

# Sleep

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**SMART**  
Healthy Life

Reduce  
Insulin

TRE/  
Fasting

Real Food

Increase  
Metabolism

TRE/Fasting

Activity

Reduce  
Cortisol

Meditation

Sleep

# Facts

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Breakfast is  
not essential

Cereals are not  
healthy

Fruit juices and  
Fruits both are  
not same

Sugar is not  
just visible  
sugar

Fat is not our  
enemy

Diet is not  
only about  
weight

Lifestyle & not  
a diet plan.

# Now

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- If you feel all the things, we discussed till now is just too much.... There is an option just close your eyes and start getting almost all the above benefits!



# Why we sleep?

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- Evolution wise, lots of changes in human behaviour but we still require to sleep.
- There must be a reason why our body was made in such a way that we sleep 1/3<sup>rd</sup> of our life.

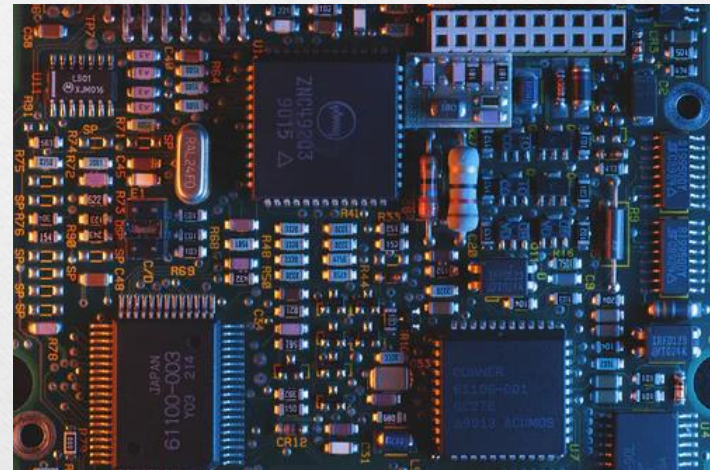
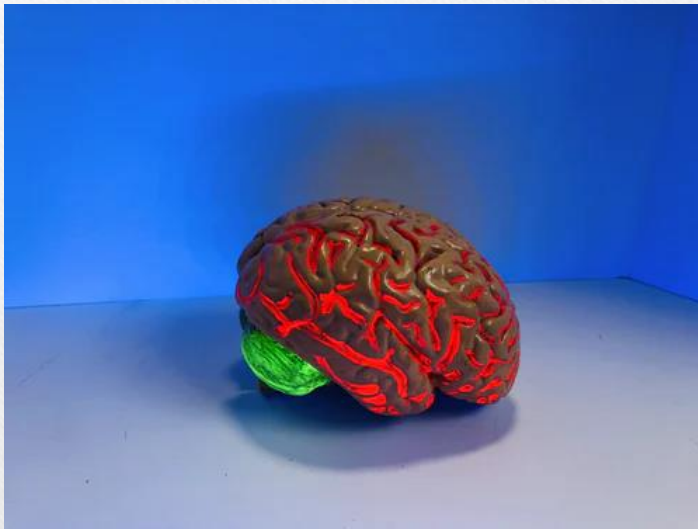
# Sleep

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- Sleep is the most productive thing we do in whole day!

# What is happening inside our body when we sleep

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Sleep, Meditation, Activity, Real Food, Time Restricted Eating

# Sleep Cycle

- <https://www.youtube.com/watch?v=98V1q5k8x5E>





# Sleep Cycle – 90minutes

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- Awake stage – Learning new information (Hippocampus)
- Deep sleep – Distributes to correct areas of brain (more at the start of the sleep)
- Light sleep – Clears hippocampus so mind is fresh to learn new things  
(more at the end of the sleep)
- REM sleep – Connects new information with old memories (more at the end of the sleep)

# REM sleeps what makes us superhuman

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- Creative insights -  
Innovations
- Emotional connections  
– Social bonding



# Why do we dream?

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- Trying to interconnect new information with stored memory.
- Muscles paralysed so you don't end up acting on dreams.



# Dream = Therapy

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You can recall the event without the same emotional response.

