

# Heavenly Sleep for Abundance

(Learn how to fall deep asleep in the fastest way possible)



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Imagine taking a drug that improves cognitive skills, increased focus, creativity, learning, memory, emotional stability, empathy, controlled anxiety and depression, less sickness, healthier skin, increased metabolism and increased libido.

That drug is Sleep!!

It may sound hyperbolic, but sleep affects our physical health, our cognition, our emotions and connections with others. It also affects the time within which we can complete any given task.



Sleep is a body-mind state in which individuals experience sensory detachment from our surroundings. It is an essential function of the body and impacts every system from our cognitive function to immune health. Quality sleep can help us reset, recover and recharge. It is absolutely vital to brain function, memory, concentration, immune health and metabolism.

The internet is flooded with sleep advice. From this fact we can draw two conclusions: millions of people want to improve their sleep, and there is “probably” an enormous amount of misinformation about sleep floating around.

How many hours of sleep did you get last night? Five, three or maybe you did not sleep at all last night. After all it is a weekend and it is only normal to spend weekend nights watching something or reading or just staying up chatting with friends; basically doing anything but sleeping. Why waste time sleeping when you can do so much, right?

Correct me if I am wrong; but sleep is often seen as time wasted lost forever! So those who want to make something of them in life, cut down on sleep.

An average adult sleeps for 6.8 hours a night. The national average in Japan is 5 hours and 59 minutes, Saudi Arabia 6 hours 8 minutes, Sweden 6 hours 10 minutes, India 6 hours and 20 minutes.



Do you know that these numbers can actually kill us? Science says an average adult needs to sleep at least seven and a half hours every night. There is only one thing that primarily matters; that is not REM, Smart Mattress or even tracking your Sleep with Smart Watches.

It is called “Sleep Debt.”

Studies have shown that over 90% of Indians suffer from sleep deprivation and related disorders like sleep apnea and insomnia. They are unable to sleep even after taking medication, doing exercise or yoga or undergoing a digital detox.



Sleep has been studied longer than penicillin!

Penicillin is relatively new, but sleep has been studied way before it. There are more than 1.24 million academic papers published talking about the effects of sleep and how sleep works.

Sleep is not a luxury. Sleep deprivation has reached epidemic levels and has been getting worse. Most people are not getting enough sleep, and they are not sleeping at the right times.

Sleep facilitates the extraction of explicit knowledge and insightful behavior. Researchers found 2X as many subjects gained insights after 8 hours of sleep than after wakefulness.

It is time to reprioritize!

**“When you work against your natural inner schedule, and you’ll sort of have the feeling like you’re permanently jet-lagged. But when you work with it, you can sleep better at night, feel more energized during the day, and unlock your hidden potential.” ~ Michael Breus, Ph.D. (Sleep Expert) - “The Power of When.”**

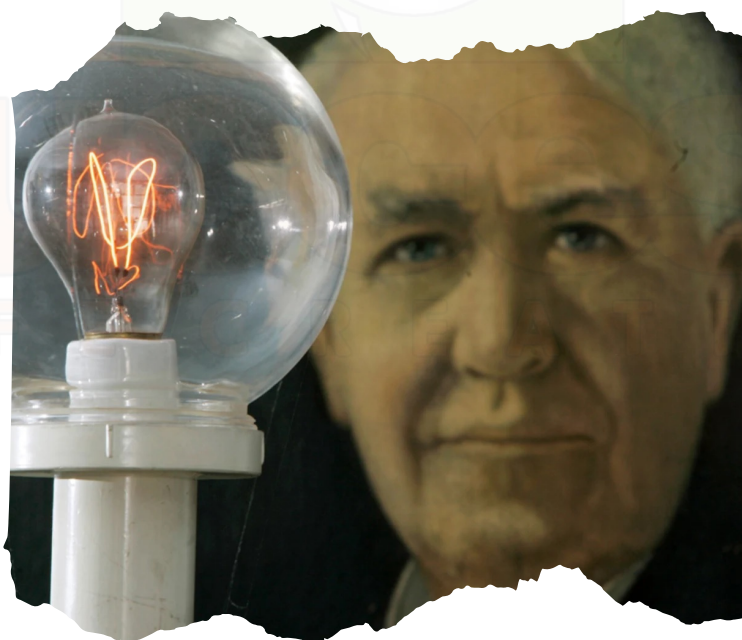
For 50,000 years, our ancestors organized their daily schedules around their inner clocks. They ate, hunted, gathered, socialized, rose, rested, procreated, and healed on perfect bio-time, or biological time. As a species, we thrived by rising with the sun, spending most of the day outdoors, and sleeping in total darkness.

