

Glow 15 COURSE

TRANSCRIPT

Module 3: Week 5

How to Glow to Sleep. In this chapter, we're going to talk a lot about the relationship between autophagy and sleep, your circadian rhythm, and all of the great ways that we can really activate our youth while we're sleeping. It's probably the easiest time of the day to do so.

Do you ever put your head on the pillow and all of a sudden, your brain seems to have woken up and it wants to go through every single part of the day? Every little thing that happened-- what was missed and what didn't get missed and what you need to do differently tomorrow? And it is just so loud, and no matter how hard you try, you toss and turn, you get up, you go watch TV, you do this, you do that, and at the end of three hours, you're still not sleeping. You start to feel that panic inside? Are you somebody who gets up throughout the night to go to the bathroom and you never get that good deep rest, that rejuvenating sleep that we all need so much?

If these are the sort of things that you experience, then you are just like the other 84 million women in this country that are sleep-deprived. When I was in high school, I struggled intensely with my sleep. What happened was I would start doing my homework late after school-- after practice, after dinner. And I would start getting busy, and I would start reading, and before I knew it, it was 11:00, 12:00, 1:00 a.m. in the morning and I couldn't find the time to just relax my body and get into the place where I would be ready to go to sleep.

Before I knew it, I was in this very vicious cycle where every night, I'd be going to bed at 1:00 or 2:00 in the morning. I'd come home from school and be so exhausted that I would want to take a nap. My body was getting off rhythm. When I got into my late 20s and I had my first child, again, I went through a very vicious cycle of sleep deprivation because I was getting up every hour or two at the beginning of the first couple of months. Then before I knew it, I was in this horrible cycle of being sleep-deprived.

What studies show is that women have a very different relationship to sleep than men do. You see, our brains are more complicated, and so we actually need more sleep than men do. Women are more likely to suffer and experience anxiety than men. As women, we are prone to suffer more both physically and mentally than men, and that's according to research that was done at Duke University. Sleep-deprived women are actually more susceptible to suffering from heart disease, stroke, and even depression.

This information, I find to be completely unacceptable. I started to look at how we could incorporate the activation of autophagy from the research that was being done at Jacksonville University into a sleep plan that would really work well for the women in the program. When I spoke to the women in the study, I heard some of their frustrations and concerns around the sleep plan. I understood that we couldn't have a one-size-fits-all plan.

That is when I met Dr. Michael Breus, America's sleep doctor. He told me that we all have different sleeping patterns and that we needed to understand how best to sleep for our own circadian rhythms. In fact, you can actually impact your circadian rhythm by your autophagy being out of sync. When it's out of sync, your body's not able to repair at night in the same way that you need it to. Dr. Breus told me that while some people need more sleep, others could need less, and seven and a half hours for me was much more effective than actually eight hours of sleep.

I was fascinated and wanted to learn more. I learned that less could be more. These seven and a half hours were less but I was actually going through a full 90-minute cycle of sleep. I was benefiting from each of those cycles, those five cycles of sleep much more effectively than waking up half an hour into my next sleep cycle and feeling groggy. Dr. Breus and I worked to create a unique Glow15 sleep plan that would work with your own circadian rhythm and your own autophagy.

The critical connection between autophagy and sleep is your circadian rhythm. Again, our circadian rhythm is our biological clock. It's that 24-hour internal clock that we all have. The 2017 Nobel Prize in medicine was awarded to the three American scientists that discovered how the circadian rhythm works on plants, animals, and humans, and how, when it is out of balance, can impact our health and well-being. Your circadian rhythm is responsible for hormonal changes, when you wake up and when you go to sleep, and it's also responsible for your cycles and your body temperature throughout the day.

For most people, the 24-hour cycle is what we will normally experience, but everybody is different. Here's how it works. The circadian rhythm keeps the beat while your brain is like the conductor. For example, overnight, your body temperature goes up and your circadian rhythm should keep the beat. In the morning, when you need to wake up, it wakes you up. In the morning, your

circadian rhythm should increase the tempo, which will help you feel alert and wake up. Later in the evening, as your body temperature starts to go down, your circadian rhythm slows down as well helping you to relax and signaling sleep.