Sleep, Mediation, Activity, Real Food, Time Restricted Eating



# Summary

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- Deep sleep – Recall
- Light sleep – Learn
- REM sleep – Make sense

# While we sleep

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- Space for new information
- Remove unnecessary details
- Emotional recalibration
- Ready for next day
- Improves immune function
- Upregulates metabolic function
- Improves gut flora
- Resilient blood vessels

# Health Trinity

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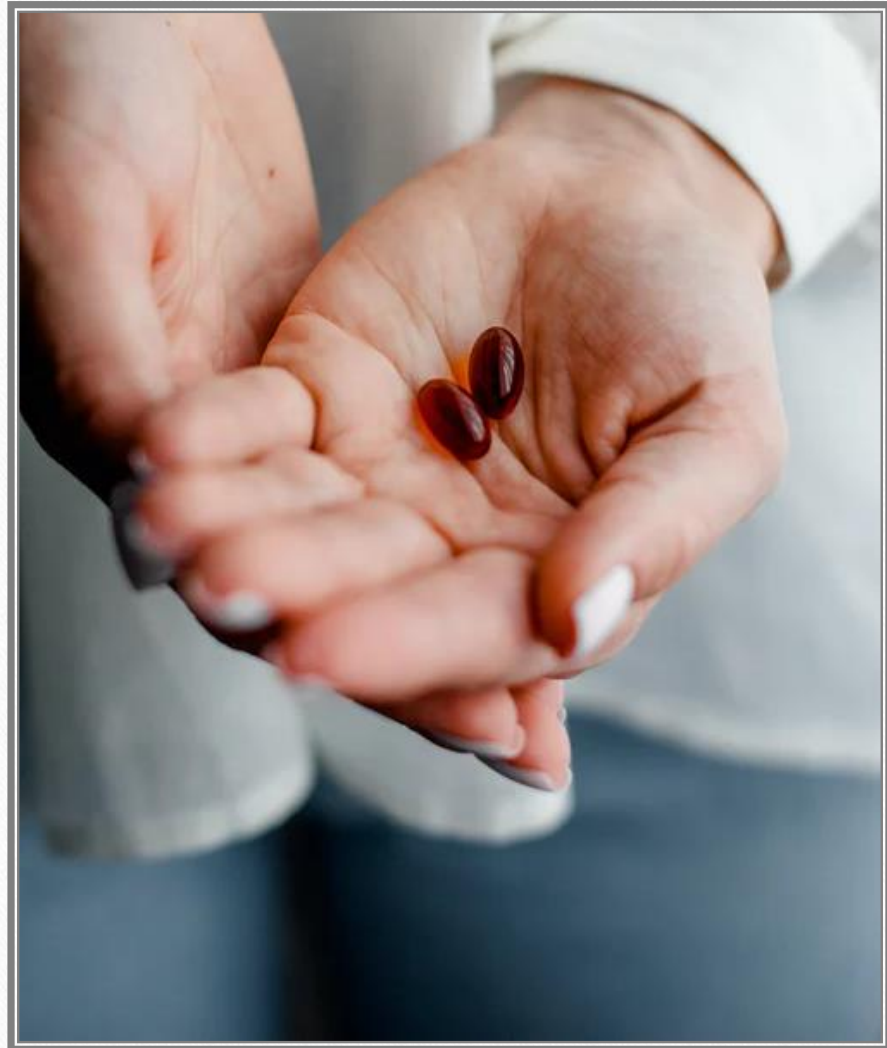


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## So should we just take sleeping pills if we can't sleep

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- Not so simple.
- Pills induced sleep not same as normal sleep





# REM

- When we sleep because of sleeping pills or alcohol we don't get REM sleep!



# How do I know if I am sleeping adequate

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- Do you need alarm clock to wake up everyday?
- Do you feel tired in the morning?
- Do you need tea or coffee first thing in the morning to function?
- How long does it take for you to go to sleep once in bed?

