



RAJIV DIXIT

Sleeping disorders: The Relief and Cure

Effective ways how to sleep well
with scientific explanations

SLEEPING DISORDERS: THE RELIEF AND CURE

*EFFECTIVE WAYS HOW TO SLEEP WELL WITH SCIENTIFIC
EXPLANATIONS*

INTERYAMI PUBLISHING

TABLE OF CONTENT

[Introduction](#)

[Common sleep disorders](#)

[Different stages of sleep](#)

[Benefits of good sleep](#)

[Causes of Sleep disorders](#)

[Checklist if you are not getting proper sleep](#)

[How the direction is essential for a sound sleep](#)

[Noteworthy Points](#)

INTRODUCTION

Sleep is that golden chain that ties health and our bodies together.

~ Thomas Dekker

Sleep plays an important role in our physiology. A good sleep is the determinant of one's physical and mental state of health.

Sleep patterns may differ based on the age groups and on the working lifestyles of people. Ideally, Infants may sleep about 16 hours a day. Teenagers need about 9 hours on average. Mostly adults need 7 to 8 hours a night for the best amount of sleep, although some people need as few as 5 hours or as many as 10 hours of sleep each day.

The infant group is fortunately yet exempt from suffering any sleep disorders in the modern world. However if any disturbance or blockage in infant's sleep is observed, the wards are requested to consult a doctor to understand the physical ailment depriving the child of the sound sleep.

Unfortunately, teenagers at an early age have been induced to sleep disorders due to the over burden of school or over expectation of the guardian. The kid is expected to do better than the most in the school and if he is not good, then he faces the ignominy from the parents and society.

Solution lies in understanding your kid's interests, his problems and challenges he faces, and being practical and gradual in our expectations from him.

One cannot do a better favor to a child, if one could let his learning become interesting and joyful . This will only happen if the expectation is set low from the child, and a freedom is given for his natural choices. Let him see the world as it comes to him. One should be more like a guardian, than a dictator to the child.

Sometimes we need to see the world from children's eyes. Things will simplify for us, and we will lower our stress and be happier. Hence, why do we want to disturb the peace and happiness of a kid? In turn causing him sleep disturbances and physiological impacts.

Beyond teenage, it is quite usual to hear sleeping disorders. People are unable to get sleep as soon as they hit the bed. Even after spending long hours in bed, we feel next day inactive and drowsy.

Improper sleep causes cascading effect throughout the day. It impacts our day to day performance, interaction with other people and our efficiency on the under taken tasks.

Continuous sleep deprivation leads to more serious health concerns like increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

In this book we will talk about the sleep disorders, stages of sleep, causes of sleep disorders, checklist to correct our way to sleep, the science of direction behind sleeping etc. All the explanation in the book is closely taken with reference to natural principles of ancient Indian science of Ayurveda.

Ayurveda is the ancient medicinal practice based on the idea of balance in bodily systems and uses of diet, herbal treatment, and yogic breathing.

COMMON SLEEP DISORDERS

A sleep disorder or somnipathy is a medical disorder of the sleeping pattern of a person or animal. These sleeping pattern are enough to interfere with normal physical, mental, social and emotional functioning of the body.

The prolonged disruptions in the sleep can lead to major health concerns related to heart, kidney, blood pressure, migraine pain, brain hemorrhage, diabetes, etc.

Let us talk about the basic sleeping ailments which are the precursors to more serious health issues.

Sleep disorders are broadly classified into dyssomnias, parasomnias, circadian rhythm sleep disorders (CRSD).

1. **Dyssomnias** are the sleep disorders characterized by either hypersomnia or insomnia.
2. **Parasomnias** is the category of sleep disorders that involve abnormal and unnatural movements, behaviors, emotions, perceptions, and dreams in connection with sleep.
3. **Circadian rhythm sleep disorders (CRSD)** are a family of sleep disorders affecting the timing of sleep. People with circadian rhythm sleep disorders are unable to sleep and wake at the times required for normal work, school, and social needs.

Among these categories some of the common known sleep disorders are:

1. **Insomnia:** Insomnia is a persistent disorder that can make it hard to fall asleep, hard to stay asleep or both, despite the opportunity for adequate sleep.