Then we created civilization and societies, made incredible advances that, ironically and effectively, turned our finely tuned and evolved inner clocks against us.

When your gut is not on its biological clock schedule, hormone disruption causes increased levels of inflammation, inefficient metabolism, even decreased effectiveness of many prescription therapies.

The most disruptive event in the history of bio-time occurred when Thomas Edison introduced the light bulb to the world.

- We now no longer rise at dawn and sleep in total darkness;
- We once worked from dawn to dusk and ate our last meal in twilight. But now we spend more time indoors exposed to artificial light and less time outdoors under the sun;
- Working hours and dinner time shifted later and later.



**“Everything which decreases the sum total of man’s sleep increases the sum total of man’s capabilities. There really is no reason why men should go to bed at all, and the man of the future will spend far less time in bed.” ~ Thomas Edison**

In an 1889 interview with “Scientific American,” Edison said sleep is a “bad habit.” He proposed that all Americans sleep far fewer hours per day, and predicted a future of sleeplessness.

The second major disruption of your biological time was transportation advances.



Cars and planes allowed people to travel great distances rapidly. In the blink of an eye we could travel multiple time zones in a few hours, leaving bio-time lagging behind.

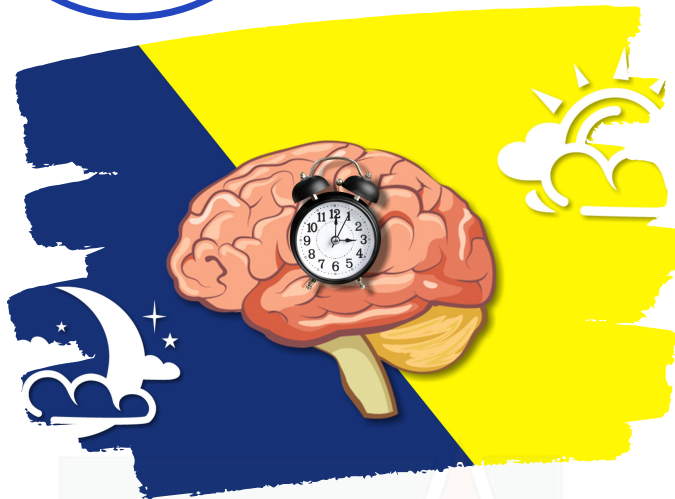
It takes a day for the body to adjust to a one-hour time zone difference, and, on horseback or in a coach - it would take about that long to go that far.

Computer technology brought us to where we are now, in a 24/7 smart phone culture of perpetual dusk where we work, play, and eat around the clock.

It took us only 125 years to undo 50,000 years of perfect bio timekeeping. Saying that “our physiology has not evolved as quickly as our technology” is the understatement of the millennium.

As a result, our “when” is very far off!

Most primary care doctors have not heard of chronobiology. It is not taught in medical school, except when it comes to a few rare sleep disorders.



The study of circadian rhythms in humans was virtually nonexistent before the 1970s and is still unknown to the general public.

There is no official drug to prescribe for being out of sync with your inner clock. Caffeine, the most abused substance on the planet is the first choice to address the issue.

There are many drugs and even nutraceuticals and foods that have a medicinal value but that have a detrimental effect on your bio-time.



Circadian science will advance medical testing. Clinicians can get more accurate results. The circadian system - your biological clock, affects every area of functioning in the body, controlling everything from the multiplication of cancer cells to the integrity of the immune system.



That is to say, timing is everything. “When” is the ultimate life hack!

Diagnostic testing can now become more precise through the time-stamping of specimen collection and the comparison of results to time-based norms.

What if your blood was drawn to look at (say) your thyroid levels in the morning versus the evening: Could the results differ to the point of diagnosis?

Few of the top studies of circadian breakthroughs in the last few years are narrated below:


- Treating a disease such as cancer on bio-time can save your life;
- Thinking on bio-time can make you smarter and more creative;
- Eating on bio-time can help you manage weight;
- Living on bio-time can make you happier (treating depression with chronotherapy and exercise);
- Running on bio-time can make you faster.

You do not have to overhaul your life to tap into the power of WHEN. We can use the research and technology to help us keep near-perfect bio-time and still stay on a social schedule.

