sleepiness. Your circadian rhythm depends on total darkness at night to function properly.

Prior to the stone age, humans essentially only had 'binary' light. It was either on, or off — daylight or night. But now, with cell phones, televisions, computers and more emitting light at all hours, we're often never truly in the dark any more. And that's almost certainly true if we don't actively endeavor to create a dark environment.

Studies have shown that even a dim light in the bedroom at night can lead to depression, as the 'feel good' hormone melatonin requires complete darkness in order to be produced. Similar studies show that a modest amount of light while sleeping can lead to obesity, diabetes, cancer and even reproductive problems.

Fortunately, for most people, the solution is simply to make your room darker for sleeping. Pull curtains or blinds closed and keep them closed tightly until morning. Even moonlight can decrease melatonin production. Also, turn off any other lighting (such as hallway lighting), electronics and even your alarm clock.

Once you're aware that your bedroom should be pitch black for better quality sleep, it's a fairly simple thing to achieve, in theory at least. What may make it more difficult are any addictions you may have to your smartphone, tablet or television.

If that's the case, here are some things you can try...

1. Try leaving your phone in another room. Hopefully that will ease your desire to be on top of it all the time.

2. If you can't or won't do the above, then put your phone in airplane mode when you go to bed so that your sleep is not disturbed by any notifications. This may not break your addiction to turning off airplane mode and checking for notifications when you wake in the night, but it's a start.

3. Follow the same procedure with your tablet.

4. Simply remove your television from the bedroom. Hopefully it will be enough work to reintroduce it to the bedroom that you won't do it so casually.

The bottom line is this...

We suggest that if you have trouble sleeping, resolve to make your bedroom an electronics-free zone.

Leave all gadgets, computers, modems, routers, and TVs outside your bedroom. The goal is to dedicate bedroom space to sleep and sex exclusively.

## **2. Get Cold**

A room that is too hot will make sleep difficult. An ideal room temperature is 60°F to 64°F (16°C to 18°C).

If you turn your air conditioner on, ensure you have enough bedding to keep you warm while sleeping because the cold air from air conditioning may keep you awake as the room cools down.

Here are some ideas for how to sleep on an extremely hot night.

Cold-Water Therapy for Insomnia (with an added bonus)

When you are cool, it lowers your body temperature and makes you drowsy. Cold-water therapy is an easy way to lower your body temperature.

Begin with your usual warm shower, because the shock of stepping into a purely cold shower can have a too-strong effect on your blood pressure. Once you've finished with your usual shower, you can step away from the water stream and turn off the hot water, while leaving the cold water running.

Only then do you gradually ease yourself into the cold stream, moving slowly from your feet to your hands and then your face. Then finally you can step your whole body under the cold stream.

Try this: while under your normal hot water shower, slowly add more cold and decrease the hot. As your body begins to adjust, turn the hot down again. If you do it slowly, you might be surprised how much cold you can stand without discomfort.

The added bonus is that your body uses up energy to keep you warm so you will lose weight too. Your cooler body temperature will now help you sleep.

### **3.Go to sleep at the same time**

Going to bed at the same time every night teaches your body to prepare for sleep.

This routine helps to set your circadian rhythms, your internal sleep-wake clock.

The idea is to fall asleep and wake up at the same time every day, even on weekends when the temptation is to sleep in.

After just a few weeks of keeping a regular sleep-wake schedule, you'll begin to feel more alert.

You might want to sleep in on the weekend because you didn't get enough sleep during the week. But sleeping in late on Saturday and Sunday mornings can play havoc with your sleep on Sunday night — and make getting up on Monday morning a nightmare. If you have problems sleeping, diligence is the key. After a long night get up just a bit later than normal. Add 60 to 90 minutes extra sleep time, but not more.

Sleep expert Colleen Carney explains that if you vary your sleep schedule on weekends by 2 or 3 hours, you change the timing of the release of melatonin in your brain. This leads to a "mismatch between what time your body thinks it is" and the actual time, "and you get symptoms." She offers further explanation and sleep tips in her book *Goodnight Mind: Turn Off Your Noisy Thoughts & Get a Good Night's Sleep*.

Keeping up your sleep routine on weekends can be difficult, but it's so worth it. Try to keep a steady sleep-wake schedule for 6 weeks, including weekends. It won't take long to experience a difference in your energy and alertness.

