

Fitting News

Issue #35

September 2017



Sleep and Your Brain...Can I Sleep Like a Baby? Part 2 of 2

We need to make sleep a priority. Unfortunately, some consider sleep to be a waste of time. Just the opposite is true. Sleep is critical for your emotional, physical and neurological well-being. There is NO substitute!

Too many of us fight sleep, not wanting to miss out on anything. Unfortunately, as with most things in life, there are consequences. Here are nine reasons why you should turn off the light tonight!



1. Your immune system will be stronger. We know that sleep is necessary for a normal functioning immune system. At the very least, you might get less severe colds or flu. At best, good sleep habits can help fight off more serious disease.

2. Your memory will improve, and so might your ability to learn new information. It has been fully demonstrated that sleep is necessary for memory cognition. Actually, studies proved when subjects got a good night's sleep after learning new information they performed much better on testing. They also showed improvement in learning new dance steps and advancing their golf swing.

3. You'll feel better emotionally. We know that chronically sleep-deprived people have a much higher incidence of anxiety disorders and depression. This is probably due to sleep's critical role in emotional processing, which takes place during REM (dream sleep) but, it is by no means confined only to this stage of sleep.

4. Your brain will be clearer. Neuroplasticity – the ability to form new pathways and connections – is very much sleep dependent. During sleep our brain performs several regenerative processes. Sleep fosters neuroplasticity which improves learning and memory.

[Click here to read the remainder of this blog.](#)



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Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

“Seize the Day”

From the musical “Newsies”

“Autumn in New York”

By Frank Sinatra

“Ac-Cent Tchu-Ate the Positive”

By Barry Manilow

What's NEW

Improve your sleep patterns by trying just a few of these suggestions and journalize your results. I bet it will make a difference! Let me know.

Many people find that warm milk increases sleepiness as it contains tryptophan.

Avoid caffeine for at least three to four hours before bed.

DO NOT take naps for any longer than 12-20 minutes.

Do not exercise too close to bedtime.

It is best to avoid alcohol and tobacco near bedtime because it can stimulate your brain later in the night.

Try to go to bed at the same time every night and wake at the same time each morning.

Avoid too much stimulation, such as arguments or violent TV shows before sleep.

If you cannot fall asleep after 20 minutes, get out of bed and do a quiet activity, such as reading or listening to calming music.