There are profound benefits of being in sync with your bio-time. If you are out of sync with your inner timing, you are working against your own biology.

It is not suggested that you throw away your Mobile Phone or go live in a cave. If not for science and technology, we would not have the proof of just how profound bio-timing is to health and productivity.






While sleep is too complex to sum up with only numbers, reviewing few basic facts and figures about sleep can help you understand how sleep works, why it is important, and the depth of the sleep deprivation problem worldwide.




What happens if you are not sleeping enough? There is a drop in health and productivity. Here are few of the documented “Sleep Statistics:”

- Between 10% and 30% of adults struggle with chronic insomnia and it is believed that between 30% and 48% of older adults suffer from insomnia;
- About 80% of people who take prescription drugs experienced residual effects like oversleeping, feeling groggy, or having a hard time concentrating the next day;
- People with severe insomnia are seven times more likely to have work-related accidents than good sleepers;
- Nurses working 12.5 hour shifts report committing more than three times as many medical errors than those working 8.5 hour shifts;
- Sleep deprivation is linked to physical health problems like cardiovascular disease, hypertension, and diabetes. Studies have found that lack of sleep is also linked to breast cancer in women and prostate cancer in men;

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- Researchers at Hong Kong University conducted a study in which they found a discernible DNA damage in those whose sleep was disrupted even for one night. Experts say this may help explain the link between cancers and sleep deprivation;
  - Lack of sleep is linked to anxiety and depression. South Korea and Japan rank the worst when it comes to a good night's sleep. It so happens that South Korea and Japan also have the highest suicide rates in the world. Japan has the phenomenon called “Karoshi,” - death caused by lack of sleep;
  - We also put on weight if we do not sleep well. King's College, London conducted a study in 2016. It found that sleep deprived people consumed an average of 385 kilo calories extra per day; that is an excess of four and a half slices of bread every day. “Leptin” and “Ghrelin” are the two hormones that explain the link between sleep deprivation and obesity. Leptin tells the brain that you are full. Ghrelin urges you to eat more. Sleep deprived people have low levels of Leptin and high levels of Ghrelin.

success  
LIFE CREATION



Sleep deprivation is also linked to the lack of productivity. If you do not get enough sleep you are groggy at work. It is also hard to concentrate and as a result people end up being less productive.



The United States loses the equivalent of around 1.2 million working days per year because people are not getting enough sleep. In Japan around 6,00,000 working days are lost. In the UK and Germany, the number becomes 2,00,000.

This loss affects the GDP of a Country. These numbers are according to the Research and Development Corporation (RAND) and this is something that India should be looking at closely. Do you know why? Because in India, staying back late at work and sleeping less, is regarded as professionalism.

Sleeping Pills and Painkillers are the most used chemicals which come with side effects; instead rely on the power of your Magical Mind - the Biggest Doctor in the World.

Our brain has the capacity to seamlessly slip into heavenly sleep and remove your physical discomfort without side-effects while keeping you energetic, powerful and inspired; they give you the strength to tolerate stress and anxiety.

Google has paralyzed our Brains. You should avoid over-Googleing your symptoms .There are two negative ways this can go: Either you overestimate symptoms and take the wrong medication, engage in the wrong self-treatment, or you underestimate the symptoms and let the condition get worse.

There is also the risk of developing "health anxiety," real condition that involves excessive worrying that you are sick. You may know this condition as "Hypochondriasis." Even if you are not a hypochondriac, searching for medical symptoms and illnesses online may add unnecessary worry and a lack of peace of mind to your life. The internet-age term is "Cyberchondria," to describe this issue.

Till around 1880, people were sleeping an average of 10 hours a night. Thomas Edison then invented the light bulb. Now 142 years later we have phones, laptops and tablets and most of us are scrolling through them before going to bed. These devices emit blue light which boosts the of Cortisol in our body and makes it difficult for

