

The importance of SLEEP!

AND WHY SOME PEOPLE CAN NEVER SLEEP ENOUGH

—by Johan Jacobs

What is the most affordable, yet most important aspect that you can focus on to improve your health? It is your sleep, and it is free! This year I invite you to purposely sleep for better health, a better state of mind, higher productivity, and many more health benefits.

Bad sleeping habits affect your health significantly

Bad sleeping habits cause a lot of problems, but can especially compromise the health of your brain and overall productivity. My advice is that you continuously and intentionally make sure that you sleep enough, but also ensure that you improve your quality of sleep.

Sleep is more important than exercise and good nutrition

A reputable authority on health, Dr. Mark Hyman MD – an American physician, bestselling author, and founder of *The Broken Brain Series*, writes,

"What's the most underrated area of health that millions of us are not

giving attention to? It comes before exercise. It comes before supplementation. It might even come before nutrition! And it can make you happier, leaner, boost your sex drive, and help balance your hormones. I'm talking about sleep. We spend one third of our lives sleeping, and yet, most of my patients and even friends and family put deep sleep on the back burner. In this over-caffeinated, hyper-stressed-out modern world, we make time to do everything except getting the deep rest our body deserves

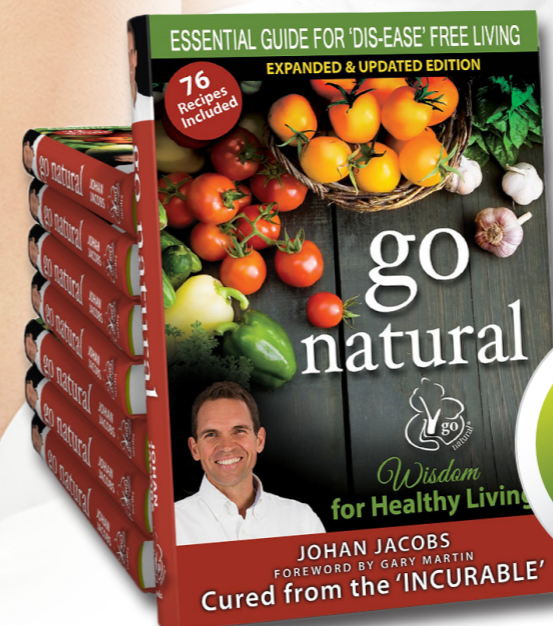
BAD QUALITY SLEEP LEADS TO A SHORTER LIFE EXPECTANCY.

and needs. Did you know that lack of deep sleep can lead to insulin resistance? And poor-quality sleep has been associated with cardiovascular disease, neurologic disorders, and even lower life expectancy? Sleep should be so natural to us human beings, and yet, we've moved so far away from our body's natural rhythms. Even folks who report getting more than seven hours of sleep at night still feel tired and groggy during the day. We now know that sleep is not just about quantity; it's about quality."

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PLUS

The solution is explained meticulously in my book under "Johan's Recovery Protocol." Apply these tips and feel free to contact me for advice.

PRACTICAL TIPS for better sleep

Planning and discipline are key to attain the correct optimum sleep and rest.

1. Carefully arrange and engineer your life, diary, and household to make proper time for enough sleep.
2. Discipline yourself to sleep at designated times and get in your optimum sleep rhythm.
3. Sleep before midnight is worth far more valuable than after midnight. Reschedule your life, go to sleep early and rather wake up earlier.
4. Make your bedroom a place where you exclusively rest. You can study, work, and play in other places in your home.
5. Stay away from devices and games at least one-hour prior to going to bed. It preoccupies your mind and your subconscious. It prevents you from switching off.
6. If you battle with insomnia, only consume caffeinated drinks (coffee,

tea, and energy drinks) once per day and only in the mornings.

7. Make sure that your room is dark enough at night.
8. No electronic devices must be allowed in or near your bedroom. They emit signals and the screens almost all emit an unnatural blue light that mimics the sun and stops your melatonin (sleep hormone) production. These electronic devices also emit electronic magnetic frequencies (EMF's) that can disrupt your body and sleep. Switch these devices off at night and remove them from your bedroom.
9. For the same reason, your Wi-Fi router should be as far away as possible from your bedroom, or switch it off 30 minutes before bedtime.
10. Ensure that your bedroom has adequate fresh air, with ample oxygen and good ventilation.
11. Make sure that there is no mould or damp in your room. Mould can be very toxic and can place an unnecessary burden on your immune system.

Key aspects for a good night's rest:

1. Emotional and spiritual peace and health are both key aspects for a good night's rest.

Know Who gives you peace and rest. "He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty ... You shall not be afraid of the terror by night, nor of the arrow that flies by day ... For He shall give His angels charge over you, to keep you in all your ways." – Psalm 91

SLEEP FOR BETTER HEALTH, BRAIN FUNCTION, AND PRODUCTIVITY.

2. Purify your relationships!

If there was a problem, or friction during the day, ensure that you have made peace with your loved ones, or at least in your inner man, an hour or so before you go to bed. Make sure that there is no more inner turmoil.

How much sleep is enough?

We are all different. We should strive to listen to our bodies and understand it with regards to sleep and sleeping patterns, because we

need to feel rested when we wake up. After a week or two of introducing good sleeping habits, you should wake feeling rested and ready for the day.

Adults: Depending on your age, 6 to 8 hours is adequate for adults.

Children: Children sleep for longer. Depending on their age, 8 to 12 hours is adequate.

Chronic Fatigue Syndrome

If, after you have implemented the above, and you still feel tired after a good night's rest, you may have something else amiss. It could perhaps be Chronic Fatigue Syndrome (CFS). It always feels as if you can never sleep enough. Rest assured there is hope. Your body has only been poisoned and when the "root" of the problem is removed, you will recover and start the day full of energy. ■

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