

DR.GEO

BETTER SLEEP

By Dr. Geo Espinosa

OVERVIEW

A good **amount** of sleep along with good **quality** sleep is important for health and longevity.

Still, many people consider sleep a waste or unproductive time. Nothing is further from the truth.

Poor sleep is linked to poor memory, weaker immune system, and a slower metabolism (associated with weight gain and heart disease.)

Bad sleep is can lead to dementia, including Alzheimer's disease, as well as mood disorders like depression, posttraumatic stress disorder (PTSD), and anxiety. During sleep, the brain "washes out bad cells and keeps it's them clean."

Good sleep seems to help lower the risk of strokes and heart attacks by about 20%.

There are four phases to sleep from phase 1, which is very light sleep to phase 4 which is Rapid Eye Movement (REM). REM is the phase where you dream.

Phase 3 (known as N3 sleep), also referred to as deep sleep or delta wave sleep, is the phase where your body heals, repairs, and regenerates. About 20% of your sleep or roughly 90 minutes a night should be stages 3 and 4 combined.

How much sleep do you need?

In general, you should aim for 6.5 to 7.5 hours a night. It is good to average 7 hours of sleep a night.

Sleeping less than four hours a night or longer than 8.5 hours a night maybe harmful for your health.

What About Sleep Aides?

In general, most pharmaceutical sleep aids, including hypnotics and alcohol helps with getting you to sleep but your sleep quality is poor.

Hypnotics are chemicals used to help with sleep by inducing drowsiness. Hypnotic pharmaceutical drugs include Zolpidem (Ambien), Zaleplon (Sonata), and Eszopiclone (Lunesta).

Tranquilizers like benzodiazepines also interfere with sleep quality and have dependence.

Lastly, up to 30% of people drink alcohol as a sleep aid. Alcohol is also not great for sleep, though it is a sedative. In other words, alcohol consumption may help you fall asleep but you may not get to REM.

Remember, to get the restful sleep you need to reach deep sleep and REM.

If you are going to have a drink, have it two to three hours before bedtime.

How to Get better Sleep

- Make your bedroom a sanctuary. Keep it **clean**, uncluttered, and at a temperature of about 68°F (20°C).
- Keep the room as **dark** as possible. Have a night light in the room only if absolutely necessary to avoid a fall from going to the bathroom at night.

- **Sound.** A quiet space is key for good sleep. If peace and quiet are hard to come by, try controlling the bedroom noise by creating “white noise” with a fan. Or, use earplugs
- Refrain from watching the news or reading from any electronic devices at night. The blue light from electronic devices depletes your body from the nighttime hormone melatonin. Get **blue light blocking glasses** if you must use electronic devices at night.
- **Eat protein in the daytime but carbs at night.** Don’t eat much protein at night, like big steak dinners, for example. Choose good, gluten-free carbs like sweet potato, gluten-free pasta, etc. Carbs help with increasing serotonin at night which is important for sleep.
- Keep the right **temperature** in your bedroom at about 70 degrees Fahrenheit. Usually, fresh air promotes sleep so crack the windows open if weather and noise permits.
- **Journal.** Write your thoughts in a notebook; a few lines on what you accomplished in the day, three main goals, any top priority, or “to do” for the next day. The idea is to rest your brain in a notebook so you can sleep better.
- Invest in a good **mattress**. It can cost you \$2000 to \$2500. Dr. Michael Breus, a sleep expert recommends the Simmons Beautyrest Black or Platinum Hybrid as a general good mattress. It is best to get one that fits your own personal needs which would mean shopping around for different brands and models.

NUTRACEUTICAL SUPPORT

In general, dietary supplements complement a healthy lifestyle for optimal T support, and it does not replace it.

RECOMMENDED NUTRIENTS

Alpha-Theta Ultra PM - 60 capsules

Instructions: Take two pills at night, or as directed by your healthcare practitioner.

Triple Mag

Instructions: Take 1 pill at night, or as directed by your healthcare practitioner.

SUMMARY OF NUTRACEUTICAL INTAKE

	AM away from food	AM with or without food	Midday away from food	Midday with or without food	PM away from food	PM with or without food	Bedtime- 30 to 60 minutes before bedtime	Comment / Purpose
Alpha-Theta Ultra PM	X	X	X	X	X	X	2	Key botanicals for better sleep
Reacted Magnesium	X	X	X	X	X	X	2	Magnesium is essential for good sleep

AWAY FROM FOOD = 30 minutes before a meal or two hours after a meal.

Number of pills per day: 4

PM – 4

30-day supply

THE PRODUCTS DESCRIBED HERE ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR MEDICAL CONDITION. THESE STATEMENTS HAS NO BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.

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