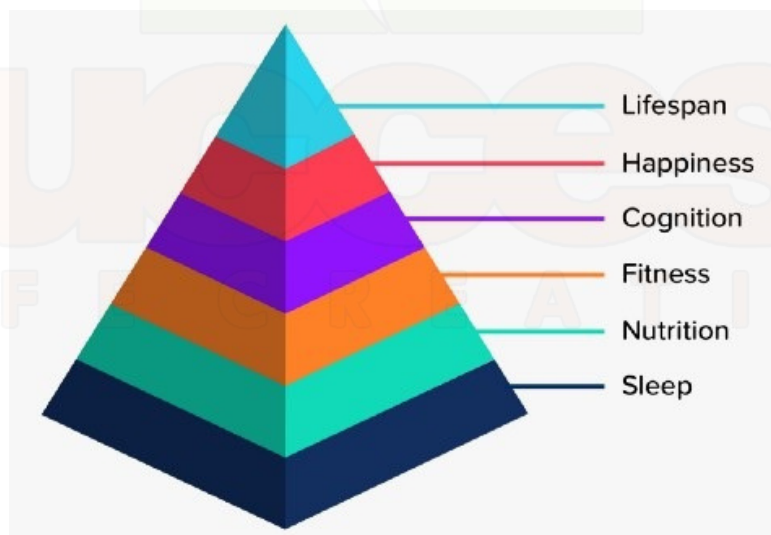


Every day newer brands are promising ways for sleeping come bottled in the form of lotion, candles and gummies. Sleep comes in paid Apps that play sleep inducing sounds. Do you know falling asleep takes around 10 to 15 minutes. But if you are not able to doze off within a few minutes, it means that your sleep deprived.

Sleep today has become a luxury product. The sleep tech device market is worth over 7.26 billion dollars; half of this is held by the insomnia segment. The market is expected to grow to around twenty percent by 2026 which is being fueled by our sleeping patterns and our habits. Fifty percent or more women use sleep trackers regularly compared to men.

More and more people start their day by checking their fitness band and answering these questions - did you sleep well; have you been sleeping well; have you been sleeping enough? Sleep deprivation is helping no one except that the market brands are capitalizing on a lack of sleep on our habits.

Who are we giving excuses to? Our web series can be paused; late night conversations can happen in the morning too. Work career and dreams can take some rest because you know that if we do not sleep, how will we dream?



One of the most important domains of Wellness is Sleep and it forms the foundation of our life. It is aptly placed at the bottom of the pyramid followed by nutrition, fitness, cognition, happiness and longevity. Performing at the top of your game requires optimizing your entire body, and maintaining a healthy baseline.



**“You are only as fast as your slowest moving part, and if just one area of your body is lagging behind it will slow down the entire system.”**

We all hope to stay active in our senior years and have high quality of life. One way to increase the likelihood of that is to get on good bio-time for your chronotype now to set yourself up for better health in your golden years.

Even a small behavioral change can make a difference in how you recharge each night and how you perform the next day. By increasing your understanding of how sleep affects your life, you are taking strides toward more productivity, less stress, and better health - practically overnight.

Changing habits, especially when they are deeply ingrained, is hard. One way to acclimate to a new and beneficial routine is “exposure to your own data.”

When you look at how much sleep debt you have accumulated, when you track the peaks and dips of your circadian rhythm, and when you map this information onto how you feel and perform throughout the day, the truth becomes ever clearer. Your sleep has a bearing on everything you do.

Welcome to a brand new Seminar titled **“Heavenly Sleep for Abundance”** and learn how to fall deep asleep in the fastest way possible.



This sleep guide strives to set itself apart from the others. It is a comprehensive yet accessible, scientifically precise, entirely actionable even if you have a stressful life and addicted to digital devices. There are some simple protocols that you can follow to perform at your peak and get more out of life!

**Regain your Health, Wealth & Abundance by following quite a number of easy to do Sleep Hacks.**


What can you expect from this Seminar?

- Why proper sleep hygiene is essential for everyone and not just people who have trouble sleeping;
- The two “Laws of Sleep;”
- How to prepare the “Perfect Sleep Environment;”
- Structuring your day for Better Sleep;
- Getting to know yourself – your thought process -is the best first step;
- How to look through the lens of sleep and adjust your behaviour to benefit your nights, days, work, mood, and more.



This Seminar revolves around two elements of sleep: “Sleep Debt” and “Circadian Rhythm.” Both laws operate independently of one another, but both determine the timing and depth of your sleep.

Let us make the world healthier, more enjoyable, and more productive by championing natural sleep. In service of this mission, this programme will go beyond making vague gestures at sleep quality. If you apply the strategies in this Seminar, you will get more sleep, lose weight, increase muscle mass, and ward off heart disease and diabetes, conditions that will shorten your life or complicate your old age.



**SLEEP CHRONOTYPES**  
ARE YOU A BEAR, WOLF, LION OR DOLPHIN?

**DOLPHIN**  
Dolphins typically wake from sleep unrested, struggle with napping, and are often tired throughout the day with a spurt of energy in the evening.