# Sleep

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- 7 to 9 hours everyday
- Single most important thing we need to do every day to reset the health of our body & brain.
- Shorter the sleep shorter the life span



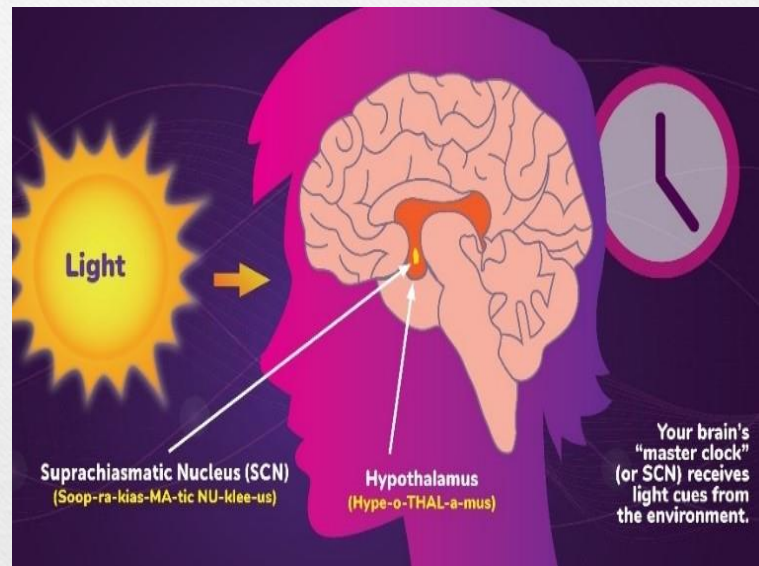
# Disclaimer

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- If you fall asleep while listening to this talk, I will be happy to know that you are looking after your body & brain well!

# How do we know that we need to sleep?

- Circadian rhythm –  
Suprachiasmatic Nucleus (SCN)
- Chemical pressure

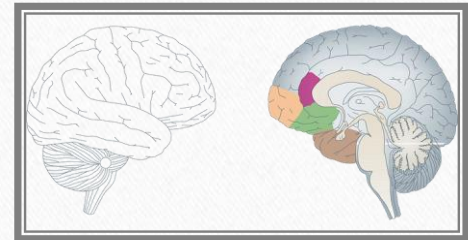


Credit: NIGMS

# Melatonin

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- Sleep hormone
- Immune & antioxidant function
- Pineal gland in brain
- Levels follows circadian rhythm
- SCN stimulates pineal gland to produce more melatonin at nighttime.



# Sun

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- Whole body cycle depends on day light coming from the sun

# Morning Larks Vs Night Owls

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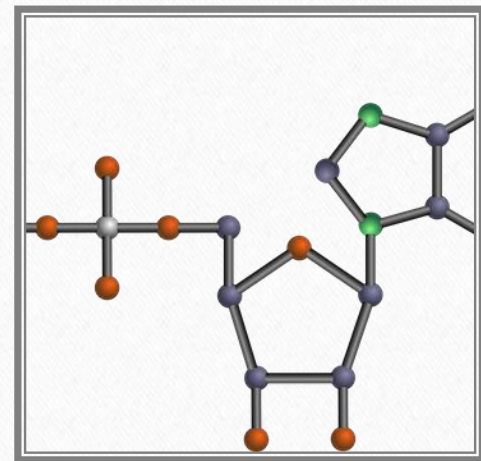
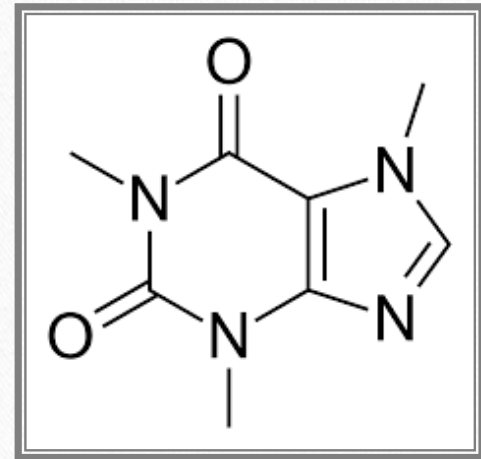
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# What makes us feel sleepy - Adenosine

