

## Sleep is the Best Medicine

As work days get longer and longer and the pressures of daily life start to mount, it is so often our sleep which we cut back on so as to get things done. When you have a packed schedule it seems easier to go to bed an hour later or to get up an hour earlier so as to catch up on things. But studies show that cutting back on sleep does and will have consequences on your health.

We hear so many stories about those amazing people who manage on just a few hours of sleep a night without any ill consequences. An analysis of these people though has actually shown that these people are quite unaware of how unproductive they are and that more sleep would benefit their lives on many levels.



The fact is we all need sleep. It is essential to our health and wellbeing. Sleep deprivation can lead to fatigue, depressed immunity, illness, chronic fatigue, dizziness, poor memory, reduced concentration, poor co-ordination, decreased reaction time, problems focusing, mood swings, and anxiety. These symptoms alone can be troublesome but combine some of them together and you will certainly start to feel the affects of under sleeping, especially when driving.

We live in a faced paced society where late nights, television and bright lights have become the norm no matter what time of day. Its easy to forget that for thousands of years people lived, worked and slept according to the natural light and dark cycles of each day and night. Our physiology is the same as it was back then but we live vastly different lives.



If we follow natural sleep/wake cycles then we start winding down as the sun sets. This should have us falling asleep by about 10pm. While we are asleep the body is in a state of physical repair between about 10pm and 2am. After 2am the immune and repair systems are more focused on mental repair. Constant disruption to these natural cycles lessens the amount of repair on all levels and elevates levels of cortisol in our bodies. Cortisol is a hormone that is released in response to stress. Excessive production of cortisol may lead to adrenal fatigue, headaches, infections and weight gain.

If you're having problems sleeping then make sure you have the following points covered:

Get to sleep by 10.30pm. That means being in bed by at least 10pm!

Avoid drinking tea, coffee, soft drinks or eating chocolate. All these things contain caffeine which is a stimulant that can take up to six hours to leave your system.

Avoid smoking for all the obvious reasons but tobacco is a stimulant. Studies have shown that those people who smoke a pack a day will have problems falling asleep and when they do it will not be as deep. Smoking also affects the air passages, so people often wake during the night due to breathing difficulties.

Minimise exposure to bright lights, especially fluorescent lights for at least 2 hours before bed and sleep in a completely dark room.

Exercise! Following a regular exercise program will generally help you sleep at night.

Avoid eating a heavy meal for dinner. Your digestive system will be working over time and you may develop heartburn, which will definitely keep you awake. Eating dessert (sweets = sugar) will also disrupt sleep and digestion so must be avoided.

Avoid sleeping tablets. Doctors prescribe sleeping tablets all too readily. Remember, they are a quick fix that treat the symptoms of a problem and not the cause. So if you are having problems sleeping try to look at why and do something about this. Coming off sleeping tablets is very hard. It can lead to sleep disruptions which may result in you going back on the tablets.

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## 4 WEEK CHALLENGE!



Your Own Personal 4 Week Challenge!

Learn: commitment, dedication & discipline!

Shape up 'Inside & Out' now & for good!



### WHAT YOU GET:

- \* Initial weigh & measure & goal setting
- \* Menu Plan & lifestyle guidelines
  - \* Weekly exercise plan
  - \* Weekly weigh ins
- \* 4 x 30 min high intensity training sessions with your Personal Trainer
- \* Final weigh & measure
- \* 100% support & motivation from your Challenge trainer

### WHAT YOU COMMIT TO:

- \* Following your menu plan & lifestyle guidelines
- \* Following your prescribed exercise program
  - \* Moving every day
- \* 4 weeks of 100% effort!



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## 40 Clove Chicken

Serves 6

### Ingredients:

- 1 chicken cut into 8 pieces
- 1/2 cup olive oil
- 2 tablespoons olive oil
- 10 Sprigs fresh thyme
- 40 peeled cloves garlic
- Salt & pepper

### Method:

- Preheat oven to 350 F°
- Season chicken with salt & pepper.
- Toss with 2 tablespoons olive oil & brown on both sides in a wide fry pan or skillet over high heat.
- Remove from heat, add oil, thyme & garlic cloves.
- Cover & bake for 1 1/2 hours.
- Remove chicken from the oven, let rest for 5 to 10 minutes, carve & serve.

★ This is great served hot or cold with salad or vegies.

Supplied by Doug Black



## Massage Therapist Starting Soon!

Ask your trainer, check our website or ring the Studio for more details!



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