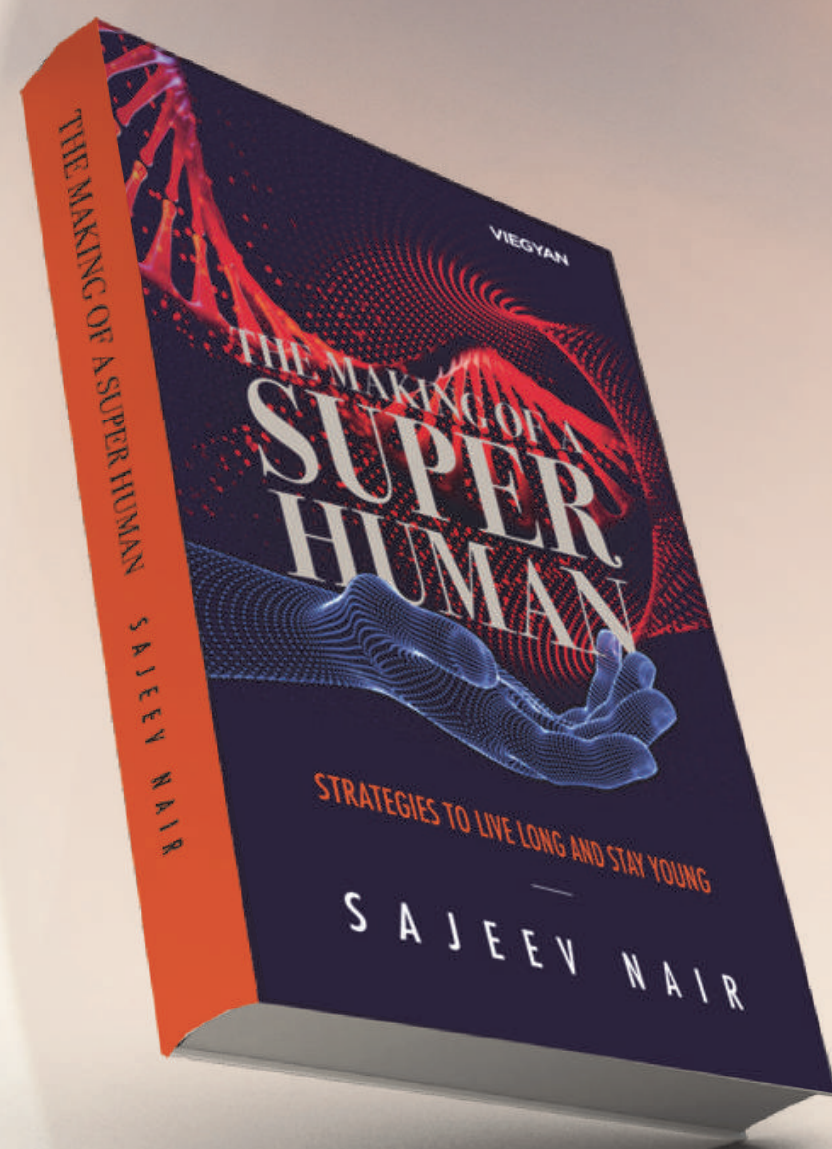


SLEEP HACKS

Strategies for Healthy Sleeping



Extracted from
'The Making of A Superhuman'
By Sajeev Nair



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Sleep should be a Priority

When we prioritize various things in life, I think, we never really give that much of focus to this most crucial part of life, namely, sleep. We create such a habit that whatever time is left over after finishing off all our schedules, we give it for sleep.

As a result, we create such irregularities and


uncertainties around this beautiful longevity hack called sleep. I have seen that many people never understand the fact that their poor performance in work, lack of concentration, low energy levels throughout the day etc. are only an aftereffect of the poor quality sleep they had the previous night. The best thing to happen in anyone's life is

to wake up fresh with great energy, so that you are physically & mentally ready to manage the day in an eventful way.

Most people think that when they sleep, the entire body is in total rest. However, sleep is the period during which your body and brain work really hard. All the wear

and tear, which happens during your hectic schedule in the day needs to be repaired during this period. When you sleep, your body may still be resting, but your brain is actually working really hard. One of the most important works, which is happening inside your brain is the 'brain wash.'





Sleep is When Your Brain Takes a Shower

In your body there is a housekeeping system to clean up the gaps between the cells. This system is called the lymphatic system. Lymph, the liquid containing proteins and white blood cells flows through the entire body and brain to remove any garbage that hasn't been properly recycled. Hence lymphatic system has got

an equal role to play as your circulatory system that transports blood.

To enhance the lymphatic system, I have found a very effective methodology – jumping on your toes. When you continuously jump on your toes for a few minutes, something called lymphatic drain happens. I make people do this while I conduct my Peak

Performance Convention, 'Rise Up.' Participants experience higher energy levels and better focus after doing this exercise. This is something which you can do any time during the day. To get a better result you can use a trampoline, which you can buy from any fitness store.

Similar to lymphatic system, in the brain there is a very effective housekeeping system. It is called the glymphatic system, which allows cerebrospinal fluid to flow through the brain, cleaning up all the spaces between the cells. In fact, your brain cells actually shrink in size (even up to 50-60%) when you are in

a deep sleep, making room for the fluid to wash out your brain effectively¹.

After they have been washed clean, the cells then return to their original size. This shrinking and expanding process is totally powered by your mitochondria. Though this brainwash also happens while you are awake, during deep sleep the process is 20 times faster. This is the main reason why it is recommended to have a good night's sleep restoration.





Earlier the Dinner, Better the Brain Shower

The glymphatic system is most active during the first few stages of your deep sleep, which happens in the beginning of your sleep cycle. To perform the brain wash, substantial blood flow is essential. If you have taken your dinner much late in the night, or in

other words, if you went to sleep immediately after dinner, your blood flow will be more to your gut to support digestion and hence will not be able to support the brainwash.