**LION**  
Lions get up early with plenty of energy and are sharpest in the morning, they are often organized leaders.

**BEAR**  
Bears tend to follow the typical night/day schedule and sleep well, though it might take them longer to get going in the morning.

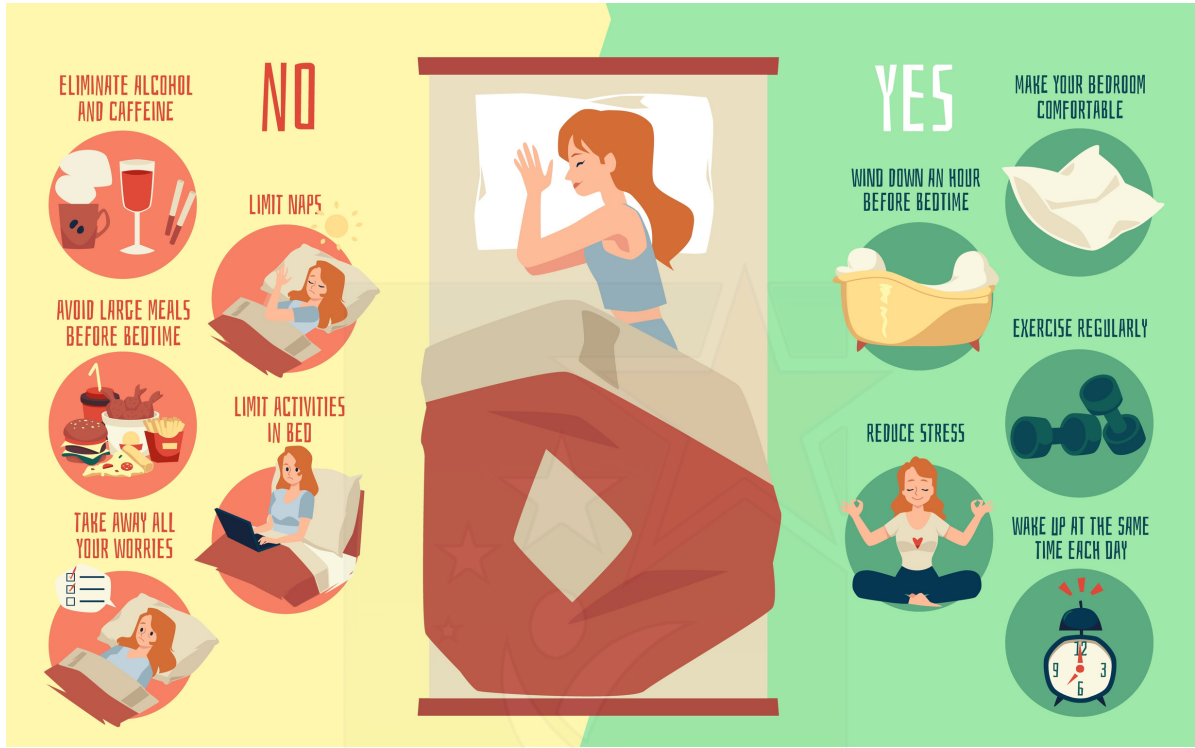
**WOLF**  
Wolves are essentially night owls, they tend to be most active and alert in the early evening hours and are somewhat out of sync with the rest of the world.

Remember, that everyone is unique in their sleep need. Their Chronotype and various other circumstances impact the circadian rhythm and sleep quality. While the research referenced throughout will be applicable to most people, there are always outliers. So getting to know yourself and what makes you feel best is absolute key.

These are not just blanket recommendations. Everyone’s sleep needs are unique, and it would not be proper if it is claimed that one sleep-size fits all. This Seminar will however help you to understand the dynamics at play during your sleeping and waking hours, and empower you to change your habits in favor of your personal sleep goals.

Hopefully this introductory booklet has convinced you that you can and should improve your sleep hygiene.





## Medical Disclaimer

This guide is not a substitute for medical advice. If you are suffering from insomnia or another sleep disorder, please consult a health consultant.

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One of the most important domains of Wellness is Sleep and it forms the foundation of our life. Sleep is a body-mind state in which individuals experience sensory detachment from our surroundings. It is an essential function of the body and impacts every system from our cognitive function to immune health. Quality sleep can help us reset, recover and recharge. It is absolutely vital to brain function, memory, concentration, immune health and metabolism.

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