With insomnia, you usually awaken feeling not refreshed, which takes a toll on your ability to function during the day.

2. **Sleep apnea:** Stopping in breathing during the sleep. Sleep apnea is a

potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly, and you feel tired even after a full night's sleep.

3. **Narcolepsy** a condition characterized by an extreme tendency to fall asleep whenever in relaxing surroundings without your voluntary control and positioning.
4. **Hypersomnia** is a sleep disorder characterized by excessive daytime sleepiness, excessive sleep periods even more than 10 hours and an inability to achieve the feeling of refreshment that sleep usually brings
5. **Cataplexy** is the sudden physical collapse and transient loss of muscle tone even while awake due to strong emotions like excessive laughter or anger.
6. **Sleeping sickness** is a parasitic infection found in sub-Saharan Africa, transmitted by the tsetse fly which can be recovered by medication.

These sleeping disorders often results from prolonged chronic patterns of disturbed sleeps. Now lets understand the stages of one's sleep.

DIFFERENT STAGES OF SLEEP

Let us dig into the various stages of sleep in scientific terms.

The stages of sleep that occur after you first fall asleep consist of what is called non-REM sleep, or slow-wave sleep. The slow waves in question are the ones seen on the electroencephalogram (EEG) trace of someone who is in these stages of sleep; this trace consists of very slow, high-amplitude brain wave oscillations.

These stages of non-REM sleep are followed by a stage of another kind of sleep, in which, paradoxically, the EEG trace looks much more like that observed in people who are awake: the waves are faster, and their amplitude is smaller.

Hence this kind of sleep is often known as paradoxical sleep.

But this form of sleep is also characterized by numerous rapid eye movements (REMs) that take place underneath the closed eyelids, and hence is usually referred to as REM sleep.

Probably the most fascinating characteristic of REM sleep is that it is the stage of sleep in which we experience our most detailed and strangest dreams.

Together, the stages of REM and non-REM sleep form a complete sleep cycle. Each cycle typically lasts about 90 minutes and repeats four to six times over the course of a night. The amount of time you spend in each stage of sleep changes as the night progresses.

BENEFITS OF GOOD SLEEP

Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more. Not just makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles.

Improve memory

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake (it's a process called consolidation). In other words if you're trying to learn something new, you'll perform better after sleeping.

Living longer

Too much or too little sleep is associated with a shorter lifespan. It is a scientifically proven fact that good sleep reduces aging and increases life span.

Reduced internal inflammation

Inflammation is linked to heart disease, stroke, diabetes, arthritis, and premature aging. Research indicates that people who get less sleep—six or fewer hours a night—have higher blood levels of inflammatory proteins than those who get more. A 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

Improves creativity

Get a good night's sleep to spur your creativity level. Sleeping gives the left side of brain a boost for better functioning and activity. In addition to consolidating memories, or making them stronger, your brain appears to reorganize and restructure the information, which may result in more creativity as well.

Improves your physical stamina and strength

If you're a sportsman or an athlete, you know well the importance of sleep. Sleep helps in rebuilding your tissues and inner muscular inflammation

caused due to excessive physical endurance exercises. Sleeps makes you fit and fine, ready and up for the next day.

Improves the focus and attention span

The rest to your mind through sleep helps in improved attention span, greater focus, specially important if you are a student. A study found that children ages seven and eight who got less than about eight hours of sleep a night were more likely to be hyperactive, inattentive, and impulsive.

Have a healthy weight

Less sleep leads to greater tendency to consume food during your awake hours. Greater intake of food in turn leads to improper as your brain doesn't get enough supply of blood which is more concentrated in the region of your digestive system. So, if you are thinking about going on a diet, you might want to plan an earlier bedtime too.

Sleep and metabolism are controlled by the same sectors of the brain. When you are sleepy, certain hormones go up in your blood, and those same hormones drive appetite.

Lower the stress level

Sleep is a Stress suppressant. Sleep and Stress both can affect cardiovascular health. One can reduce it, the other can increase it. Sleep gives us the freshness of mind, internal motivation of thoughts, resilience in ability and the strength of fighting back, which helps us deal with any adverse condition or stress better.

Sleep can definitely reduce levels of stress, and with that people can have better control of their blood pressure. It's also believed that sleep affects cholesterol levels, which plays a significant role in heart disease.

