

Sleep . . . More Than Sweet Dreams

by Dr. Jay Williams



*Dr. Jay Williams Author of *The 24-Hour Turnaround: The Formula for Permanent Weight Loss, Anti-Aging, and Optimal Health – Starting Today**

Dr. Williams is a well-known Lifestyle Expert specializing in exercise Physiology and Medical Nutrition. She lives and has a private practice at the Mauna Lani Resort on the Big Island of Hawaii. She has 28 years of experience in the Spa and Wellness Industry and has a client list that includes celebrities, corporate giants, athletes, and housewives (her favorite).

*To order your copy of *The 24-Hour Turnaround* ~ or to learn more about the *Definition Diet**

www.jaywilliamsphd.com

It's curious how we never think about the importance of sleep ~ until we toss and turn all night long and awaken feeling exhausted the next morning. A client of mine was convinced that she needed little sleep. This 37-year-old artist always got a "second wind" late at night and bragged that she could get the most creative work done after midnight, when her family was asleep. The problem is that she also had to wake at 6 am to get her kids up for school, and on most mornings she was irritable, exhausted, and felt as if she'd been "run over by a truck." As I explained to her, to ensure a good night's sleep, night owls should protect themselves by going to bed before that "second wind" comes blowing in.

One of the most common Turnaround stumbling blocks my clients have is getting proper sleep at night, especially in achieving deep level or Stage 4 sleep. Not only does Stage 4 sleep allow you to feel alert and energetic and be more productive, it is also vital for restoring your body – repairing tissues and skin, building bone and muscle, and strengthening immune function. I call it Anti-Aging sleep.

UNDERSTANDING SLEEP . . .

We spend almost one-third of our life in the restorative process of sleep. We know it can keep up well and let us live a long life. We also know that without ample sleep, we are subject to fatigue, depression, forgetfulness, weight gain, illness, and probably a decrease in life span. But what is sleep, really ?

While sleep is thought to be a period of rest and inactivity, it is hardly a "shutting down" of our bodies. Restful state ? No way ! When we sleep, many biological processes go into high gear, helping to revitalize the body, repair tissue and organs, and boost our memory storage. Even the non-dreaming brain uses more sugar and oxygen during sleep than when we are awake. To see how alert the brain is during sleep, scientists have used a position emission tomography (PET) scanner to scan the brains of people while they were sleeping. They found that the same areas that are involved in learning new tasks when we are awake are still rapidly processing information when we are asleep.

Don't neglect the healing qualities of a good night's sleep. Try to get to bed at the same time every night and watch your health, appearance and energy improve by leaps and bounds.

I also recommend an amazing new Anti-Stress, Anti-Aging Rejuvenator called Ionix Supreme. I have seen many benefits experienced by those taking it. Take one ounce just before bed or on awakening in the morning ~ or both ~ and enjoy improved Energy, Endurance and an overall Sense of Well-Being.