What's really fascinating is scientists have almost found a second sleep in the mid-afternoon when your circadian rhythm starts to go down. That's when most of us feel that afternoon slump and we'll get a piece of chocolate or whatever it might be, or a cup of coffee, but that has to do with your circadian rhythm. Your circadian rhythm is responsible for helping you to maintain different cycles of health throughout the day. Your circadian rhythm can also be influenced by light, it can be influenced by social events if you're out late at night. It can be influenced by travel. All sorts of things can influence the circadian rhythm.

Age also influences our circadian rhythm. As we get older, our circadian rhythm can struggle more to keep the beat and tempo. Autophagy can really impact the way that the circadian rhythm can work. As we get older, there can be a disruption in our circadian rhythm, and it can get off balance. Or it can get off balance from what I was just mentioning-- if it's a social event, bright light or travel. These can cause a disruption in your autophagy as well, which creates an environment where it's difficult to renew and repair.

The total goal of Glow15 around sleep and circadian rhythms is to get your circadian rhythm to be synchronized with your autophagy so that you get all of the benefits of the higher levels of activation of autophagy, so that you can grow younger while you sleep. The timing of your sleep is actually controlled by your circadian rhythm. I might like to go to sleep early and you may like to go to sleep late, and then there's someone else that will fall sort of in between. We all go to sleep at these different times based on our own individual circadian rhythm. There's been a lot of different studies out there on chronotypes so you can see what type of person you are and what type of sleeper you are.

The following is a very popular test that has a questionnaire that's called the Morningness-Eveningness. It looks at your chronotype and it sees if you are a hummingbird, lark, or an owl. This information, once you do the quiz that's right in the Glow15 book, will help us to figure out exactly what kind of sleeper you are, and how to activate your autophagy and balance your chronotype to your circadian rhythm. I know that's a mouthful, but we've got some really cool concepts here-- from the

beat of your own biological clock, to how that works with your autophagy and what type of bird you are. So do that quiz and let's get back to it.

If you're an owl, you're like 20% of the population. Owls tend to be creative, emotional, and they like to stay up late at night. If you are a hummingbird, then you're like about 70% of us. You typically like to be up in the day, sleep at night and sometimes you're looking to have a nap in the late afternoon. You're very affected by sunlight, and so you have to be very conscious of how that's going to impact your circadian rhythm. While a hummingbird will take comfort in the familiar, you're also able to switch between different schedules very easily, so you could stay up late for a party one day and get up early the next morning for the sunrise.

The lark is the most rare of all the bird types, about 10% of us are larks. The lark loves to get up super early in the morning and by the time it's the evening, they're exhausted and just want to go to bed. Larks also tend to drive very hard during the day. They will be the types of people that put all their effort into work and when they get home, they just fall down out of pure exhaustion. But first thing in the morning when they wake up, their minds are analytical, they're sharp, they're ready to go.

Whatever type of bird you are at this point, know that that can actually change over time. As your circadian rhythms change, which can influence both your hormonal levels and body temperature, these changes and influences have a big effect on what type of bird type you are. Especially for us as women, we go through so many different hormonal changes, everything from our menstrual cycle to pregnancy to menopause. All of these hormonal changes have a real effect on what type of bird we are and how our circadian rhythm is truly working. A fun little fact, over time, we tend to become more and more like the lark. So while there's 10% of us that are larks, over time, you'll see more of us wanting to get up early in the morning, you may have even noticed that for yourself.

If you find that you can fall asleep easily and you stay asleep, then you're probably really effectively in sync with your circadian rhythm. Many of us suffer from social jet lag. What I mean by social jet lag is we actually have our circadian rhythm that does not match up with our responsibilities. We may be ready to go to bed at 8:30 or 9:00 p.m. at night because we're a lark, and we want to get up super early, but our responsibilities keep us active until 10:30 or 11:00 at night, and that gets our circadian rhythm out of balance.

