

Sleep Secrets

Dr. Jeffrey Drobot, NMD



Why sleep is important?



LACK OF SLEEP CAN CONTRIBUTE TO:



1. DEPRESSION



2. WEIGHT GAIN



3. SKIN AGING



4. HEART DISEASE



5. HIGH BLOOD PRESSURE



6. WEAKENED IMMUNE SYSTEM



7. MEMORY PROBLEMS

LONG-TERM SLEEP DEPRIVATION RAISES YOUR RISK OF DEVELOPING CHRONIC ILLNESSES LIKE DIABETES AND CARDIOVASCULAR DISEASES

Why we need to **SLEEP**

You'll **FEEL** better

Sleep restores our energy, fights off illness and fatigue by strengthening our immune system. Better sleep produces a more positive mood

You'll **LOOK** better

Too little sleep leads to lackluster and wrinkle-prone skin.

You'll **BEHAVE** better

We're grumpier, snappier and have less patience when we've not had enough sleep.

You'll **THINK** better

Lack of sleep causes changes to the way our brains function in areas of impulse control and decision making.

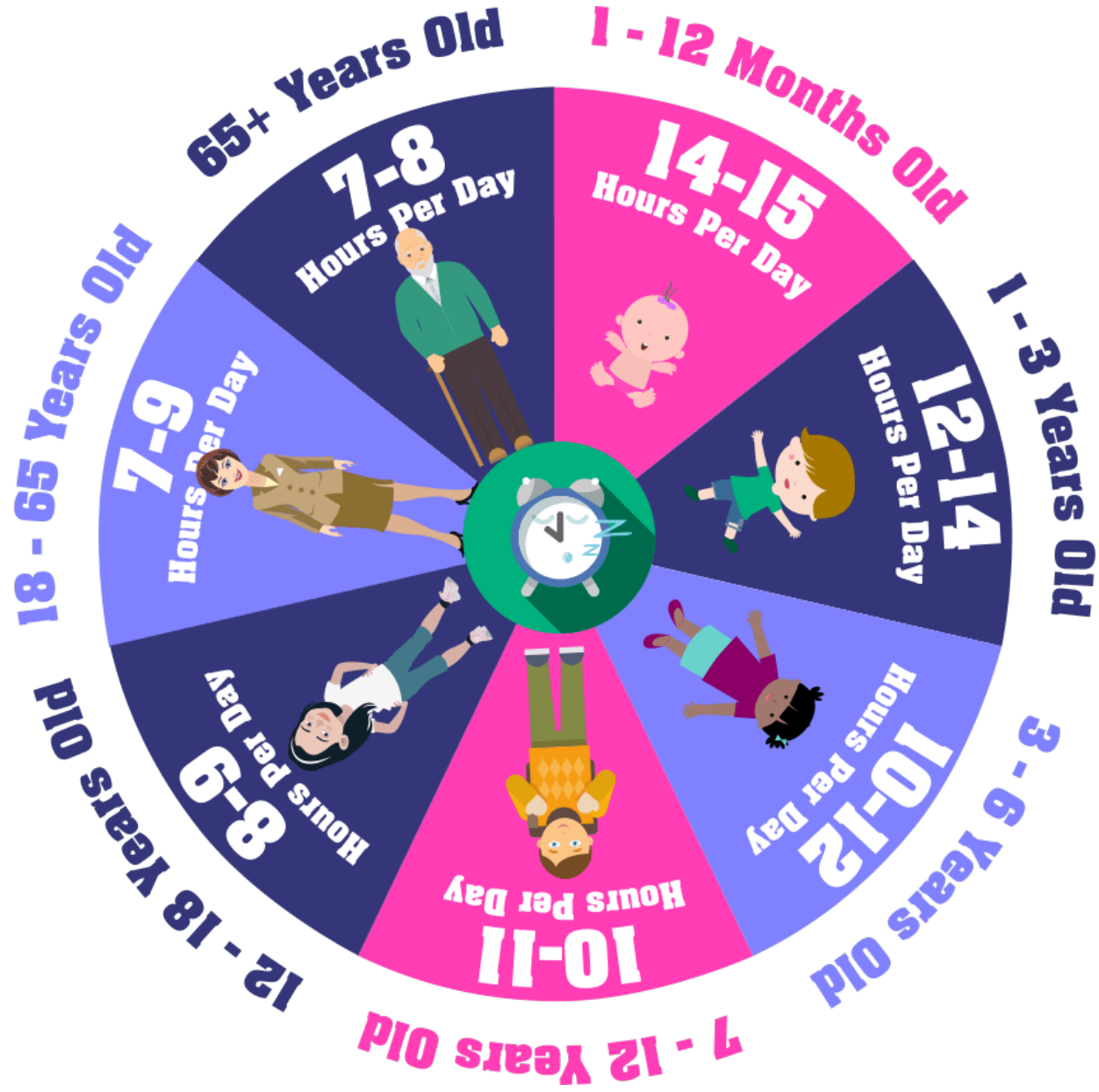
You'll **PERFORM** better

Losing sleep erodes concentration and problem-solving ability. Each hour of sleep lost per night is associated with a temporary loss of 1 IQ point.

Counseling and Psychological Services
counseling.kennesaw.edu
@KSUCounseling



How much sleep do we need?



