

Sleeping's Hard and Fast Rules

Hello, everyone. Last issue we left you with ~~the some~~ eating rules which ~~more or less might should~~ improve your eating habits ~~more or less~~ and help keep you living happily and healthily. For this year-end issue we have ~~another some more~~ rules to share with you which ~~are~~ no less important than our eating tips. Traditional Chinese ~~M~~edicine (TCM) recommendations about sleeping include which kind of sleeping is good for your health, and how ~~is~~ being sleepless affects you.

How important is sleeping?

Our body resembles a machine working "24/7". Sleeping is like letting ~~that~~ machine take a break. The body will take use that ~~moment time~~ to restore and recover its systems to a normal state, improve the brain's memory and functioning, excrete waste and accumulate energy for the next day. Sleeping is essential and we spend ~~1/3~~ about one third of our life doing for it.

Adequate sleep in either length or quality (deep sleep) ~~is a guarantee~~ reassures for good physical and mental health. ~~Also It~~ is also a first-line defense line against illness. That's because when we sleep, the body secretes several vital hormones, especially Growth Hormone (GH) ~~- three~~ 3 times more than when we are awake. Moreover, various periods of sleeping give ~~var~~ predictable results, e.g. such as:

- Sleeping between 9pm and ~~11pm~~ improves lymphatic system waste excretion and strengthens the immune system.
- Sleeping between 11pm and ~~1am~~ helps liver excretion efficiency, and stimulates skin restoration and regeneration eight ~~8~~ times faster.
- Sleeping between 12am and ~~4am~~ efficiently improves bone marrow's red blood cell production.
- Sleeping between 1am and ~~3am~~ stimulates gall bladder excretion.
- Deep sleeping between 3am and ~~5am~~ strongly supports lung excretion.

Therefore, frequently ~~sleepless~~ sleeplessness or poor sleeping impacts on every-all functional body systems, resulting in ~~preterm-premature~~ aging and an increased risk of several diseases such as hypertension, heart disease, paralysis, diabetes, dementia and depression.

Which How to consider sleeplessness (insomnia)?

Most people misunderstand ~~that the word~~ insomnia, thinking it means unable to close the eyes or being restless and uneasy on bed. In fact, insomnia is the condition of inadequate sleep and includes ~~these symptoms~~:

- ~~Hard to~~ Difficulty sleeping: spending more than 30 minutes awake, unable to be able to sleep.
- Shallow sleep: reduction in length of sleeping.
- Frequently waking up: waking up more than twice-2 times during the night and hard with difficulty to continue to sleep falling back to sleep.
- ~~Awake~~ early waking up too early: being exhausted or fatigued when get up getting up.

- Frequently dreams: a feeling of dreaming all night.
- Easily waking up: waking up due to with very little noise or disturbance.
- Poor quality sleep: adequate length, but wake feeling not non-refreshed.
- Feeling tired the next day: feeling sleepy or dizzy during work, or unclear head.

Insomnia may temporarily happen sometime during our life from when we are having serious problems, suffering from illness (physically or mentally), or from a drug's side effects. When the cause is gone absent, the sleepless symptoms will usually disappear, too. But if the symptoms persists more than one month, it's considered chronic insomnia which should be treated properly.

How do you realize you have insomnia?

People's requirement for sleep varies among individuals. It depends on age, environment, life-style and genetics. When length or quality of sleep is not harmoniously matching the body's requirements, it will signal us in several ways such as:

- Feeling fatigued for the whole day, frequently take a nap.
- Feeling sleepy in work or unable to concentrate and work efficiently.
- Unstable emotions or easily angered without proper reason.
- Sleep within five minutes when going to bed.
- Falling asleep during wake-up, unconsciously.

Does compensation sleep in-at the weekend really compensated?

Change in state-of society and life-style nowadays makes-lets people spend their sleep time doing something else such as watching TV, playing computer games, internet browsing, working, and partying or socializing with people. This can leads to inadequate sleep, and we often solve this by a 'compensated sleeping'. Unfortunately, this wouldn't make up for any under-lost sleep at all. Moreover, it will disturb the biological clock, making the body confused about sleeping time and can make you feel dizzy on the next day.

What about sleeping pills?

When insomnia progresses-continues we may choose to have-take some medicine. Even though most the-sleeping pills are a the-basierudimentary medication in-for relieving sleepless symptoms according to a Western medicine perspective, they're it's not the good-best and safest solution for the patient. Because-For sleeping pills do not treat the cause of insomnia and, worse, have several side effects such as:

- Tolerance: continuous usage makes the body less responsive to the drug, making it harder to sleep. Higher dosage is required therefore-need more dosage-until intoxicated from overdose is a risk.
- Addiction: when suddenly stopping after using for a while, insomnia will occur again and until the patient feels forced to retake the pills.
- Withdrawal: when-with lack of the drug, patient fidgets, feels nervous, and insomnia gets can even worsen too.
- Unstable emotions: may become aggressive, bristly, abstracted and depressed.

