



# THE ULTIMATE GUIDE TO DEEP SLEEP



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## INTRODUCTION

Harvard sleep scientist Dr. J Allan Hobson once joked that the only known function of sleep is to cure sleepiness. This is not entirely true. We spend about a third of our lives asleep, and for a good reason. Getting adequate sleep is essential to enjoying a healthy, active life, and it has been proven to have several benefits for us in the long run.

It is safe to say that sleep is just as important as eating healthy and regular exercising for one's overall well-being.

When we don't sleep properly or have inadequate breaks, the next morning does not feel all sunshine. 7-8 hours of peaceful sleep can improve the next day's mood and productivity multiple times. Feeling happy is a blessing and good sleep plays a major role in it.

If you are a healthy person you can otherwise still handle a few days of bad sleep. But if you are someone who has low immunity and poor health, then bad sleep can aggravate the health concerns affecting both your regular and work-life.

We have divided this guide into three sections:

- ✓ Science behind sleep and why is it so important?
- ✓ Factors that cause disruptive sleep!
- ✓ Ways to achieve deep sleep!

Sleep is super important for living a healthy and happy life. Absence of the same can cause unimaginable downfalls. At Trusted Nutrients, we urge you to take care of your sleep. It does make an impact. Take the 30 day sleep challenge and do everything possible to get the peaceful sleep that you need. Analyze the difference in your life after 30 days of following a good sleep routine.



It's not something to be taken lightly.

Understanding sleep and what disturbs it is as important as following the steps mentioned in this guide.

## SCIENCE BEHIND DEEP SLEEP AND WHY IS IT SO IMPORTANT?

Not all types of sleep are the same, and every sleep stage has its benefits. Before we get to that, let us start by understanding sleep and how it affects us.

### Sleep

Before the 1950s, most people believed that sleep was a passive activity during which the body and brain remain dormant. However, several sleep scientists over the years have discovered that during sleep, the human brain is engaged in a number of activities that are necessary to enjoy a good quality of life.

Today, people are sleeping less than they did in the past, and there has been a decrease in sleep quality as well.

Throughout the sleep time, our brain cycle goes through different stages. According to researchers, these stages can affect our mental and physical health. Sleep cycles can be broadly divided into four stages. As we progress through stages 1 and 2, we become increasingly unplugged from the world. Your brain is still awake and slowly transitioning into light sleep in these two stages, until it reaches the next two stages, which are the most crucial parts of your sleep cycle.

There are two main stages of sleep cycle: deep sleep (also known as stage 3, or slow-wave-sleep, or non-REM sleep), and rapid eye movement or REM (also known as stage 4 or dreaming stage).



About 80 percent of the sleeping consists of deep sleep, while only 20 percent of the sleeping time goes in dreaming. Both of these can impact brain function.

However, since a majority of the sleep cycle is made up of the slow variety, it is necessary to understand the importance of the same in our lives.

## What is Deep Sleep?

As read earlier, about 80 percent of our sleeping time is spent in a deep sleep. This phase is characterized by slow brain waves, relaxed muscles, and slow, deep breathing. In a deep sleep, both brain and body activity drop to their lowest point during the cycle, and blood is redirected from the brain to muscles.

Research evidence shows that deep sleep is essential for the consolidation of memories, with recent experiences being transferred to long-term memory. Also, this phase clears out less relevant experiences of the preceding day. A sleep study has also revealed that the connections between neurons, known as synapses, shrink during sleep, resulting in the weakest connections being pruned away and those experiences being forgotten.

Deep sleep is a part of non-REM (rapid-eye movement) sleep. Although earlier it was believed that REM sleep was the most crucial sleep phase for learning and memory, the above study is among many others that suggest that non-REM sleep is more important for these tasks. Deep sleep, in particular, is considered to be a more restful and restorative phase of sleep. During REM sleep, your eyes move rapidly behind closed lids, and brain waves are similar to those during wakefulness.



## Why Is Deep Sleep So Important?

Getting adequate good quality sleep has many benefits, including protecting your physical and mental health, quality of life, and personal safety. While most adults are aware that they should aim for between 7 to 8 hours of sleep each night to be well-rested, the science of sleep is a lot more complex than it looks.

The importance of deep sleep cannot be understated. When we sleep, important physical and mental processes are carried out. Not getting enough sleep is common and can have a serious impact on our health and well-being. To restore the sleep balance, we need at least two consecutive nights of unrestricted good quality sleep.

