

## **SLEEP ESSENTIALS**

**Cairns Post July 2013 article “Sleepless kids a \$27m nightmare”.** This caught my attention for comment at that time. It is an excellent article which outlined the health problems associated with lack of sleep. One of the latest contributors to sleeplessness is electromagnetic fields. And now we have an even greater dependence on the devices which contribute to a sleepless night. If you let them.

Smart Phones, I Pads, computers and TV all emit blue light and electromagnetic radiation that disrupts the Central Nervous System (CNS). This means our ability to perform the natural calming down action that comes with the setting of the sun is disturbed. The pineal gland slowly releases melatonin in preparation for sleep a few hours later. Electric light will delay this release but the intense light from devices over stimulates the CNS and sleep is elusive. It is critically important to remove these devices from bedrooms to achieve quality sleep. It is also helpful to stop use of these devices early evening too.

**However, they have become pervasive, it seems to be an addiction that can't be stopped.** Self-discipline is necessary both for children and for the adults in the home, for every aspect of health of body and mind. There are many articles available on the detrimental affect of these devices, and while they are here to stay, it's important to know how to protect your body as much as possible, so the sleep aspect of health is not affected.

**Nutrition for the CNS is critical for the whole day to achieve a good night's sleep.** We cannot expect to get to sleep and stay asleep when we have a day of eating refined carbohydrate and sugared foods. These foods excite the CNS: boxed cereals, toast and juice for breakfast, sandwiches, biscuits, muffins, soft drinks, cordial, juice, flavoured milks and yoghurt throughout the day with pasta, white rice or bread rolls with your meat and vegetable dinner. This is a continual input of refined and processed carbohydrates and sugars. And we have another issue to overcome as society encourages diets of low fat and restriction on fats and protein especially from red meats.

**We need foods that bring satiety and nutrition for the brain and the central nervous system.** Here is a suggestion for foods which do that, providing quality protein and essential fats.

Eggs in any way, stir fries using olive oil and butter, vegetables, meats and fish for breakfast, real rolled oats and mueslis, snacks of nuts, seeds, dried fruits for carbs, whole fruit, protein and vegetable juice drinks. For lunches try cold meats, raw and salad vegetables, wraps and the dinner meat and veg, cooked or raw, without bread served on the side. Yoghurts, cheeses, biscuits and flat breads made with rice, rye, spelt or a protein or green smoothie drink are options for after school or after dinner.

**Minerals are critical for calming the CNS, supplementation is essential.**

Inexpensive chewable tissue salts containing twelve essential minerals are excellent for toddlers and children, easy for them to take. Tubs of magnesium and other minerals dissolved in a water drink, bring calm to the muscles and the excited brain. An easy pleasant drink for all ages. Essential fatty acids (Omega 3, 6, 9) are necessary for brain and CNS function. Children's formulas are readily available, and adults find it easy to take the oil capsules with a meal. Fish oil, cod liver oil or flaxseed oil supply this critical nutrient. Quality Multivitamin in tablets or liquids, which include B stress vitamins are

essential as a daily supplement. Nutritional supplements are your health insurance, and we get what we pay for. Invest in your health with quality Australian brands. A hot tip for restful sleep is to take 1-2 magnesium tablets up to an hour before bed. They will calm the CNS and possibly be a solution to night time cramps and restless legs.

**If we want change, be happy to change things.** I encourage families to relook at the foods eaten. Experiment and try different foods. Its gradual change that lasts. Explore the range of supplemental foods in the form of chewable tablets, oils, green and nutritional powder mixes available today as supplemental foods. They build the cellular structures and withstand the onslaught from the air waves saturated with electro magnetic radiation. The use of blue light blocking glasses at this time may be helpful too. Many available online.

**Look on this as an exciting journey of discovery and prevention tactics learned on doing something towards taking control of your health.**

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