

Story of the Good Night!

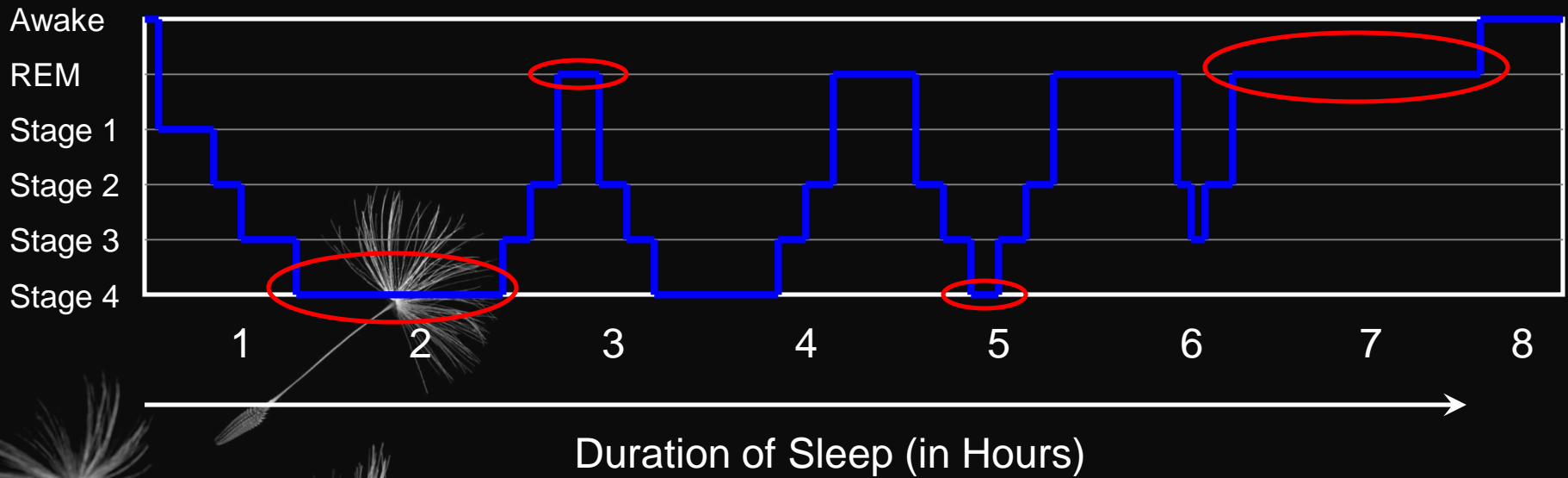


Stages of Sleep

- Wakefulness State
 - Conscious mind fully active
 - Beta Waves in the Brain (High Brain Waves)
- Stage 1: Doorway to Sleep
 - Drowsy Feeling
 - Alpha and some Theta Waves
- Stage 2
 - Sudden bursts of Brain activity
- Stage 3 & 4: Deep Sleep
 - Lowest frequency of Brain Waves – Delta Waves
- REM (Rapid Eye Movement) Stage: Dream Sleep
 - Helps us absorb what we learnt during Daytime
 - High Brain Waves



Sleep Cycles



When I Reduce Sleep?


- 2nd & rem stage is cut down.
- The sleep 4 increased.



Sleeping & Waking Rythme

- Sleeping & waking rhythm is controlled by the neurons of the Raphe near mid – ventral line, which produce serotonin (5-HT). Injection of drugs which prevent 5-HT synthesis produces insomnia. In antagonism, substances such as adrenalin produces awakening. Probably they have effects upon different parts of reticular system.

Sleep Disorders

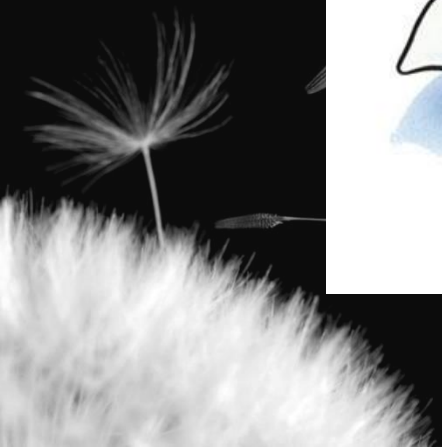
- Insomnia
 - Walking sleep
 - Talking sleep
 - Eating sleep
 - Snoring
 - Sleep apnea
 - http://www.nhlbi.nih.gov/health/dci/Diseases/SleepApnea/SleepApnea_WhatIs.html
 - *Fatal Familial Insomnia* or FFI
- 

Sleep & Karma

- Darshanavarniya sleep
 - Nidra- sleep with easy awakening
 - Nidra-nidra – sleep with difficult awakening
 - Pracala- seating /standing sleep
 - Pracala-pracala- walking sleep
 - Styarnardi – action sleep



Don't sleep like a pet nor with
a pet!



