

The Science of Sleep

MUST WE SLEEP AND HOW MUCH ?

*“Half of what I write is meaningless; but
I say it, so that the other half may reach
you.”*

If you are the busiest person on the planet:

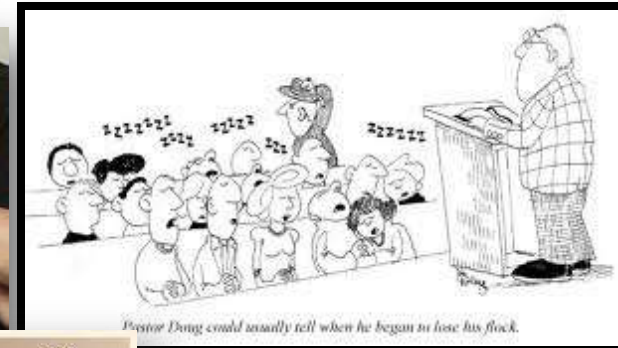
- Before we begin let us suppose that the reader is the busiest man on earth. It is precisely for him that these few lines are written. If such a person sleeps daily for eight hours we request him to sleep seven hours and we assure him that it is going to do him no harm.
- If he is sleeping already less than eight hours, i.e. if he is not believer in such fads that eight hours sleep is essential and that the quality of sleep cannot compensate for quantity, then we request him to further reduce his sleep by one hour.
- **The best hours of sleep are from midnight to four in the morning. Nearly as good are the hours from eleven at night to five in the morning-and that is also the maximum one needs.**



I KNOW EIGHT HOURS OF SLEEP A DAY
IS NORMAL... BUT NOT AT WORK!!

Intensity and time of sleep = '\$'income/day

- Sleep is like one's income. If the family drain or other indulgences exist, a large income looks small and a person is soon in debt; whilst on the other hand a judicious use of a lesser income would create savings for the family.
- If a person drains on his physical, mental, emotional and sex energies be great due to certain excess or indulgences then not eight but even eighteen hours sleep will not suffice.



There is a reason we
cant remain awake
whenever we want!!!



6 colours of all sleepers

- Due to certain negative and positive polarity currents flowing through and around us, sleep can be of six distinct different types :

1. Very intense, invigorating and highly beneficial.
2. Intense and beneficial.
3. Indifferent, or that which adds not an ounce of energy.
4. A little wasteful or energy instead of being able to give energy.
5. Damaging, (will damage the nerve tissues).
6. Highly damaging, conducive to sickness and diseases.

- The hours of the day corresponding to the above six types :

1. Midnight to 4 a.m.

2. 11 p.m. to midnight and 4 a.m. to 5 a.m.

3. 9 p.m. to 11 p.m. and 5 a.m. to 7 a.m.

4. 7 a.m. to 12 noon

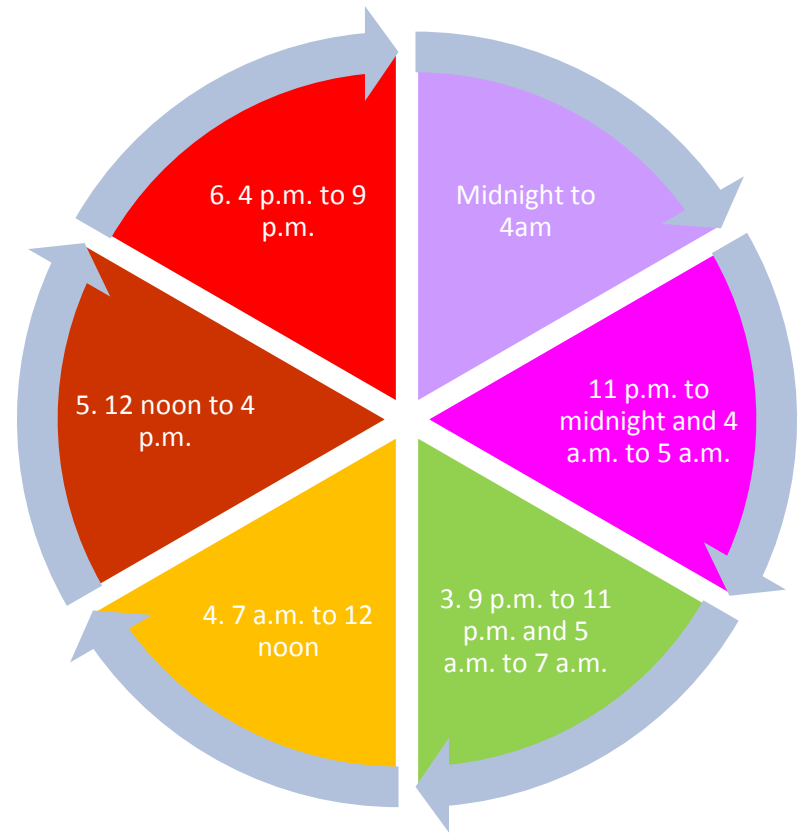
5. 12 noon to 4 p.m.

6. 4 p.m. to 9 p.m.

6 colours of all sleepers, because we are not nocturnal animals.

- The hours of the day corresponding to the above six types :

1. Midnight to 4 a.m.
2. 11 p.m. to midnight and 4 a.m. to 5 a.m.
3. 9 p.m. to 11 p.m. and 5 a.m. to 7 a.m.
4. 7 a.m. to 12 noon
5. 12 noon to 4 p.m.
6. 4 p.m. to 9 p.m.