Here is why deep sleep plays a vital role in our overall health.

### Deep sleep allows our brain to restore itself



The human mind is active throughout the daytime when it is awake. It needs time to rest and recharge. Studies done on sleep deprivation seem to suggest that the principal function of deep sleep may be to give the brain time to restore itself from its daily activeness. The brain witnesses an increase in glucose metabolism, as a result of tasks that require mental activity. The amount of growth hormone secretion is at its highest during the slow-wave sleep or deep sleep stage. This means deep sleep helps our brain to replenish and restore itself for the next day.

### Good for one's health



Studies have shown that deep sleep is essential for physical renewal, hormonal regulation, and growth. Those who don't get adequate deep sleep are more



likely to become sick, feel depressed, and gain an unhealthy amount of weight. As per the National Sleep Foundation's 2008 Sleep in America poll, those who slept less than 6 hours per night on workdays were significantly more likely to be obese than those who slept 8 hours or more. Apart from these, getting plenty of deep sleep has favorable effects on the human heart, kidney, and other organs.

Along with nutrition and exercise, deep sleep is one of the best ways to achieve optimal health. You cannot meet your lifestyle goals without taking care of your sleep. Therefore, it is essential to pay attention to your daily sleep cycles and get the right amount of shut-eye.

## FACTORS THAT CAUSE DISRUPTED SLEEP

Numerous factors can cause sleep difficulties. Although conditions may differ, the result of all the sleep complications is that the body's natural cycle is disturbed.

Factors that can cause sleep problems include:

- ▶ Physical disturbances (like chronic pain from arthritis, headaches, migraines, etc.)
- ▶ Medical issues (like breathing problems, asthma, etc.)
- ▶ Psychiatric disorders (like depression and anxiety disorders)
- ▶ Environmental issues (like brightness in the room, noise from outside, snoring, etc.)

Acute insomnia can also result from daily life pressures such as sickness, loss of a loved one, job loss or change, issues at work, stressful relationships, or extreme temperatures.



## WAYS TO ACHIEVE DEEP SLEEP

Deep sleep is your body's best chance to work and heal itself right at the cellular level. It allows your body to repair any damage and build replacement tissue. So, what can we do achieve deep sleep? Here is how you can aim to get those peaceful winks.

### Cut out Caffeine



Given the demands of today's 24/7 environment, getting a good night's sleep may seem difficult. However, one of the many ways to make this possible is to cut out caffeinated coffee, tea, and soda, ideally 10 hours before bedtime. Try to limit your consumption of chocolate too. This will surely help you get the kind of sleep that would leave you feeling refreshed the morning after.

### Cut out the light



The human brain creates a hormone known as melatonin that senses when it's dark out. This primes you for sleep. If you try to sleep in too much light, your brain may consider that you are not ready for bedtime. So, to trick your brain into getting a night of deep sleep, turn off all sources of light from your sleeping zone. Turn off the TV, shut down the computer, and close the blinds tightly. If you want to sleep during the daytime, try using an eye mask to do the job.

### Keep those power naps short



If you love power naps during the day, go ahead and take those. Power naps are real stress-busters and helps you feel refreshed. However, try to keep them short to about 10-20 minutes. With longer naps, you are likely to wake up while in a deep sleep and feel groggier than before. By keeping your naps short, you can wake up energized enough to give your performance a boost throughout the day.





## Sleep in a restful environment



Not just the light, but make sure you cut out as much sound as you can from your sleeping environment. Try to keep the room as quiet as possible by switching off or putting away your mobile phones. Move away from anything that disturbs your peaceful sleep. Apart from that, you should also consider taking a second look at your mattress. If you've not changed your mattress in the last five to 10 years, now is a good time to invest in a brand new, comfortable one. This will surely help you get the right amount of deep sleep every single night.

## Change your lifestyle practices



For those who are continually finding it difficult to get deep sleep, it might be a good idea to consider a change in your lifestyle. Some practices may help promote deep sleep and good sleep in general. These include doing vigorous exercises such as swimming, jogging, or running, early in the day rather than before bedtime. You can also try making diet changes that include eating fewer carbohydrates and more healthy fats. Apart from these, you can also try warming up your body in a spa or hot sauna to enjoy a good night's sleep.