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- By product of energy consumption by brain cells
- Adenosine comes from ATP
- When it attaches to brain receptor & activates it makes us sleepy.
- Caffeine is of same shape as adenosine, so it blocks receptors without activating them



# Siesta

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# Biphasic sleep - Nap

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- 5 min to 2 hours
- Helps to recharge your brain
- Improves lifespan



# What happens when we don't get enough sleep

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Weaken immune system

Increased risk of dementia

Increased risk of cancer

Increased risk of Diabetes

Increase stiffness of arteries-stroke/heart attach/BP

Mental health issues

More hunger/less satisfaction with food

Reduce life span

# Sleep deprivation – Concentration loss

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- Drowsy driving is as dangerous as drink driving because of micro-sleep.





# Practical tips

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- No caffeine after 2 pm
- Reduce blue light exposure
- Get more bright day light
- Bedtime routine

# Caffeine

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- Works in 30 minutes by blocking the receptors.
- More sensitive to its effect as you grow older.
- Decaf is not equal to zero caffeine.
- Not only in coffee

# Day light

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- At least 30 minutes every day
- Sunny Day – 30000 Lux
- Dark Day – 10000 Lux
- Home light – 500 Lux



# Blue Light

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- Reduced Melatonin production by 50%
- Wifi is free everywhere, but we need to free ourselves from wifi!

# Bedroom

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- Dark
- Cold
- Gadget free

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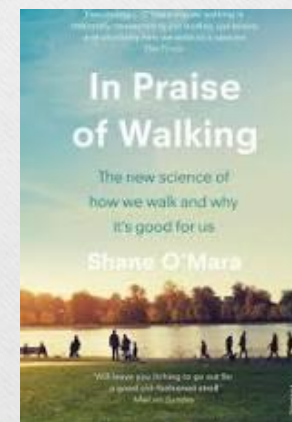
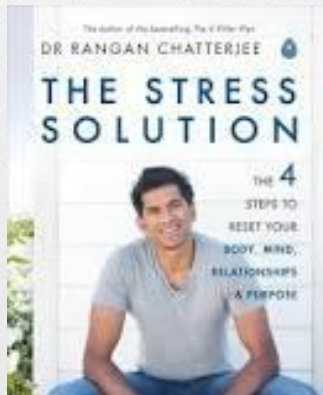
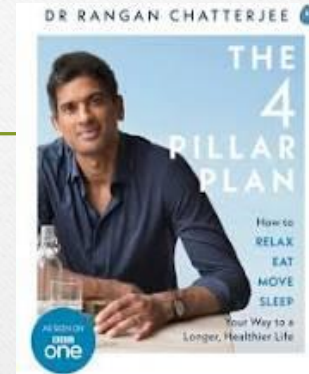
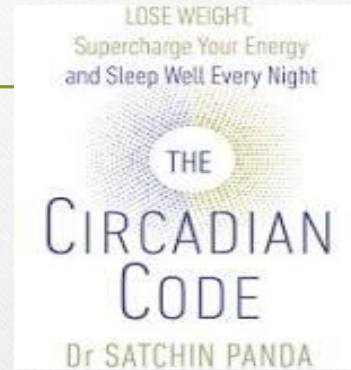
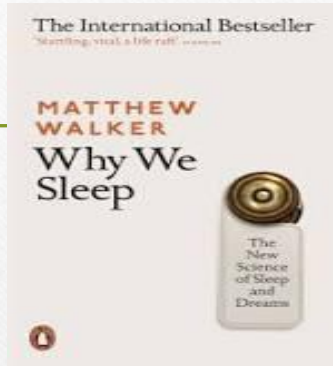


# Bedtime routine

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- Off screen
- Hot bath
- No heavy exercise
- Food before 2 hours of bedtime

# Resources



Sleep, Meditation, Activity, Real Food, Time Restricted Eating

# Homework!

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- Try power nap
- 30 minutes device-free before sleep
- Try blue light mode/filter.
- Try red light for night lamp
- Try blackout blinds

# Thank you!

I am so good at sleeping I can do it with my  
eyes closed!

Sleep, Mediatation, Activity, Real Food, Time Restricted Eating