If your glymphatic system fails to do a proper brainwash, you end up

with a buildup of amyloids and toxins, which even include the lectins and LPS, inside your brain. This creates massive levels of inflammatory response, which may over a period of time lead to neuro-degenerative diseases. So it is not only enough to have a good night's sleep; but also how much gap you have left between your last meal and sleep is so crucial.

Ideally, there needs to be at least 3 to 4 hours gap.

That means if you have a habit of sleeping at 11 PM, you should finish your last meal for the day latest by 8 PM. **Dr. Dale Bredeson, the author of 'The End of Alzheimer's':** the first program to prevent and reverse cognitive decline,' has shown, the minimum amount of time between finishing your last meal and going to sleep should be four hours. It is also recommended that to make the glymphatic drain highly efficient, we may sleep with our head slightly raised using a pillow, as the toxins need to be flushed down from the brain.





Sleep & Powerhouses Are in Perfect Synergy

You can power up your brain's drainage system and get more clean up done in lesser amount of time if your mitochondria is functioning at its best. We can see it like this; the better your mitochondria works, better the glymphatic operation, and better the quality of sleep. And better the

quality of sleep you get, better will be the performance of your mitochondria. Every effort you do to enhance your mitochondrial function will improve your quality of sleep.

When we talk about sleep, quality matters more than the quantity.

Having said that, to get all the processes including the repair work and the brain wash etc completed, ideally you need to sleep for 6 to 7 hours. Not much of positive effects have been observed for people who sleep for more hours. In fact, studies show that those who sleep more than nine hours, are prone to develop life-threatening diseases.

Sleep stimulates neurogenesis as well as mitochondrial growth because while you sleep, there will be higher production of growth hormone². Sleep also

strengthens the neurons, leading to better communication between the neurons resulting in improved memory. During sleep, your brain retrieves and replays all the various incidents that happened during the day and stores them as files. Hence sleep disorders have got a strong negative impact on your memory. Good quality sleep helps to keep your blood sugar stable. Getting consistently poor quality sleep causes 40% decrease in blood sugar regulation³.



Optimum Sleep is the Perfect Hack for Diabetes

There is yet another important reason for maintaining a 3 to 4 hours gap between your last meal and the time you sleep. Your body works on an internal clock called circadian rhythm. Before sunrise, your body starts increasing the levels of cortisol and when it touches the threshold, you wake up. That cortisol is keeping you active throughout the day.

Once the sun sets, the cortisol level drops and

your body starts producing melatonin, another hormone which induces sleep. Once the melatonin level reaches its threshold level, you get into sleep. This cortisol-melatonin cycle decides your day and night and you can consider this as your rhythm of life.

All the various biochemical processes



happening inside your body are connected to this circadian rhythm. Let us look at one such important biochemical process. You must be having a habit of going to bed at a particular hour; may be between 10 PM and 11 PM. Almost 3 hours prior to your sleeping time, your body will get set for sleep with secretion of melatonin. Interestingly, when the melatonin secretion starts, your pancreas will close its production unit. No more insulin production.

Imagine then, what would happen if you take dinner at 10 PM, that too mainly based on carbohydrates? As pancreas has already shut down the insulin factory, there won't be any supply of insulin. Result, excess quantities of glucose floating in your

bloodstream throughout the night. Studies have found this as one of the major reasons for Type 2 Diabetes⁴.

Whenever there is excess glucose available, your liver will convert that into triglycerides. As I mentioned in a previous chapter, liver deploys more LDL to carry these triglycerides and distribute amongst the cells. If you are having your dinner in this pattern on a regular basis, now you know what all disasters you are inviting into your life – insulin resistance leading to Type 2 diabetes, and high probability of heart deceases because of higher levels of LDL and triglycerides, are some of them.



Simple Sleep Hacks For creating a Superhuman

1

Have your dinner at least 3 hours prior to your sleeping time. If you have read this chapter completely till now, you must have understood the importance of this.

2

Avoid caffeine intake at least 3 hours prior to your sleeping time. Best results are achieved if you don't take coffee after sunset

3

Avoid spicy food for the dinner. This will create higher levels of inflammation in your body.

4

Completely avoid fruits after sunset. This may come across as controversial as many people consider fruits, especially fruit juice, as the safest and healthiest food for dinner. Fruits and fruit juices contain very high levels of fructose and/or sugars, which will make the blood glucose level to shoot up. As your pancreas has already shut their production unit, insulin will not be secreted and excess glucose will float in your blood stream, which liver will convert into triglycerides.

5

The ideal food for dinner is a combination of good fats and vegetables. This was my main hack to come out of chronic sinusitis, which I had suffered for almost 20 years.

6

Have a cup of Green tea or preferably Chamomile tea after your dinner. This will enhance the GABA (Gamma Amino Butyric Acid), which is the neuro-inhibitor, which calms down your body & brain.

7

There are a few Ayurvedic herbs, which enhances the quality of sleep. Brahmi, Jatamanshi, Ashwagandha, Shankupushpi and Tagara are some exceptionally good herbs when it comes to sleep and stress relief. They all have other benefits too. Brahmi, as you know, is a memory booster. Ashwagandha is one of the most accepted adaptogens, that is, it adapts with any demand and enhances that experience. That is why this same herb helps you to enhance your energy, when needed. You can look for a nootropic (brain enhancement) supplement, which has some of these herbs. Check out www.naturalnootropics.info for such products.

8

Use a pillow when you sleep as glymphatic drain becomes highly efficient when you keep your head slightly raised during sleep.

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by UPGRADING your Body and Brain

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