Sleep and Personality

- Sleep scientists believe the position in which a person sleeps offers important clues about their personality. Director of the Sleep Assessment and Advisory Service, Professor Chris Idzikowski, analyzed six common sleeping positions and found that each is associated with particular personality traits.

Read more:

<http://www.care2.com/greenliving/what-your-sleep-position-says-about-you.html#ixzz1GaZqfthx>





- **The Fetus**

This is the most common sleeping position, adopted by 41 percent of the 1,000 people who took part in the survey. More than twice as many women as men tend to adopt this position. Those who curl up in the fetus position are described as tough on the outside but sensitive at heart. They may be shy when they first meet somebody, but soon relax.

- Read more:

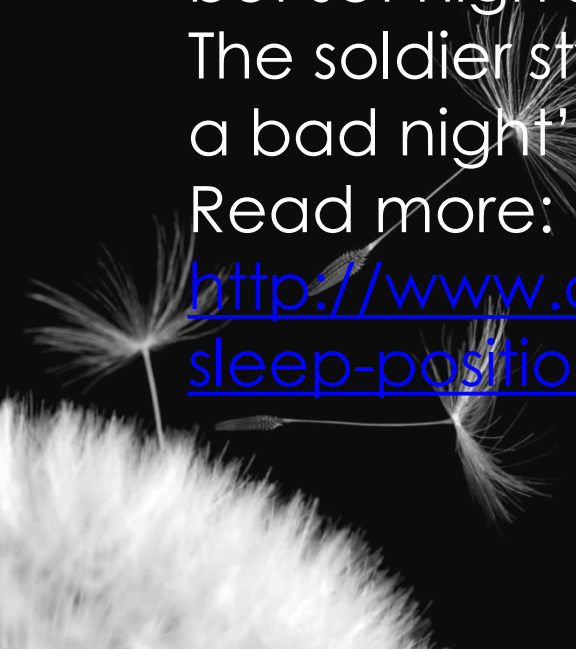
<http://www.care2.com/greenliving/what-your-sleep-position-says-about-you.html#ixzz1GaY3qiK6>

- **Soldier**

Are you one of the 8 percent who sleep lying on your back with both arms pinned to your sides? Well hello, soldier. People who sleep in this position are generally quiet and reserved. They don't like a fuss, but set high standards for themselves and others. The soldier style is more likely to lead to snoring and a bad night's sleep.

Read more:

<http://www.care2.com/greenliving/what-your-sleep-position-says-about-you.html#ixzz1GaYkbND1>



- **The Starfish**

About 5 percent choose to lay on their back with both arms up around the pillow. These sleepers make good friends because they are always ready to listen to others, and offer help when needed. They generally don't like to be the center of attention. The starfish position is more likely to lead to snoring and a bad night's sleep

Read more: <http://www.care2.com/greenliving/what-your-sleep-position-says-about-you.html#ixzz1GaYrxT1i>





Soldier
8%



Freefaller
7%



Starfish
5%

- **The Freefaller**

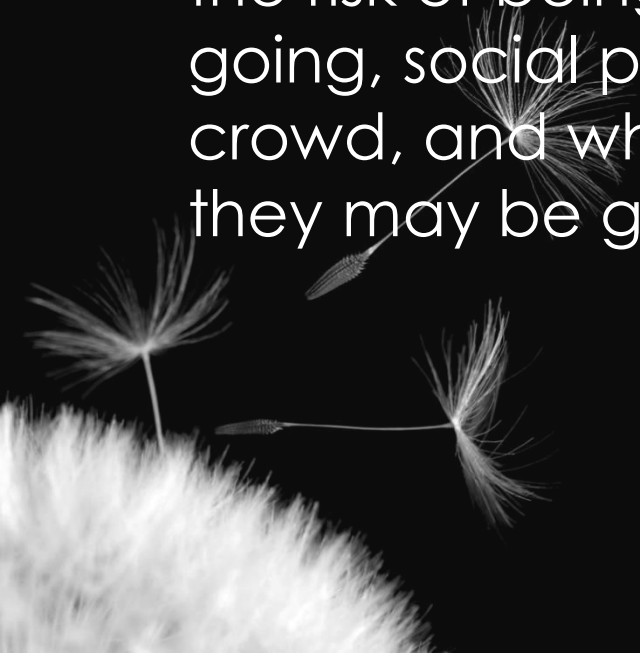
If you sleep on your stomach with your hands around the pillow and your head turned to one side, you sleep in the freefall position. You are probably often gregarious and brash, but can be nervy and thin-skinned underneath, and don't like criticism or extreme situations. Seven percent of sleepers assume this posture, which happens to be good for digestion.