Sleeping helps in clearing up with depression. A good night's sleep can really help a moody person decrease their anxiety. You get more emotional stability with good sleep.

Now let's consider the adverse causes leading to sleep disorders.

CAUSES OF SLEEP DISORDERS

Sleeping disorder may be caused by any temporary reason, such as stress over an upcoming presentation or a painful breakup. Or it could be insomnia for a longer duration of time due to any underlying psychological or medical issue.

Psychological problems and emotional distress

Anxiety and depression are two of the most common causes of chronic insomnia. Other common causes may include chronic or significant life stress, anger, worry, grief, bipolar disorder, or trauma.

Medical problems or illness

Many medical conditions and diseases can contribute to sleeplessness including asthma, allergies, acid reflux, kidney diseases, Parkinson's disease, hyperthyroidism, and cancer. Chronic pain is also a very common cause of insomnia.

Drug and Medications

Many drugs prescribed can also interfere with sleep like antidepressants, contraceptives, some stimulants, corticosteroids, thyroid hormone, medications for high blood pressure etc. Common over-the-counter available medications for cold and flu that contains alcohol, pain relievers that contain caffeine (Midol, Excedrin), diuretics, and slimming pills may also result in sleep deprivation.

Having known the benefits of good sleep and the causes for improper sleep, let's consider the checklist for a good sleep.

CHECKLIST IF YOU ARE NOT GETTING PROPER SLEEP

Identify the below possible causes for your insomnia, the things you're doing during the day or leading up to bedtime that interfere with your quality sleep.

1. Do you drink caffeinated beverages (coffee, tea, soda) within eight hours of bed?
2. Do you drink alcohol before falling to sleep?
3. Do you watch TV, play video games, or use a computer, tablet or smartphone in bed?
4. Is your sleep environment noisy, too bright, or not very comfortable?
5. Do you keep an irregular timings of your sleeping schedule?
6. Do you exercise play or eat very late in the evening?

If any or few of these checklists are marked yes for you, consider reforming your habits for a healthy routine and better sleep.

HOW THE DIRECTION IS ESSENTIAL FOR A SOUND SLEEP

This part will focus on knowing how the right direction can impact the effectiveness of our sleep. The excerpts are taken from the writings of great Indian scientist Vagbhata and his writing on Ayurveda.

The pioneer Indian scientist Vagbhata ji has written that whenever you take rest i.e. Sleep in morning , night or during the day, you need to take care of the directions in which you are sleeping.

Vaastushastra: the Indian science of Architecture and right directions also gives explanation on right direction of sleep.

It states that while getting rest, your head must point to the direction of sun.

It means that your head should be towards the east direction and legs pointed towards west direction.

They say if due to any difficult circumstance you are not able to place your head towards east, then at least place your head to the south direction.

Thus to summarize your head should point to either east or south direction.

So whenever you lie down or rest, your head must always pointed towards the east and legs to the west and if you can't do that, use south direction for your head.

Vagbhata ji says never lay down with your head to north. It is the direction of death.

North direction is good for other things like if you want to study, practice something or write something but it is extremely incorrect, impure and non-scientific direction to sleep in.

We can observe the practice of head towards north in Indian village when a person dies. Many a times I go to the village and see that in case of death of person during its last ceremony, observed that the special preachers set for funeral ceremony advices the putting the head of the deceased to the east.

This is the first direction that he gives at the funeral ceremony.

The cofounder of Arya samaj, Swami Dayanand Saraswati wrote a book "sanskar vidhi" on the way of Indian custom ceremonies such as Janm sanskar, garbhadhaan sanskar or death sanskar.

Death too is a sanskar. (Sanskar is a traditional practise)

In Dayanand's book on death sanskar, the first sutra of the book states that the head of the deceased should be towards the north.

Now let us discuss and elaborate the science behind this. How does it work?

The science says that there is some force that acts between your body and the earth.

This force is called gravitational force. Now let me tell you how it works.

The north and South Pole are the strongest areas where this force works.

These poles are literally magnets. Your body's head is like the north and the legs are like the south. Just like the earth. The body itself has the magnetic dipole. It is not advisable for the body's north to be aligned to earth's north.

What if, you do sleep in the north direction.