Sleep Stages



SLEEP STAGES

STAGE 1

Falling asleep/light sleep



STAGE 2

Heart rate slows and body temperature drops



STAGE 3&4

Deep sleep, muscles and tissues repair

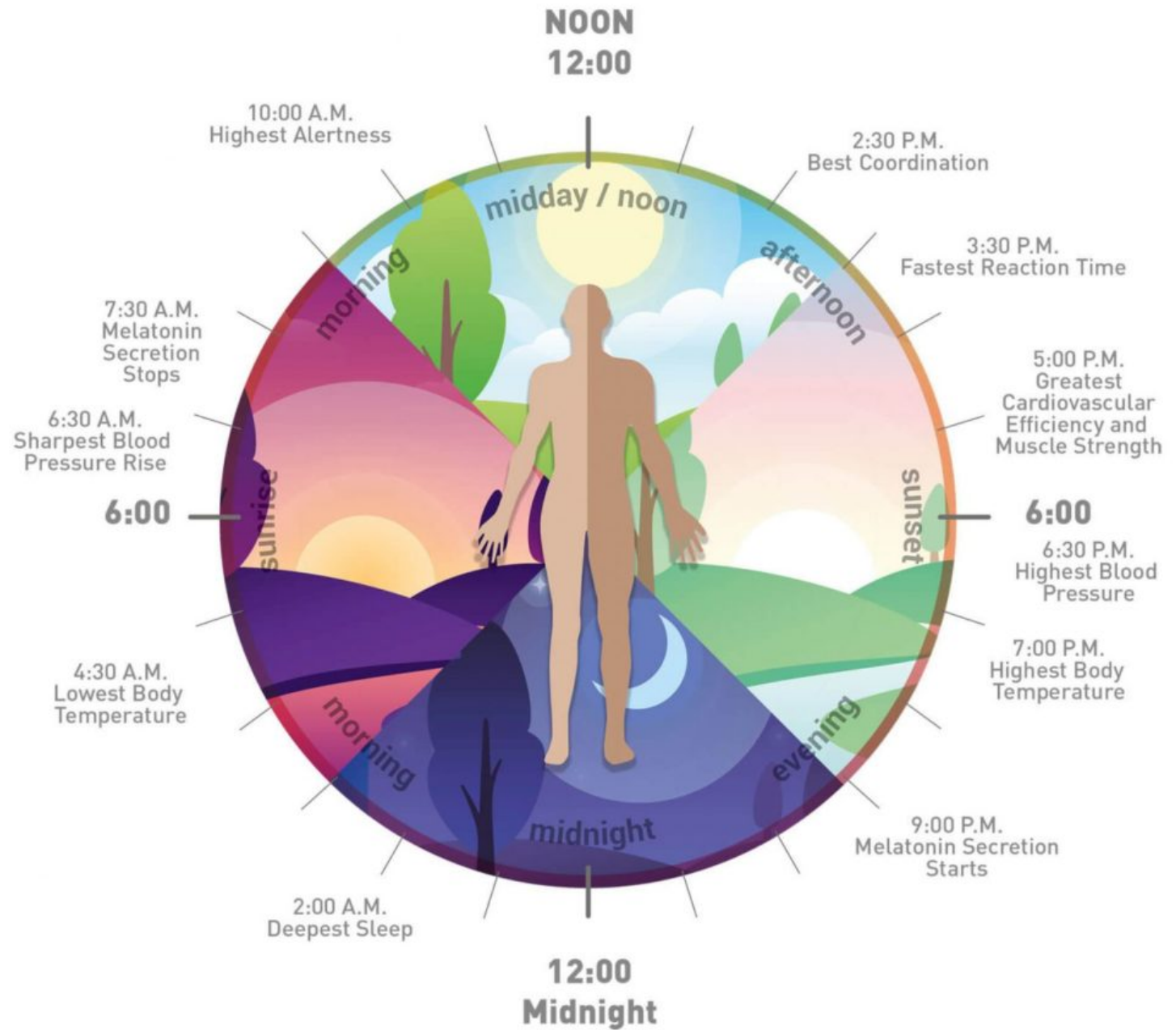


R.E.M.

