

Live Longer!

Seven Ways Getting A Good Night's Sleep Can Extend Your Life



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Once there was a happy, healthy young woman named Sue. She had a good job and a nice family. However, she wasn't very good at taking care of herself. "I'm a healthy person. I don't need to worry about those things," she said.

So when she started getting less sleep, it didn't bother her at first. She had lots of important things to get done each day. Who has time to get caught up on rest?

Increasingly often, she struggled to wind down at the end of the day, so she started using sleeping pills. When they stopped working, she took more. She began waking up at night, more and more often. She woke up feeling exhausted—and the day was just beginning.

She didn't have the energy to exercise. She began to feel depressed. She gained weight. She got sick a lot. A few times, she began to nod off at the wheel—and was brought back to reality by the rumble strip on the road.

One day, Sue's doctor told her sternly that she was at increased risk for a whole host of diseases, from heart disease to stroke to diabetes. This was like a bucket of ice water thrown on her face. Whoa! How did this happen?

She remembered that once she had had dreams for her life. None of those dreams ended like this! She had kids, mostly grown now. She wanted to see them fulfill their dreams. Maybe there would be grandkids! She went home from the doctor and cried, wondering what went wrong.

She knew a healthy older retired lady down the street who always seemed so happy and relaxed. Sue decided that's the future she wanted for herself.

Something had to change.

Sue went to see an alternative health specialist, who helped her create a plan to change her health—and her life. One essential part of this plan was getting a good night's sleep every night, naturally. Without this rest, she would have a hard time even having the energy for the other healthy new habits she was learning!

Read on, and discover the seven ways Sue was increasing her lifespan by getting better sleep.

1. Reduce diabetes risk with sleep

Diabetes is something we've been hearing about more and more. Indeed, Type 2 diabetes is a lifestyle disease that's increasingly common all over the globe.

Right now, scientists and health workers are doing their best to learn to prevent and treat this disease. And one of the ways to do just that is—you guessed it—get better sleep! Getting a good amount of sleep helps your body control your blood sugar.

Your body needs to have just the right amount of blood sugar, not too much and not too little. It can go up and down a bit, but it needs to stay within a safe range. A major key to this is for our bodies to take excess blood sugar out of the bloodstream, and convert it into a form that can be saved for later. This is called “glucose processing”.

People who get enough sleep are more likely to have better glucose processing. So with a good sleeping habit, your



body is better able to keep your blood sugar from going too high. This reduces the risk for developing diabetes. Isn't that nifty?

Diabetes is a disease that can lead to a host of other diseases. It dramatically increases the risk of heart disease and stroke.

Complications can develop with the nerves, kidneys, eyes, feet, skin, hearing, and more. It even increases risk of Alzheimer's.

Yikes! Not only can diabetes reduce your lifespan, it can also make your remaining years a lot less pleasant.

Type 2 diabetes is a disease that develops slowly, over time. So, to prevent it, it's important to get good sleep *and have other healthy habits* consistently, over time.

2. Resting your body, resting your heart

In the United States, heart disease is the number one medical killer. Heart attacks are one of the major types of heart disease.

Now for the good news: Some simple steps can reduce your risk of heart disease. Researchers have found that the length of your nightly sleep affects your heart. In one study, people who sleep an average of about 7 hours a night have less risk of getting a heart attack. Scientists further report that 5 hours or less and 9 hours or more mean higher chances.

So if you want your pumping machine to be in tiptop shape, sleeping enough hours (without going overboard) is one of the best things you can do. It's an important part of a healthy

lifestyle, which raises the chances that your heart will continue to beat for years and years more.



3. A stroke of genius is better than the other kind

A stroke is what we call it when blood flow to the brain is interrupted. This can happen either from a blood clot or a bursting blood vessel. It's the fourth leading cause of death in the U.S. It also can cause brain damage. Stroke victims can lose significant abilities, such as walking or talking.

However, the good news is that up to 80% of strokes are preventable, according to the National Stroke Association!

The same study that shows sleep reduces the risk of heart attacks also shows it reduces the risk of stroke. That's probably because high blood pressure is one of the main causes of both of these two killers. And studies indicate that getting enough good quality sleep helps our blood pressure stay at healthy levels.

You know from your own experience that sleep helps your body rest. A deep, restful sleep helps our bodies let go of stress. We know that stress raises our blood pressure in the moment. So it



really makes sense that when sleep helps us release stress, this helps restore our cardiovascular system and keep our blood pressure healthy.

Sleeping well helps us to stay healthy and avoid strokes. So it doesn't take a genius to decide to get a good night's sleep!

4. In the mood for a longer life

When you start the day still feeling fatigued, you've probably noticed that you tend to be more irritable. You can imagine that some people might even be grumpy the entire day. Fast forward to a week with the same sleeping pattern and the foul mood could be even worse. So it isn't surprising that not getting enough sleep is linked to mood changes and even depression.



We all know that depression is no fun, right? Well, not only that, according to several studies, depression actually lowers our life expectancy. A recent study by the VA (Veterans' Affairs), for example, found that patients who were depressed died an average of five years sooner. They also lost more productive years of their lives.

This may sound dire, but it's nothing to get depressed about! It's just one more reason to get a good night's sleep. It isn't a good idea to get too much sleep either!

Between six and nine hours helps most people feel rested for the day. And that's a cheerful thought.

5. A good sleep a night keeps the driving alright

We all know that drunk driving is a big problem. We've had massive public education campaigns on this one. However, it's a little-known fact that drowsy driving can be just as bad as



drunk driving. Extreme fatigue can make your reflexes as slow as someone who is too drunk to drive.