There are several things that we should do before we get ready to go to sleep at night. The very first of those is to power down. If you are able to power down about 90 minutes before you go to sleep, now I know that's hard, I know you may be saying, "Naomi, you're totally crazy here." But studies show if we can really power down about 90 minutes before, our bodies can benefit in so many different ways. I hope that you can try this even if you have to start slowly. If you have to, the first night, just start powering down 15 minutes before and you take your cell phone and electronics and put them in another room.

Then slowly but surely, you start to build up and once you've got a little pattern or habit going, you can get to 90 minutes before you go to sleep without any of that blue light or impact from the electronics. Your body will be able to rejuvenate and get so much more out of your sleep. Look, I know how hard it is. We want to grab our cell phone or our iPad and quickly check our Facebook feed one more time before we go to sleep. But if we can give ourselves the opportunity to see what it feels like if I don't have my electronics for 30, 60 and 90 minutes, we have the opportunity to really truly rejuvenate while we sleep.

Cooling down is a really important part of going to sleep. What I mean by that is getting the temperature in your room to a very low number. You probably never take it this low but I want you to have it at 65 degrees. Now, I live in South Florida where it's very hot all the time so I have to use air conditioning to get to that temperature. For those of you that live in other parts of the country where it's cold, you can benefit from not letting your heat get too high. Sixty-five degrees is the temperature that we want because it gets your core temperature to actually go down.

As your core temperature goes down, your circadian rhythm is able to get more synchronized, and it works better and better, so 65 degrees. Keep your room nice and cool. Have thin blankets if that's what helps you as well. It doesn't make much sense if you've got 65 degrees and you're bundled up in your feather bed. That doesn't really help you. You want to stay cool so that your core temperature can really get to that lower degree.

Nulling the noise, and getting rid of the sounds that can influence your sleep and your circadian rhythm can help. A lot of you may be using different noise or sound machines. There's white noise,

which is sort of a static sound but there are other sounds that relate to all the colors of the rainbow. The sounds that I love and think can be very beneficial to your health and well-being are the pink noises and brown noises. Pink noise has a higher intensity at lower pitches, so it sounds a little bit like raindrops falling. Brown noise, which is very relaxing, sounds almost like waves coming up on the shore. Using these two sounds at different times and different nights on your noise machine, can have a huge impact on the way that you sleep at night.

These sounds can be found on different noise machines. I like you to use the noise machine versus an app on your phone because ultimately, I'd rather have your phone out of the room. If you can find one of these little sound machines, I think you'll be really happy and you can see, "Okay, this one has pink noise. It has brown noise. It has white noise, and it has different frequencies."

A way that you can boost your beauty sleep and really outsmart some of the aging processes is by taking a very nice beauty bath. The way I like to do it is a couple of hours before I'm ready to go to sleep I take an Epsom salt bath. When you put the Epsom salts-- one or two cups into the bathtub, you're creating a beauty bath because you're creating sulfates and magnesium. Our body needs magnesium for so many chemical reactions, so many reactions within our body. When you soak in that beauty bath for 20 or 30 minutes, it helps you sleep better because when you get out of the bath, your body temperature starts to go down. Your core temperature starts to go down, which helps you to get ready to fall asleep much more easily.

What we're finding now through some different research is that taking an hour-long bath can have a lot of the same effects as exercise. The study author, Jennifer Wider, discovered that there's a passive heating that occurs when you're in a bath for an hour. This passive heating actually affects the body in a very powerful way through heat shock proteins. Taking a sauna or a hot bath, whatever it is that you're using to get your heat shock proteins up and going, helps to control your blood sugar levels, as well as insulin function.

The goal is to really get the two in balance. As our circadian rhythm functions and beats and tells our body what to do, our autophagy is activated and our cells are cleansed and detoxified, and they're able to function at their highest level. This week is all about giving yourself the opportunity to really do the things that allow you to sleep at your very best. Your homework for this week is pretty simple. I

want you to try the different sleeping patterns and figure out what type of bird you are. Are you a lark? Are you a hummingbird? Are you an owl? Once you know what you are, then study this chapter to figure out the little tips and techniques that will help you to sleep your very, very best.