The force of repulsion would come to play in this case and your head would be repelled by the north direction of earth.

Think like this.

When your head is to the north, there is pushing or pressing force acting upon your head. When this force would be applied to your head, there would be contraction in your body and pressure on the head.

The blood pressure would go up and similarly the body pressure would also go up.

Your heart beat would become faster, and mind would not be relaxed. Hence you won't be able to get a good sleep.

If your head is in the north, it would be a pressure on the head and you won't be able to get a relaxed sleep.

Now let's just reverse the case. Let's turn your head to south and then make

you asleep.

Your head north and the earth south are alligned. Now a force of attraction would come to play. Now if someone would pull you, the body size would increase, it would grow.

As soon as the body is pulled, the body gets relaxed.

Like you yawn and stretch. When you do that, you instantly feel good and relaxed as the size of the body grows due to pulling and stretching.

So Vagbhata ji says if you put your head to south, there is force of attraction and if north, there is stressing pressure.

Force of repulsion gives stress and attraction gives pulling effect to your body.

Both these forces are opposite of each other. One of them would relax you and the other would be pressurizing the body.

Thus he has given a superb explanation to the sutra that I believe and is the one and only best cure of all the mental illnesses in this world.

If you are taking a good sleep, than a lot of things are good.

Food is good. Sleep is good, what else could you desire?

So eat and make sure that your brain is always towards the attractive force by sleeping with head to south or east.

What is in east direction? They say it is neutral.

No attraction and no repulsion.

If there is some force in east, it is neutralized by each other.

So if your head is to east, you too would be neutral and get a good sleep.

Now what about the west direction? There is no explanation given by Vagbhata ji yet.

It is under research. Vaastu has done a lot of research on west direction. But there is no research based on sleeping in the west direction.

For sleeping purposes research has been done on east, south and a lot on

North but not on west. So take care of these 3 directions while sleeping.

There is one more concept which is very interesting relating to the sleep.

Vagbhata ji has given instructions on who should sleep with head in east and who should sleep with head in south.

He has made a category for this.

Sadhu, saints, non grahastha, brahmya charya, celibate and unmarried people, the ones who are devoid of worldly possessions, they should sleep to east.

People who have family, who run this world, who live with their wives and children should sleep with head to south.

NOTEWORTHY POINTS

Sleep plays an important role in our physiology. A good sleep is the determinant of one's physical and mental state of health. Continuous sleep deprivation may lead to serious health concerns like increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

In this book we talked about various sleep disorders, their causes, processes and facts to overcome these. Some important underlining facts to sum up are as follows :

1. Reduce your mental activity as you near up to the bed time. Like avoid watching to the TV, gluing to your mobile or even reading a book.
2. Reduce any physical activity as you near up your sleeping time.
3. Avoid any intake of caffeine content or alcohol content drinks before your sleep timings.
4. Avoid late night diet or taking heavier diet before your sleep timings.
5. Always prefer sleeping in the direction of East or South. The head direction towards north is meant for dead people.

Following the above guidelines and consultation with your physician if any chronic sleep disorders, would help you balance the physiological state of your body.

Nevertheless one should not become anxious about not getting sleep. Even if you are not able to sleep, spend time in bed relaxing. Atleast, the need of sleep for the body will partly get fulfilled. Early morning if your sleep is disturbed, instead of trying to sleep more, go for a walk out in the nature, and get the fresh air.

The reason to not get sleep would be an anxiety but the reason of not getting sleep should not make you anxious. That's ok to sleep once or twice lesser than usual. When your body gets tired, automatically it will demand for sleep.

Sleep is a natural process. We have disturbed it by our anxiety, stress, improper diet, improper drinks, excess medication, irregular routine, over working etc. Let's regulate these; automatically our sleep will attain its normalcy.

However, one should never ignore the necessity of getting good sleep. Else, it will catch you up and take a toll on your health.

ONE LAST THING

Dear Readers,

If you liked this book or found it useful I'd be very grateful if you'd post a short review on Amazon.

This will help others too benefit from this book.

Your support really does make a difference and I read all the reviews personally so I can get your feedback and make this book even better.

If you'd like to leave a review then all you need to do is click the review of this book's page on Amazon.

Wish you a healthy living

Thank You,

Bacchan Publishing