

## Are You Getting Enough Rest?



The alarm clock goes off and you act as though you don't hear it only to have that annoying sound play over and over again. You and the snooze button become best friends for another 5 minutes knowing that the next time it goes off, it's time to get up. Now you're up and struggling with time management, racing in and out of the shower getting ready for work and as you embark on the mission, you realize the kids are home and they need to be dealt with. You need to make breakfast for the kids, get them dressed and realize that it's time to leave. In the midst of all the chaos, you realize that you skipped breakfast again. You're stressed out, hormones are raging and your kids look at you as if you are from another planet.

People will do just about anything to get extra sleep in the morning. That's because they go to bed later the night before. It's important to know that the body never recuperates what it lost. Later sleeping times lead to later waking times. You progressively become more tired and hormonally unbalanced as this happens day in and day out. Your moods begin to change, you become agitated, weight gain, and eventually joint pain begins to set in.

So how do we change this mess we have gotten into?

We need to respect our bodies and give it the rest it deserves. We need to stop stimulating ourselves at night and start recovering by performing energy exercises such as going out for a slow meditative walk, yoga, or breathing exercises. We must respect the day/night cycle. Go down with the sun and rise with the sun. Bright lights should be turned off approximately 2 hours before bedtime and all electromagnetic devices should not be used. These are items that disrupt our sleeping patterns and create cortisol and melatonin imbalances.

Get to bed by 10 pm and wake up at 6am. Get the 8 hours that are needed to ensure that your body gets the physical and psychogenic repair it needs.

The more stressed you become, the sicker you become. We need lots of rest, love and nourishment. Without these three key elements, you will be on your way to becoming a master pill popper.