Body is paralyzed and dreams begin



Best Times For Deep Sleep



Chinese Body Clock

7am -9am =
Stomach

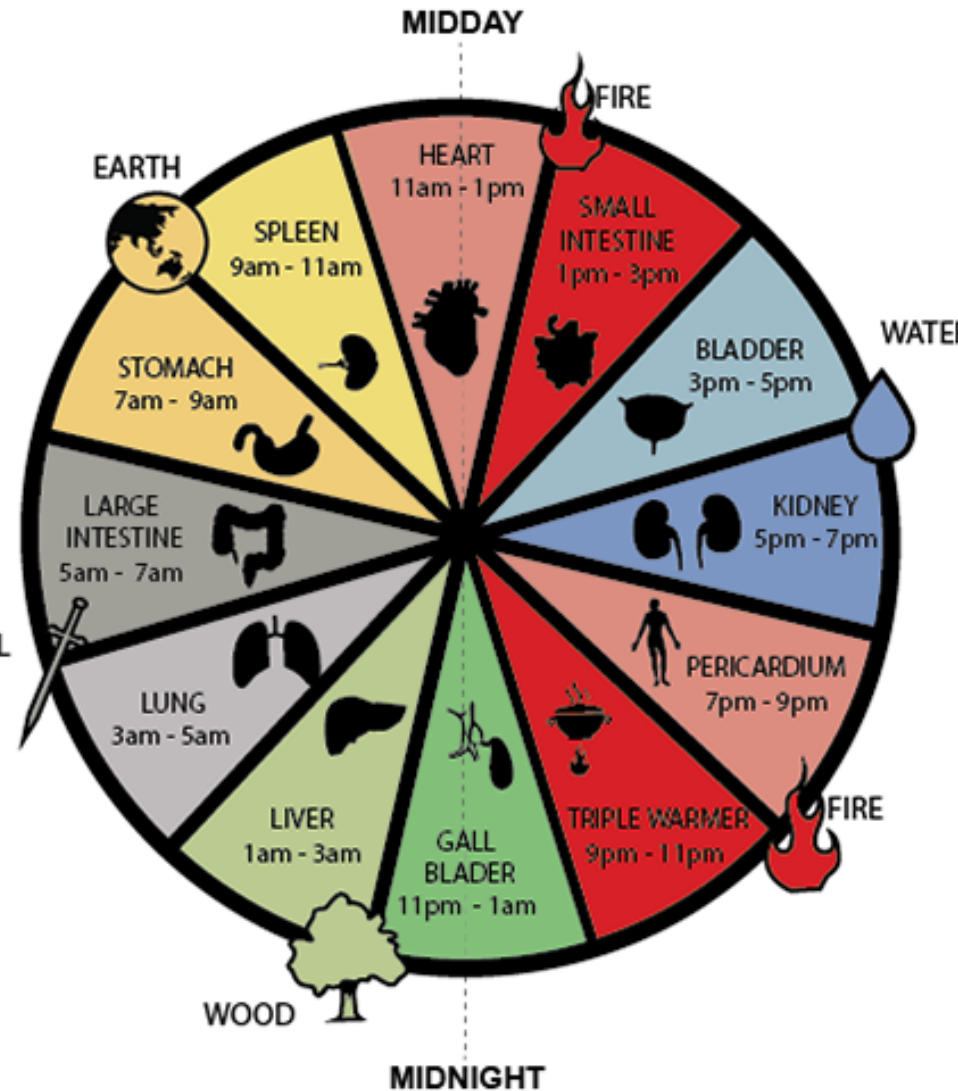
9am – 11 am =
Spleen