- Dementia: less concentration. Memory impairment can also occur, both short- and ~~long term~~long-term.

How does ~~T~~traditional Chinese ~~M~~edicines (TCM) relieve insomnia?

~~In~~From a ~~T~~traditional Chinese ~~M~~edicines perspectives, the sleeping condition depends on several factors such as Yin-~~—~~Yang equilibrium, strength or ~~—~~weakness of Qi and blood, and the coordination of vital organs (heart, liver, kidney, spleen). Therefore, in TCM, insomnia has a variety of causes. The most common are:

Kidney and heart fail to coordinate

Yang, or the heart's heat, must be transferred to the kidneys. ~~And, on,~~~~and in~~ the other hand, the ~~chill~~cool from the kidneys must nourish the heart and protect it from overheating. When the kidneys are weak and ~~won't beare~~unable to transfer chill to cool down the heart, it will get become hot and result in sleeplessness. ~~Besides,~~The patient will also suffer from weakness, fatigue, agitation, vertigo and ~~also-even~~hyper-~~—~~urination. ~~The~~insomnia from this cause is often treateds by kidney maintenance.

Meridians obstruction

~~The~~ Liver is the center ~~for~~releasing Qi to the whole body, which is the ~~main~~primary condition ~~to-for~~making the liver and other important organs function normally. If it fails s or decreases in-in this activity, Qi will smolder in the liver and obstruct the meridians. In the long term, it will cause the liver to overheat, resultings in insomnia. ~~The~~ patient suffering from this will usually be moody, become easily ~~get-angere~~red, ~~haveand have~~ a painful, tight sensation around costa border, with flatulence and belching. Insomnia from having meridians obstructed is relieved by releasing Qi from the liver to the entire body.

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Blood congestion

When blood and Qi imbalance occurs, congestion will take place. Problems related to the blood circulation system ~~consequently happen~~occur~~-consequently~~. Insomnia from blood congestion usually is chronic. Obvious signs are sublingual veins becoming congested, bigger and having a darker color. The capillaries under the tongue will also multiply along with dark blisters. These are caused by slow and viscous blood circulation. The blood vessels then ~~become~~swelling and ~~getgrowing~~darker. Insomnia from this cause is relieved by blood and Qi nourishment to readjust their equilibrium.

~~Hard to sleep~~Difficulty sleeping, shallow sleep, frequently ~~waking-up~~, easily ~~waking-up~~, excessive dreaming and other symptoms related to insomnia may improve and disappear, ~~The~~~~but~~ the length needed for treatment ~~may-will~~varied by individual depending on the patient's age ~~of the patient~~, severity and duration of ~~the~~disease.

How to take care of ourselves?

- Go to bed at a sensible hour and wake up on time, ~~either-both~~ weekdays ~~and~~ weekends, to stabilize our biological clock.

- ~~Stop~~ ~~Avoid~~ stimulants in the afternoon such as coffee and alcohol drinks. Smoking is not advised.
- Regular exercise decreases physical~~ly~~ and mental~~ly~~ stress, ~~which allows~~ ~~make~~ better sleep. But avoid exercise within ~~three~~3 hours before bed-time because it ~~will can disturb~~interrupt sleeping.
- Avoid working ~~and or~~ watching TV ~~in~~ bed.
- ~~A~~ Clean, quiet, ~~light-proof~~darkened and well-ventilated bed-room ~~make is a~~ better sleeping environment.
- Wake up on time, no matter how under-slept you are. ~~S~~Because scheduled sleep and wake up times stabilize the body's biological clock, ~~thus so~~ sleeping ~~become is both~~ better and easier ~~and improved~~.
- Do not compensate by having day-time sleep ~~of~~ more than 30 minutes. It will ~~make you~~ sleepless-keep you awake at night.
- If no ~~one are~~ absolutely necessary, do not take sleeping pills. You may ~~get become~~ addicted. And when you stop ~~taking them~~, the harder ~~to~~ sleep ~~becomes you are~~.
- Try to relax ~~one~~1 hour before your bed time.

So, we've ~~now~~ seen how important sleeping is ~~to our body and so to our lives~~. When our body has good nutrition and proper sleep, we ~~will can definitely~~ be healthy and free of disease. Don't forget to take care of your health ~~- we~~ ~~We really~~ do ~~really~~ care ~~about of~~ you. We'll see you again in San Jai's ~~next year~~ issue ~~next year~~ and provide ~~you yet~~ more tips in ~~our~~ Self Caring Guide column. ~~as always~~ ~~But, for now, g~~Good-bye!:-

References

- The ~~encyclopaedia~~encyclopedia of ~~I~~traditional Chinese ~~M~~medical ~~S~~science.
- The Chinese ~~meteria medica~~ specified in pharmacopoeia of P.R. China.

~~from~~From <http://www.enwei.co.th/25a.html>

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