## Consider a natural supplement for sleep



Many people turn to prescription pills for a quiet and sound sleep. However, prolonged usage of pills may sometimes lead to addiction and a reduction in their effectiveness. You can try natural remedies and non-addictive herbs to overcome sleep-related disorders. Consider using Ashwagandha, also known as winter cherry or Indian ginseng. This herb is well known for its ability to induce sleep. It has a tranquilizing effect that reduces tension, relieves stress, and relaxes muscles. Ashwagandha has been known to reduce cortisol release from the body's adrenal glands, which has been linked to insomnia, high blood pressure, and depression. This makes it an excellent natural remedy to enjoy deep sleep.



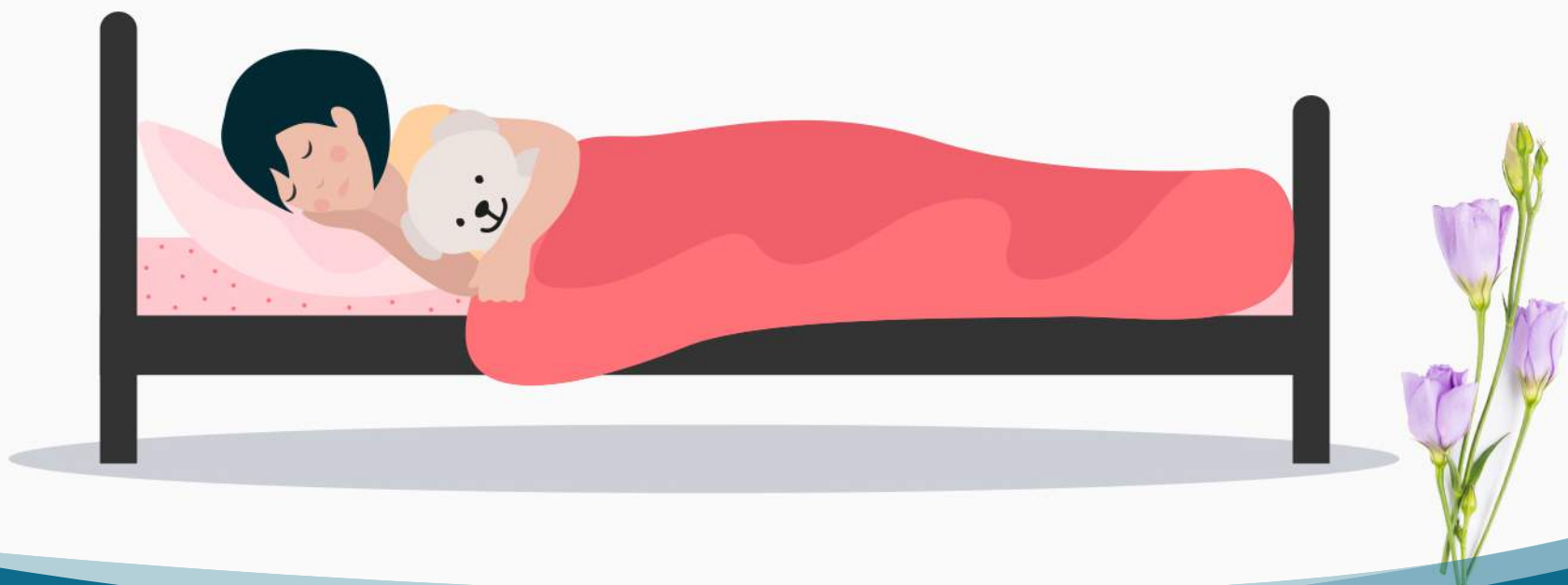
## Set aside more time for sleep



This is probably the simplest thing to do if you want to enjoy a good, deep sleep every night. As the American Sleep Association notes, the most important thing that a person can do to increase the amount of deep sleep that they get each night is to set aside more time for sleep. This allows the body to go through more sleep cycles, which makes it possible to have a deeper sleep.

There is a reason why the term ‘sleep like a child’ is used to describe a deep sleep. The depth of sleep is generally taken to mean how likely the sleeper is to be awakened from an external stimulus, and children, in particular, are difficult to awaken. This is because they are sleeping deeply.

All of us want to get more of this marvelous, restorative sleep. However, there is no easy fix for this. We must take the necessary steps to ensure we follow a regular sleep schedule, a healthy lifestyle, and take the right supplements. This way, we are sure to discover the secrets of deep sleep that are well within our reach.