11am – 1pm =
Heart

1pm – 3pm =
Small Intestine

3pm -5 pm=
Bladder

5pm- 7pm =
Kidney



7pm – 9pm =
Pericardium

9pm -11pm =
Immune
System
/Manages
Stress

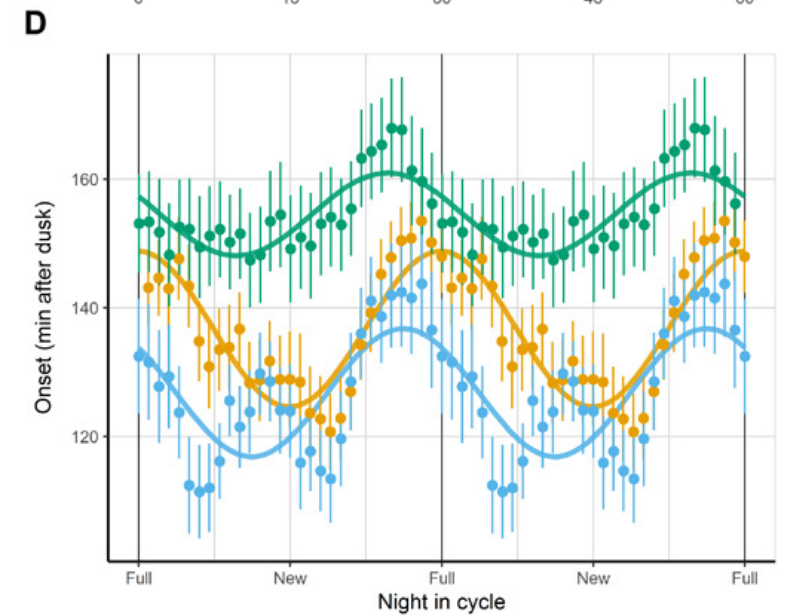
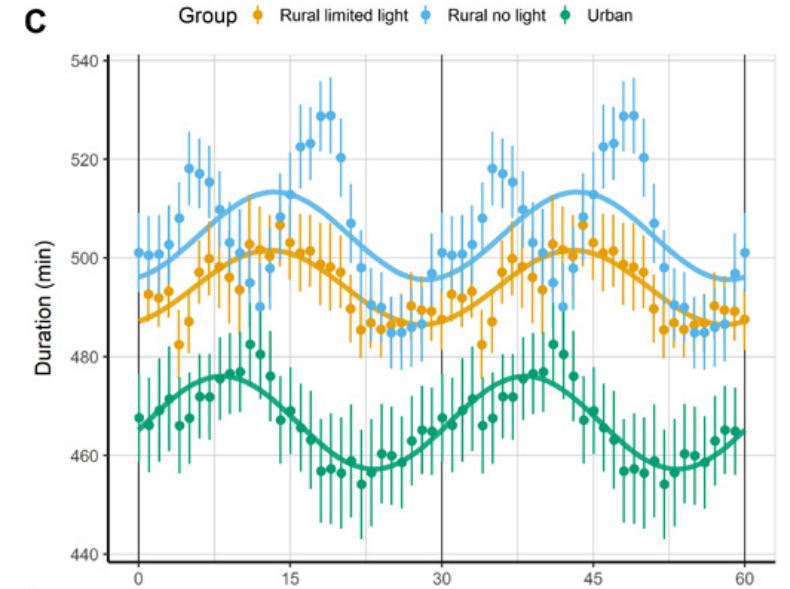
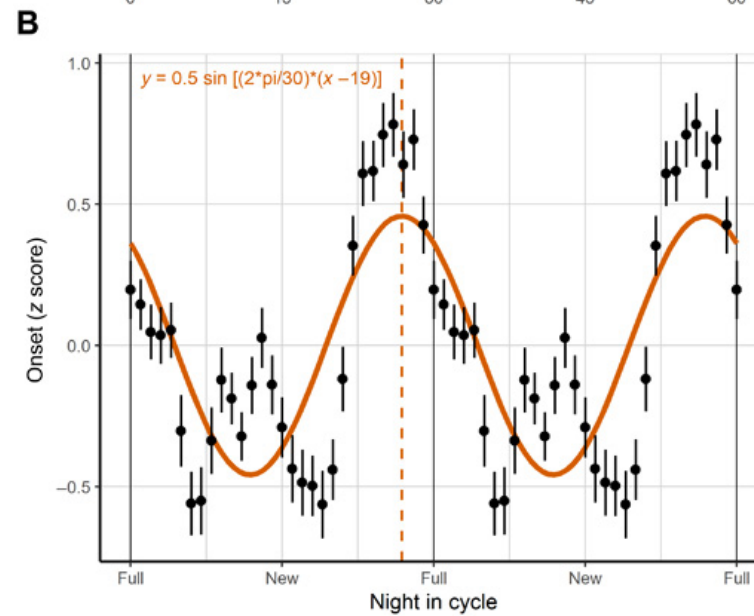
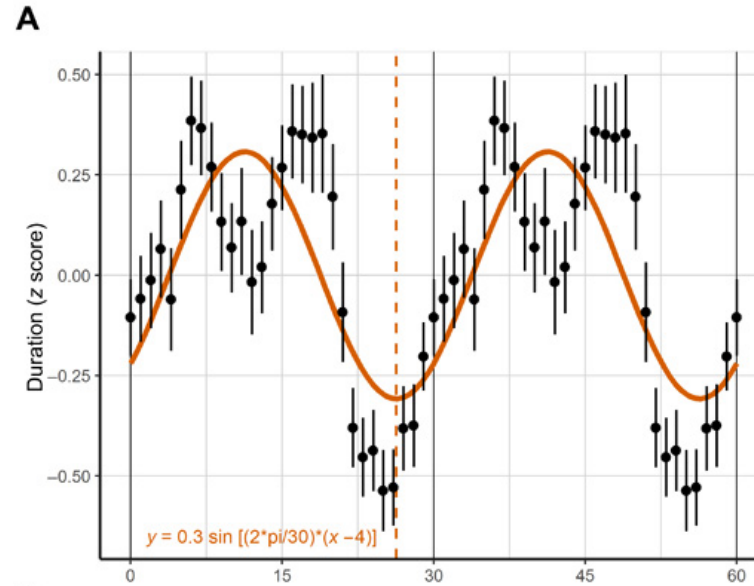
11pm – 1am =
Gall Bladder