Read more:

<http://www.care2.com/greenliving/what-your-sleep-position-says-about-you.html#ixzz1GaZBmFLt>

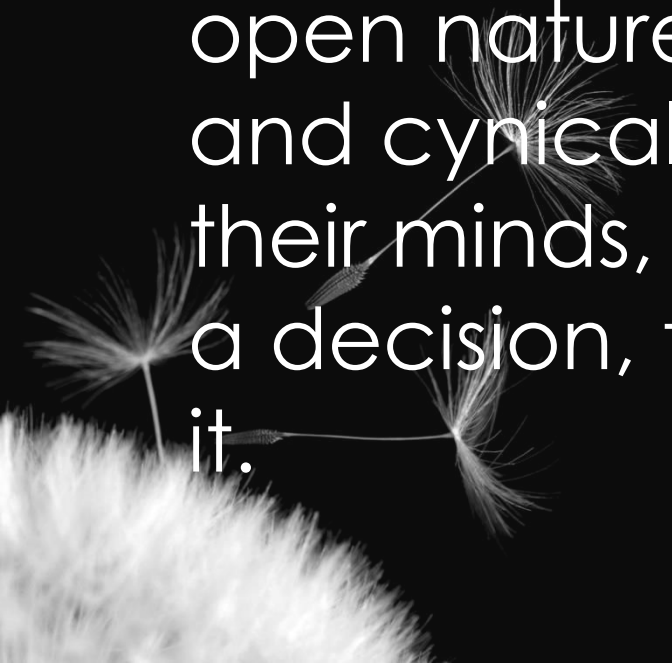
- **The Log**

Lying on your side with both arms down by your side is the sleep position favored by 14 percent of the people in the study. I'd adopt this position if it guaranteed sleeping like a log, but perhaps not at the risk of being naive. These sleepers are easy going, social people who like being part of the in-crowd, and who are trusting of strangers. However, they may be gullible.

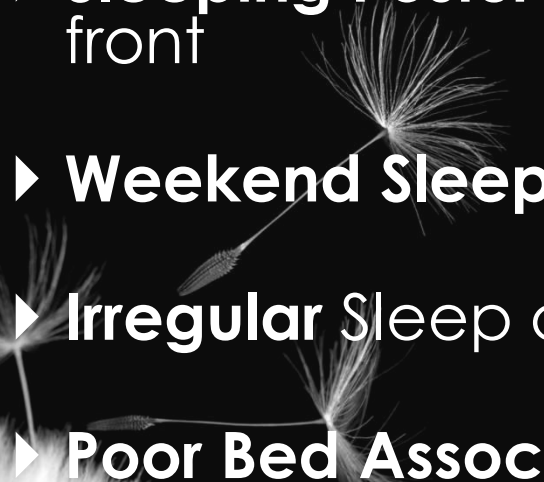


- **The Yearner**

13 percent of people sleep in the pose of the yearner—on their side with both arms out in front are said to have an open nature, but can be suspicious and cynical. They are slow to make up their minds, but once they have taken a decision, they are unlikely to change it.



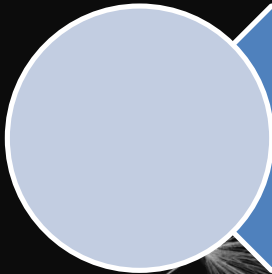
Additional Factors Impacting Sleep

- ▶ **Food** – Avoid fatty, spicy, high sugar Food and simple carbohydrates
 - ▶ **Nicotine, caffeine** and **Alcohol** – eliminate/reduce usage
 - ▶ **Sleeping Posture** – Sleep on back or side, not on front
 - ▶ **Weekend Sleep**
 - ▶ **Irregular** Sleep and Wake-up Times
 - ▶ **Poor Bed Associations**
- 