Be disciplined: limit your sleep-in routine on the weekend.

#### **4. Get rid of EMF's**

It's commonly known that as electricity passes through a wire, it creates a magnetic field around it. Many individuals who live very close to power lines complain of nasty health side effects.

But did you know that humans give off a magnetic field as well? We all have electricity in our brains, our nervous systems and our hearts. These electrical impulses drive everything we do, but they also create magnetic fields around each of us.

At the same time, virtually every piece of electronic equipment in your household gives off electromagnetic radiation. Humans have no senses to detect these disturbances. We can neither, smell, taste, hear, feel nor see a phenomenon like electromagnetic radiation.

For some people, magnetic radiation seems to wreak havoc on their body's own magnetic radiation. This phenomenon is known as electromagnetic hypersensitivity — EHS. This is a relatively new phenomenon; sufferers experience intense physical symptoms even though their neighbors might not feel a thing.

Research indicates that the symptoms are psychophysiological, however, this does not mean that they are not acutely experienced. Whether psychological in origin or caused by electromagnetic radiation, the symptoms disappear when electronic devices are removed.

If you suffer from EHS, the symptoms can be wide-ranging and severe. But in particular, EHS increases production of cortisol, which, as we've already discussed, reduces sleep quality. It also causes weight gain. And as you'll see shortly, obesity can be one of the single greatest risk factors for poor sleep quality.

The bottom line when it comes to EHS is this: reduce exposure to harmful electronics as much as possible, particularly before bed. You should be doing this anyway though, to keep a dark room, right?

### Improper Bed Orientation

Scientists have recently discovered that the direction your bed faces can play an important role in the quality of your sleep. Specifically, they've discovered that some species of mammals always sleep facing north or south, presumably due to the polarization of the Earth's north and south poles.

The theory goes like this: since our heads have a positive magnetic field, like the earth, sleeping with your head pointed north has the effect of two positives repelling each other. Of course, if you are in the Southern Hemisphere this is reversed.

Remember we touched on sleep cycles earlier? Studies have also shown that humans who sleep facing east or west actually have shorter periods of R.E.M. sleep. And as we discussed earlier, R.E.M. is an integral part of sleep — it's where your brain processes the events and the emotions of the day.

So, which way should you sleep? North (or south if you are in the Southern Hemisphere) is out, due to the repulsion effect of the magnetism. East and west are out since they promote shorter R.E.M. cycles. So we suggest you sleep with your head pointed to the south. It's a simple fix that could make a great deal of difference in the quality of your sleep.

### **5. Get the right nutrients**

What you eat affects how you sleep. If you eat better, you'll sleep better. There's so much you can do with your diet to relieve the suffering of insomnia and regain your ability to get — and stay — asleep.

I've got valuable information for you on foods, supplements and herbs that can relieve insomnia and support great sleep.

But before we get into "the good," let's look at "the bad and the ugly" — those substances that undermine your ability to get to sleep, rest soundly and wake refreshed.

As with many of my other sleep secrets around time of day, eating for a good night's sleep best begins in the morning. If sleep is a problem in your life, a good breakfast will help you fall asleep at night.

Food nourishes your entire body. When you eat, stress hormones are reduced in your body. These hormones are a natural part of the circadian rhythm, telling us it is time to

eat. Eating a good breakfast causes these hormone levels to drop naturally. This calms your body and helps you sleep that night.

Eat a balance of complex carbohydrates, protein and fats, or your health, as well as your sleep, will suffer.

Beware of fad diets that eliminate carbohydrates from your meals. Carbohydrates produce glucose that feeds all the cells in your body and gives you energy. Eliminating carbs from your diet can cause myriad problems.

Eat complex carbohydrates that digest slowly, such as whole grains (like brown rice and oatmeal), lentils and low-glycemic starchy vegetables (like sweet potatoes and squash). Also beware of eliminating healthy fats from your meals. Your body needs them to maintain steady metabolism and to stabilize the digestion of the carbs. Important vitamins including A, D, E and K are fat-soluble, and fat is needed to absorb them. Healthy fats include saturated fats found in butter, ghee and coconut oil — not the modern harmful fats from highly processed vegetable oils and margarines, which are profoundly harmful to the body and inhibit sleep to boot! Healthy saturated fats will help you sleep.