1am – 3am =
Liver

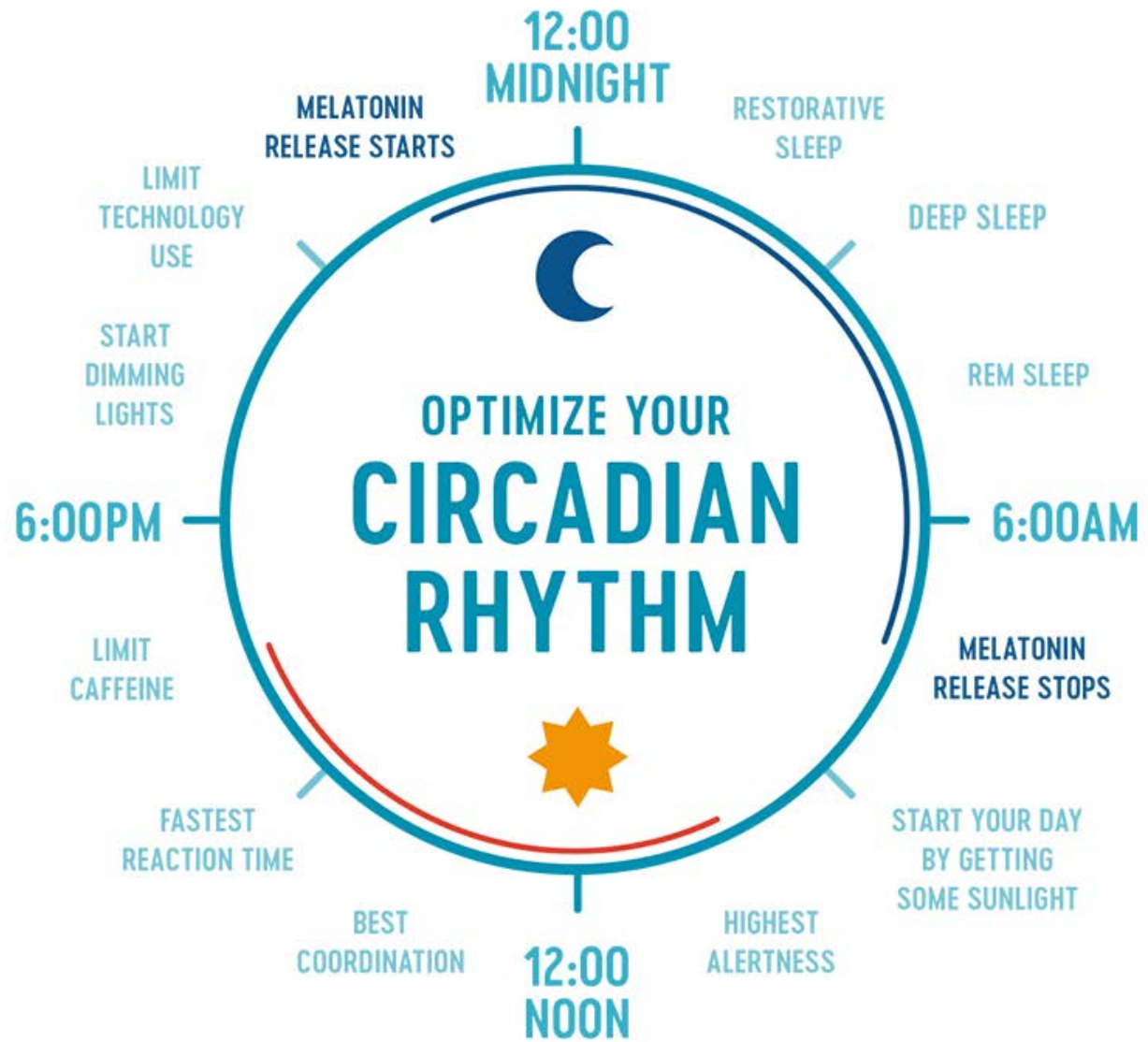
3am -5am =
Lungs

5am – 7am=
Large Intestine

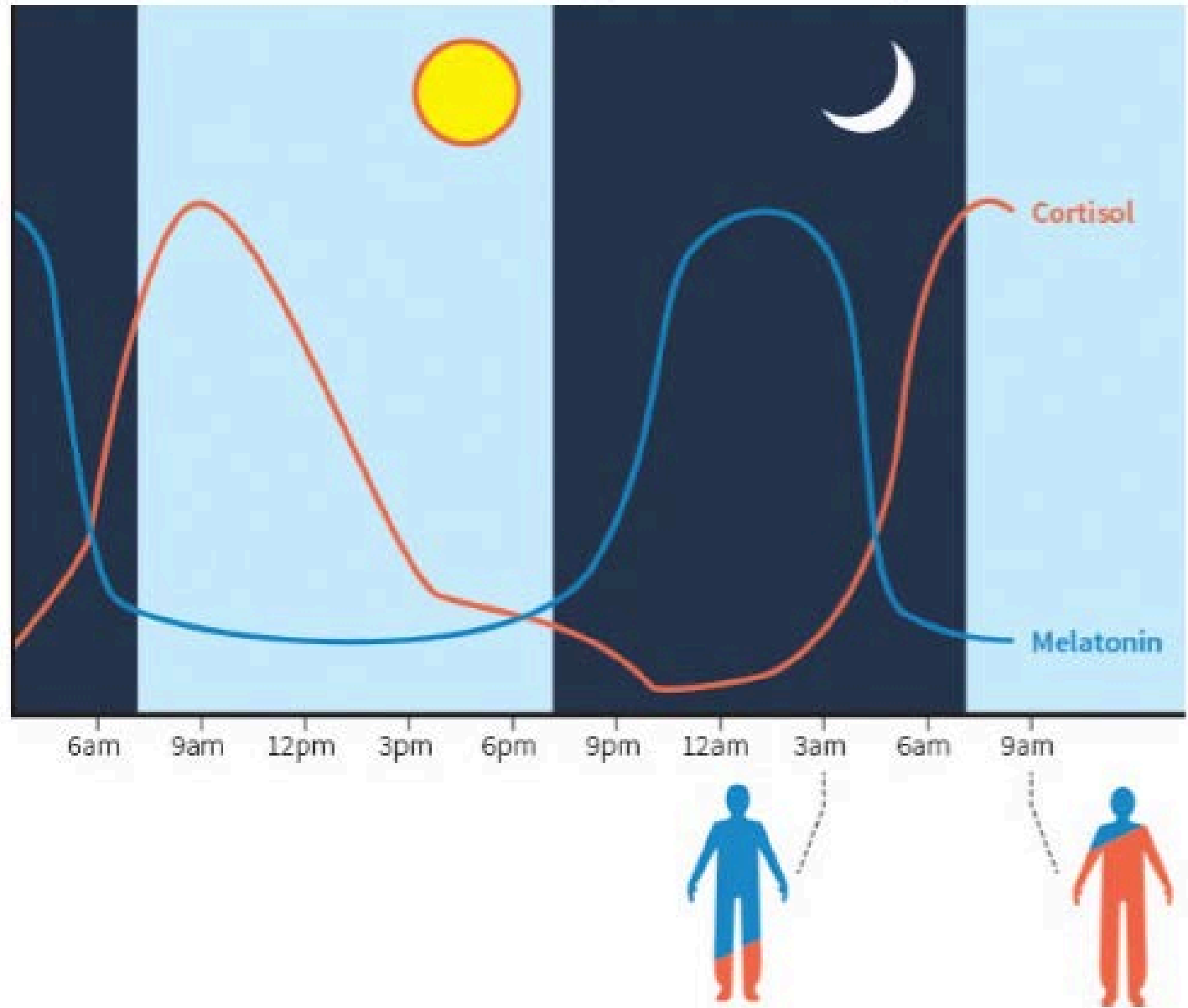
Moon Cycle Sleep



Optimize Your Circadian Rhythm



Cortisol Levels vs Melatonin Levels



Sleep Remedies

Hormonal
Base



Nervous System Base



Cortisol Manager



***Daytime Stress leads to Night Time Waking

Sleep Devices

Lumi
Lights

Why
Harmonic
lights work...