## EASY TIPS TO SLEEP BETTER



### UNPLUG

The light emitted from computer and tv screens disrupt your circadian rhythm and keeps you awake. Disruptions to your circadian rhythm are linked to vision problems, cancer and depression.



### NEVER DO ANY WORK IN BED

If you associate your bed with reading emails and dwelling on work-related issues, it will be harder to relax there.



### MEDITATE

Just five minutes of breathing meditation will lower stress, relax your body, and quiet your mind.



### READ YOUR REAL BOOK FOR ENJOYMENT

Make sure it's not work-related. This should relax you and spur your creativity and passion.



### CREATIVE A HYGIENE RITUAL

Repetition will send a psychological signal that you are getting ready for bed. Brush your teeth, wash your face, floss.



### MAKE A TO-DO LIST

Writing down tomorrow's priorities will clear your mind for the night.



### DON'T EAT OR DRINK LATE AT NIGHT

Caffeine, alcohol, and nicotine can also cause sleep disruptions



### PICK A BEDTIME

Decide when you have to wake up, and go to bed eight hours before then. Consider setting nightly alarm to remind yourself when to get ready for bed.



### KEEP A JOURNAL

Spending just a few minutes to reflect on the positive highlights of your day can transform your attitude and keep you motivated.



# BEST FOODS THAT NATURALLY HELP YOU SLEEP



Bananas



Tart cherry



Kiwi



Leafy Greens



Walnuts



Almonds



Chia Seeds



Wild Caught Fish



Turkey



## BEDTIME MILK RECIPES FOR SLEEP

### Warm Turmeric & Cinnamon Milk

Turmeric milk is a powerhouse of health benefits. It helps fight inflammation, supplies ample antioxidants, promotes joint health, etc. When consumed daily as bedtime milk, this medicinal spice improves sleep quality.

#### Ingredients:

- ▶ 1 cup of milk of your choice
- ▶ 1 tsp. ground turmeric
- ▶ 1/4 tsp. cinnamon
- ▶ 1/2-inch piece of fresh and peeled ginger
- ▶ 1 tbsp. honey or maple syrup (as per your choice)

#### Directions:

Pre-heat the milk in a small saucepan. Add turmeric, cinnamon, ginger, and honey or maple syrup to it. Warm the mix until it simmers hot. Whisk well to dissolve spices.



## Pink Moon Milk With Ashwagandha

One of the most traditional uses for ashwagandha is as a sleep aid. It may be able to reduce the levels of the stress hormone cortisol in the human body, thereby helping you relax and achieve a deeper level of restorative sleep.

When you want to have a deep and relaxing sleep, this ashwagandha milk with nutmeg works wonders.

### Ingredients:

- ▶ 1 cup milk of choice (whole, almond, coconut, etc.)
- ▶ 1/2 tsp. ground ashwagandha powder
- ▶ 1/2 tsp. ground cinnamon
- ▶ 1/4 tsp. ground ginger
- ▶ a pinch of ground nutmeg
- ▶ 1 tsp. coconut oil
- ▶ 1 tsp. honey or maple syrup



### Directions:

Pre-heat the milk in a saucepan. Don't let it boil. Once the milk is warm, add ashwagandha, cinnamon, nutmeg, and ginger. Simmer for 5 minutes. Stir in the coconut oil in the end. Pour the warm moon milk into a cup. Add honey or maple syrup for sweetening, if desired.



## Lavender Milk For Sleep

All of us know of the benefits of comforting lavender. The essence of it in a diffuser can improve your mood and cause relaxation. This warm drink with lavender and vanilla is a bedtime treat for great night's sleep.

### Ingredients:

- ▶ 1 cup milk of your choice. (Recommended: Unsweetened vanilla almond milk)
- ▶ 1/2 of a whole vanilla bean
- ▶ 1 tbsp. honey
- ▶ 1 tbsp. culinary lavender sachet

### Instructions

Warm milk, vanilla bean and honey in a small saucepan. Add the lavender sachet in the mix and bring to a heavy simmer. Let it cool slightly before serving.



## THANK YOU

**Thank you** so much for your order! You have taken the first step towards learning beneficial techniques towards better sleep. We are sure that you are going to see great results.

We hope that our products help you to discover your body's natural ability to reduce stress and restore your sleep habits along with a little help from our Trusted Nutrients products.

Welcome to our family of natural products and taking control of your health.



*Christina*  
**Christina**  
CEO, Trusted Nutrients