You also need some salt (sodium) in your diet. Salt is an electrolyte that controls blood pressure and the amount of blood.

Sodium is needed to create the impulses that make your muscles function. Too little salt can make sleep difficult. Sea salt is best as it contains important trace minerals.

Foods that induce sleep are the ideal way to boost your sleep potential. You're eating anyway, so why not include foods that support your sleep, like these:

- **Tart cherries** provide a potent natural source of melatonin, and research has found they can increase sleep time for adults with insomnia by 1 1/2 hours: Organic Tart Cherry Juice Concentrate. Drink tart cherry juice in the morning and evening for two weeks and see if your sleep time is increased. Add it to chamomile herbal tea for a quick burst of melatonin.
- **L-tryptophan** is an amino acid that is important for sleep and mood. Tryptophan-rich foods include:
  - protein foods — beef, pork, turkey, chicken, fish, shellfish, eggs

- dairy products — yogurt, milk, cheese (consider raw- milk dairy products. Read about the benefits of raw dairy.)
  - legumes — beans, lentils, chickpeas, soy
  - whole grains — oats, brown rice, wheat, wheat germ
  - nuts and seeds — hazelnuts, walnuts, almonds,
  - sunflower seeds, sesame seeds, pumpkin seeds
  - fruit — mangoes, dates, bananas, pineapple
  - vegetables — beets, kelp, spirulina, potato skins
  - cocoa — dry powder, chocolate
- Warm milk at bedtime — our great-grandmothers gave warm milk to children to soothe them to sleep. Years later, research shows that the calcium in milk (especially when warm) helps the body use L-tryptophan, acting as a sedative.
  - Honey — contains nutrients such as potassium that helps alkalize the body and nourish the brain, which can help you relax and sleep better. Try raw unpasteurized honey, the darker the better. Add to some warm milk or chamomile tea. Vitamin B12 is crucial in aiding the formation of melatonin. Vegans will have to get fortified sources for this essential vitamin. B12 is found in these natural foods (organic varieties best):
    - shellfish (cooked clams)
    - liver (beef)
    - fish (mackerel, oysters)
    - crustaceans (crab)
    - red meat (beef)
    - dairy (milk)
    - cheese (swiss, feta)
    - eggs (chicken)

## **6. Exercise**

People who exercise have less trouble falling asleep at night than people who don't. But don't exercise in the late evening or right before you go to sleep, as exercise raises your body temperature, making sleep more difficult.

If the only time you can exercise is before you go to bed, when you take your after-exercise shower, slowly turn down the hot water and allow the colder temperature to cool your body.

If you're not already exercising, start now. A walk after dinner will help your digestion and make it easier to fall asleep at night. You can also swim, ride a bike, play a sport, go to a gym — anything you enjoy that gets you moving.

If you exercise on a regular basis, your body will secrete endorphins, hormones that produce a pleasurable sensation. Endorphins will cause you to begin craving exercise. Simply put — exercise that results in physical tiredness will help you get a good night's sleep.



## Next Steps

Thank you for investing in *Anabolic Sleep*. It's an investment in better sleep. An investment in yourself.

We've covered a lot of ground in this guide and you might be feeling overwhelmed with all of the things you can do to improve the quality of your sleep. Remember, if you think you may be suffering from a serious sleep disorder — sleep apnea, R.L.S., narcolepsy or insomnia — please consult your physician right away.

These are serious conditions with potentially fatal consequences; they are not something you should take lightly.

On the other hand, if you're just looking for a quick and simple plan for improving the quality of your sleep, then we suggest the following:

1. Do your best to eliminate stimulants like caffeine, alcohol, sugar and blue light before bed.
2. Develop a healthy, predictable sleep routine — go to bed at the same time and rise at the same time.
3. Get yourself a high-quality magnesium spray. Magnesium is a great relaxant. A topical spray is better for absorption than an oral supplement. The one we recommend is here.

Above all, take your sleep seriously. Your waking state depends on it!  
To fitness, fortune and freedom,

***Peter Tzemis***

P.S. If you have any questions, comments or concerns, please reach out to us at **support@petertzemis.com**