When you're drowsy, you become less attentive, your reflexes slow, and your judgment becomes blurry. As you get closer to dreamland, you might feel like you're flying instead of driving. The same thing can be said for driving under the influence. Except maybe without dreamland.



According to the CDC, as many as 6,000 fatal car crashes a year may be caused by drowsy driving. And a person who gets less than six hours of sleep a night is more than twice as

likely to fall asleep while driving as someone who gets between seven and nine hours.

Sleep-deprived people are more accident-prone at work as well. Studies show that people who complain about sleepiness have a lot more injuries on the job.

So if you want to have a long, happy life, this is just one more reason to get plenty of sleep.

6. Germs have got nothing on sleep!

Bacteria and viruses will all tremble in the face of someone who gets proper sleep. That's because studies have shown that adequate sleep helps your immune system. Poor sleeping habits bring down levels of lymphocytes. These are the immune cells that make antibodies. And it is these antibodies that identify foreign invaders inside the body. Kinda like your friendly neighborhood policeman roving the streets and keeping them safe.

So this basically means that getting plenty of sleep makes it less likely you will catch a cold or a nagging sore throat. Then there are the more serious infections....

Pneumonia and the flu are significant causes of death, especially for older people. So if we want a long life, it's really important to keep our immune system in great shape. Getting enough sleep is one key.



7. The perfect weight loss partner

Another thing that sleeping right seems to have an effect on is weight. Yes, from disabling diseases to mood changes to immune cells and now to weight, sleep seems to be on a roll. Is there anything it can't do?

Well, one thing this does seem to do is regulate the levels of certain hormones in the body. The two of these that have an effect on weight and obesity are ghrelin and leptin. "Great, more medical words I don't really understand!" you might think. But don't fret. They're easy enough to get to know.



Ghrelin is the hormone that makes you feel hungry.

Leptin, on the other hand, helps you feel full. Sleeping less than five hours a day, it turns out, increases the levels of ghrelin and

decreases those of leptin in the blood. This is why not getting enough sleep can make you feel like stuffing yourself with just about anything.

Gaining weight can be OK unless we gain too much of it. Being overweight makes it more likely we'll get killer diseases like diabetes, heart disease, stroke, certain cancers, and liver and gall bladder disease.



So the good news is, by getting plenty of good sleep, we can make it easier to maintain a healthy weight! In this way, we lower our risk of all these diseases and increase our expected life-span.

A small step for sleep, a giant leap for life

When Sue went back for her next check-up, her doctor couldn't believe it was the same person. Sue was smiling and looked happy. She was now at a healthy weight. Tests showed her blood sugar and blood pressure had dropped, so she had lowered her risk of diabetes, heart disease, and stroke. She reported that she was getting sick less often. And the doctor didn't know this, but Sue was no longer a frequent drowsy driver.

It had taken persistence for Sue to improve her sleep, and there were some missteps along the way. Her results weren't instant. However, she did finally solve her sleep problem, while adding moderate exercise and choosing healthier—yet tasty—foods.



When we avoid risk of all these seven causes of death, it stands to reason we'll have a better chance of living longer. According to a resource from the Harvard Medical School, three very large studies show that sleeping five hours or less per night increases the risk of dying (from any cause) by 15%.

In one study of over 20 thousand twins in Finland, researchers found even stronger links between sleep and lifespan. In fact, the men who got less than seven hours had 26% higher mortality rate, and the women had 21% higher risk of death! Those who slept between seven and eight hours had the best results. Those who slept more than eight hours also had greater risk, according to this study. And regular use of sleeping meds (hypnotics and tranquilizers) also increased risk of death.

Now, here's a question to keep in mind when you read about studies: which came first, the chicken or the egg? Or, in this case, which came first: the poor sleep, or the poor health?

It isn't clear in every case whether someone gets sick because they aren't sleeping well, or whether someone isn't sleeping well because they're sick.

However, at this point, there are many, many studies, of all different types, linking poor sleep to poor health and earlier death. So it really makes



sense to get adequate good quality sleep. Good sleep is looking more and more like an important factor in causing better health.

Listen to your body!

Also, if you listen to your body, it can tell you what you need to know. I don't need a study to figure out that when I don't get enough sleep, after awhile I feel run down, and I'm more likely to get sick.

We know that our bodies restore themselves while we sleep. It's just common sense that short-changing this restoration will take a toll on our health, sooner or later.

Another thing to keep in mind is that everyone's different. Just because a study finds that people sleeping a certain number of hours get best results, this doesn't mean that's the best number of hours for every person. Most sleep researchers agree that we need to notice how much sleep makes us feel well-rested, and go with that.



What to do next?

“OK,” you may be saying, “I want to have a long and healthy life. I’ll start by improving my sleep. What’s the first step?”

One thing you for sure want to do is avoid seven common myths about sleep that can damage your health. Go to www.DeepRestfulSleep.com/sleep-myths for your free report on this. No sign-up required. (And tell a friend!)

However, if you do decide to sign up (it’s totally your decision) then you will also receive additional reports about a way to improve sleep that is simple, natural, reliable, and does NOT involve sleep meds or even natural supplements.

And remember....

It isn’t that hard to improve your health. You can do it in your sleep!

To share, please send your associates to www.DeepRestfulSleep.com/sleep-longevity instead of sending them the PDF. Thank you. More reports to come!
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