Dreams –real/symbolic



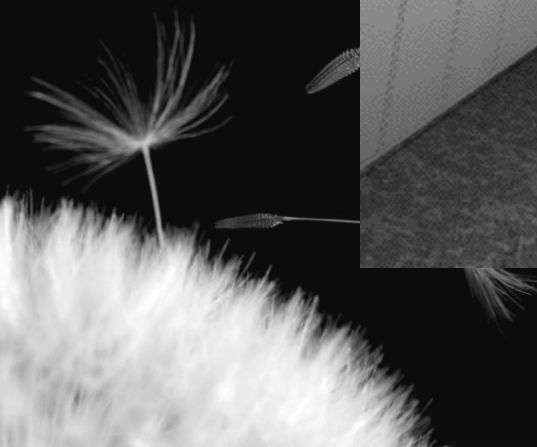
Past



Future



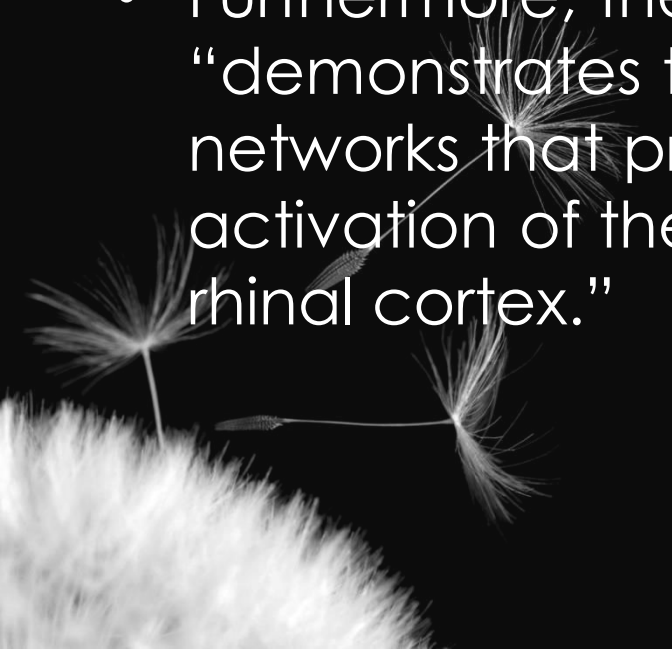
Fantasy



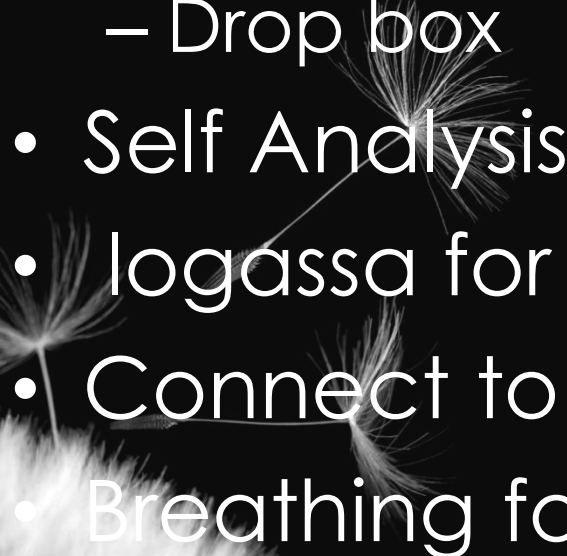
- Develop quite sleep rituals



- Among the findings, the researchers found that “Forty-five per cent of dreamy states were evoked by stimulation of the amygdala, 37.5% by the hippocampus and 17.5% by the para-hippocampal gyrus.”
- Furthermore, they found that their study “demonstrates the existence of large neural networks that produce recall of memories via activation of the hippocampus, amygdala and rhinal cortex.”



Heal Sleep

- Insomnia problem:
 - Blue color with kayotsarg meditation therapy
 - Mantra
 - Drop box
 - Self Analysis and Catharsis
 - logassa for bad dreams
 - Connect to Tirthankars (Namottunam)
 - Breathing for release and relaxation
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Sound Sleep

- Shut down senses- one Blind/deaf/lack skin sensitivity –passive sleep/no stimulants
- Monotonous sound or patterns



Power Naps

- Restore physical Energy, clears Mind
 - ✓ Have short nap(s) of 10-30 minutes
 - ✓ Do not go beyond 45 minutes; you will enter deep Sleep



Sunlight

- Affects Melatonin Levels and Body Temperature Rhythm
 - ✓ Get Sunlight instantly on waking up
 - ✓ Get about an hour's Sunlight (preferably at Sunrise/Sunset)



How can Sleep help me?

Recharge
the body

Relax

Detoxify

Astral
Travel

Healer -
hypertensive
diseases

Protein
synthesis

Growth
hormone

Premonition

Answer
your
questions

Release
your
karma



Conclusion

- Sleep is a power source
- Sleep is a healer
- Sleep is a transformer
- Sleep is a trap