Ultimate Self Healing

Harmonic light combines the ultimate biological nutrient of Light and the tuning power of Vibrational Frequency to profoundly benefit your mind, body, and spirit.



LumiCeuticals pulses each light wavelength at specific Harmonic Frequencies to help your nervous system easily shift from stress to meditative relaxation, helping people of all ages to fully rest, digest, and heal.

NuCalm



NuCalm

Step 1

Apply the NuCalm Biosignal Processing Disc.

Place the NuCalm Disc on the inside of your left wrist on the Pericardium 6 acupressure point. The Disc sends signals to activate your brain's natural relaxation system by interrupting your adrenaline response.



Step 2

Open the NuCalm mobile app.

NuCalm's proprietary NuCalm neuroacoustic software delivers specific frequencies to slow brain wave function to levels required for optimal relaxation and recovery.

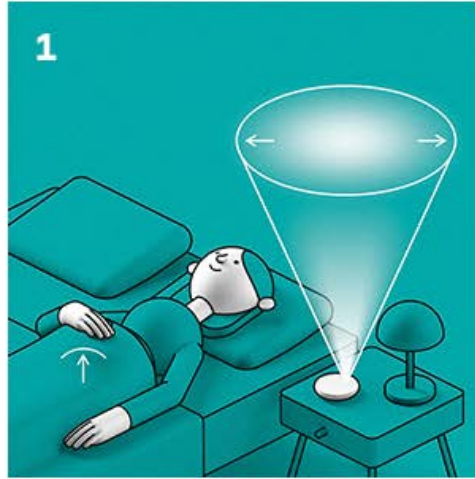
Step 3

Get Ready For Your NuCalm.

Connect your headphones or earbuds. Start your NuCalm session in the NuCalm app. Pull down your NuCalm eye mask. Sit back, relax, and enjoy your NuCalm journey

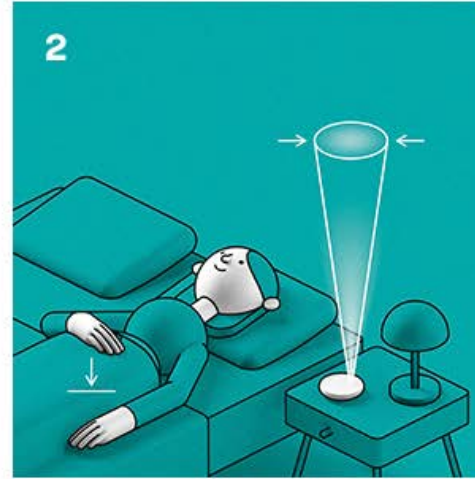


Dodow



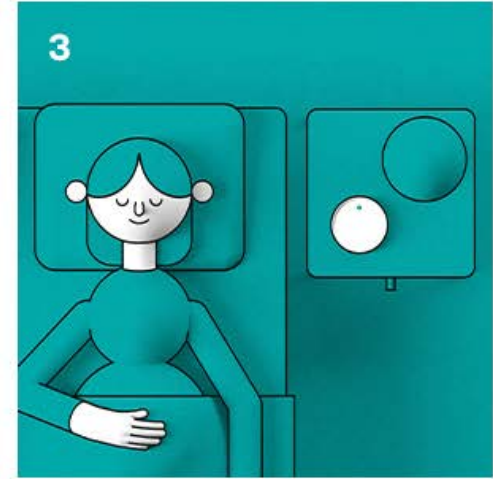
Inhale

Tap the touchpad once for the 8 min mode and twice for the 20 min mode. Synchronize your breath with the blue light projected onto the ceiling: breathe in as it expands...



Exhale

...and exhale when it retracts. You may find that the expiration time is longer. It's intentional. It helps to create the feeling of fatigue that leads to falling asleep.



Sleep

At the end of the exercise (8 or 20 minutes) Dodow automatically turns off. You will then be in the ideal conditions to fall asleep in the position of your choice.

Chili Pad



Earth Pulse Technology



Questions?

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