

## SLEEP & its effects on body/mind complex

- *Brains do a lot of work while we sleep*
- *Not just chronic lack of sleep but a single night of lost sleep is detrimental*

*Research shows that sleep deprivation can affect*

*1. Metabolism*

*2. Memory*

*3. Anxiety*

*4. Alzheimer's risk*

*5. Chronic health at the level of our genes*

- *One night's loss of sleep will result in rise in anxiety levels*
- *Sleep is a big protector against dementia*
  - *Clearing away the brain gunk that can accumulate & eventually lead to amyloid beta plaques associated with Alzheimer's*

- *Revealed by University of Hongkong on study of genes of young doctors who worked during the day / night shift*
  - *Doctors who had just one night of sleep loss – had more breaks in their DNA when compared to rested ones.*
- *Sleep loss on a small scale – can lead to significant changes.*
- *Might not be entire night sleep loss but losing even half of one regularly – will effect in the long term.*
- *Sleep is a necessary part of brain maintenance*
- *Sleep should not be considered as an indulgence, but a necessity*

### **Tips for good sleep**

- *Regular Exercise*
  - *Consuming Sunflower seeds as part of diet*
  - *Having turmeric milk before sleep*
  - *Bhramari Pranayam*
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