Depending upon when you sleep you develop an aura which has
1 of 6 colours:

The hours of the day
corresponding to the above six
types :



a. Midnight to 4 a.m.



b. 11 p.m. to midnight
and 4 a.m. to 5
a.m.



c. 9 p.m. to 11 p.m.
and 5 a.m. to 7 a.m.



d. 7 a.m. to 12 noon



e. 12 noon to 4 p.m.



f. 4 p.m. to 9 p.m.

When we are tired we know only one cure ,sleep.
Resting is a mental state where presence is not lost like
sleep, but mental activities are very slow.

- The only mental satisfaction we get from more sleep is the thought that we have slept. It is a kind of self-hypnosis that gives us the feeling that it is well an good that we had eight hours of sleep.
- By all means rest. Resting and sleeping are two entirely different things.
- Rest may give you rest, but not so sleep unless it be during certain specified hours.



Not for extremes.



- “Meditation is not for those who eat too much; nor for him who eats not at all : nor for him who is over much addicted to sleep, nor for him who is always awake. But for him who regulates his food and recreation, who is balanced in action in sleep or in waking, it shall dispel all unhappiness.”

bhagwad gita

- If we observe the lives of illustrious persons we will usually find that such persons have slept (or do sleep) for hardly four hours in 24 and have done so even with advanced age and have maintained a sharper intellect and better health.

- [The Science of Meditation.](#)
- **Emory, Georgia (USA)** -- [For thousands of years](#), Buddhist meditators have claimed that the simple act of sitting down and following their breath while letting go of intrusive thoughts can free one from the entanglements of neurotic suffering. Now, scientists are using cutting-edge scanning technology to watch the meditating mind at work. They are finding that regular meditation has a measurable effect on a variety of brain structures related to attention — an example of what is known as neuroplasticity, where the brain physically changes in response to an intentional exercise. The same researchers reported last year that longtime meditators don't lose gray matter in their brains with age the way most people do, **suggesting that meditation may have a neuro-protective effect.**

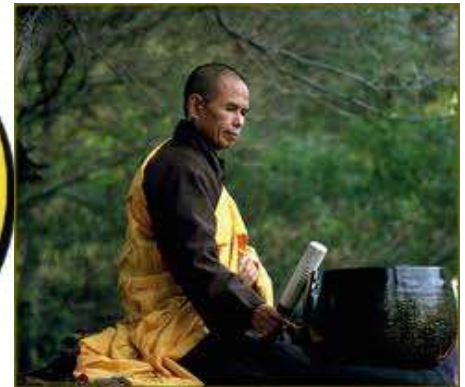


If I don't sleep what to do ?

- There is another benefit arising from observing lesser hours of sleep. We get more valuable time to do some constructive work without disturbing our daily normal life. It then happens that these hours and our constructive program (in the hours we have saved) mould our pattern of thoughts for the rest of the day also.

This results eventually in a diversification of two different types of persons :

1. One who indulges in sleep and finds that he drifts the whole day and
2. The other who enjoys the right quality and quantity of sleep and in the hours saved progresses, so that finally he is able to make the right use of the gift of free will.



Steps of conservation

- Should we decide to reduce sleep it should not be at a greater rate than ten minutes in a fortnight.
- When one hour has thus been cut down,
- continue without a further cut for one month.
- Again proceed at the rate of ten minutes a fortnight and
- when another hour is cut down, continue without a further cut for one month.
- The cutting down of ten minutes should be before 11 p.m. and after 5 a.m. till the exact 11 p.m. to 5 a.m. period is reached.



< 10 min / 15days for

After 1 hrs reduced

One month no reduction

Then 10min/ 15days

Come to the routine of 11pm to 5pm.

Is there some thing in us that keeps awake when we are sleeping ? How can that be more strong.

- With this valuable waking time saved sand the damaging hours of sleep avoided we now can more profitably employ ourselves to certain practices, methods and corrective thinking. These hours saved are a seed which will ultimately grow into the whole tree of life. These practices should not be regarded simply as exercises but should be regarded as a disciplined life in miniature.
- **Take this thought for serious thinking, “Reading, thinking, living-what is the common link-which hour of the day or night can forge this link? How best can I make use of this hour?**

People With Near Death Experiences Differ In Sleep-Wake Control

The brain during REM sleepby Staff Writers
St Paul MN (SPX) Apr 11, 2006

People who have had near death experiences often have different arousal systems controlling the sleep-wake states than people who have not had a near death experience, according to a new study published in the April 11, 2006, issue of *Neurology*, the scientific journal of the American Academy of Neurology. For the study, a near death experience was defined as a time during a life-threatening episode of danger such as a car accident or heart attack when a person experienced a variety of feelings, including a sense of being outside of one's physical body, unusual alertness, seeing an intense light, and a feeling of peace. The study found that people with near death experiences are more likely to have a sleep-wake system where the boundaries between sleep and wakefulness are not as clearly regulated, and the REM (rapid eye movement) state of sleep can intrude into normal wakeful consciousness. Examples of this REM intrusion include waking up and feeling that you cannot move, having sudden muscle weakness in your legs, and hearing sounds just before falling asleep or just after waking up that other people can't hear.

