

## Natural Healing Express Weekly

### Column Volume 120 Sleep and Happiness

Lately it seems as if everything has a shelf life of 3.2 seconds and every aspect of my life appears to have an even greater sense of urgency than it ever has before. Ever have one of those days/weeks/years where it seems like EVERY decision you make has a REALLY big outcome?

It's no longer as simple as "regular or decaf? It's more like, wow, I really have to think this through, calculate all the possibilities, make a few flow charts and then grab the crystal ball (or the magic 8 ball) and hope for the best. Where the heck have the no-brainers gone?

A very close friend of mine this week said, you know you have a lot of balls in the air, and none of them are impossible to catch, but you have to keep in motion to catch them all and sometimes, girl, you gotta rest. Remember the old saying, "let me sleep on it"? For my Bio-Individuality, if I am able to get some good, restorative sleep, things appear to have even greater clarity in the am. And, if I do not get good rest? Well, Annie, bar the door. Miss Most Unhappy. Uh, seems like there might be a correlation, but don't ask me on a short night first thing in the morning. I will have OTHER recommendations at that point.

Sleep is one of the most significant indicators of well-being. It is also one of the most overlooked. A great saying learned during my time in the healing industry is "Sleep Well, Heal Well, Live Well".

For a lot of us, myself included, Happiness can truly be a matter of getting consistent sound, restorative sleep. Ironically enough, I found a great quiz regarding Sleep and Happiness from the book, "Train your Brain to Get Happy" by Aubele, Wenck and Reynolds. They are right on. So, give this quiz a shot and see how you rate.

#### The Happy Sleep Quiz

1. **Each night you sleep at average of:** A. Seven and a half hours or more B. Six to Seven Hours. C. Four to Six Hours. D. Sleep? Who needs sleep?
2. **You take a thirty-minute nap:** A. Every day. B. Three to Four days a week C. Saturday or Sunday afternoons D. Never
3. **Every night in preparation for bed, you:** A. Crawl under the covers and are asleep within minutes. B. Read in bed until you fall asleep, usually within the hour. C. Fall asleep watching TV on the couch. D. Lie awake for hours trying to fall asleep
4. **You're usually asleep by:** A. 9pm. B. Midnight. C. 2am. D. Dawn.
5. **You think of a good night's sleep as:** A. Critical to your health and well-being. B. Something you know you need but don't get. C. A necessary evil. D. An impossible dream.
6. **When you Dream, you:** A. Write them down in your dream journal upon awakening. B. Forget them; unfortunately, you think they were cool! C. Have nightmares and wake up screaming. D. You never dream.
7. **You suffer from:** A. No sleep disorders. B. Restless Leg Syndrome. C. Chronic Insomnia D. Sleep apnea and/or narcolepsy.
8. **When the alarm rings in the morning, you:** A. Turn it off, roll out of bed, raring to go. B. Turn it off; lie there until you're more fully awake. C. Hit the snooze button and go back to sleep, more than once. D. Sleep through the alarm

Tally up the number of A answers, the number of B Answers, C Answers and D Answers. You should have one leading category that contains the highest number of responses.

If you checked mostly A's, Congratulations, you understand the importance of sleep and harness its power to increase your happiness.

If you checked mostly B's, you get almost enough sleep to function at your peak, but never quite enough. Give your brain the rest it needs and it will bolster both your physical and emotional well-being.

If you checked mostly C's, you are definitely sleep deprived and you fall into 40% of Americans. Such sleep deprivation alone will affect your life in both health and happiness, often in ways you're not aware of.

If you checked mostly D's, you number among the 70 million Americans who suffer from sleep disorders – this will sabotage virtually every aspect of your waking life according to Aubele, Wenck and Reynolds.

At Natural Healing Express, we have several great teas to help you balance your sleep habits and convert those B, C and D answers to A's. Come see us and we will help you find answers.

Sleep is your body's time to restore, renew and reorganize itself. Cells mend, energy replenishes, moods stabilize, your brain repairs and your health optimizes. To realize the most benefit, 7 and ½ to 9 hours of sleep are needed each night.

Sleep is good for your heart, it reduces stress, it keeps you young and it will help you lose weight.

I can go on and on here about hormones, REM cycles and Brain waves, but I will give you your own way to test the Sleep and Happiness Theory. If you want to know how happy a woman is, ask her how much sleep she gets. If it's not much, odds are that she is not very happy. A recent Science journal study tracked the moods of nearly 1,000 women as they went about their daily lives. It revealed that the top two predictors of unhappiness were stress and lack of sleep!

Think this through guys; we are better equipped to handle life and its stresses with a full night's sleep.

\*\*\*Footnote, if you are a man asking the above question to your wife, mother or mother in law, note to self-have wine handy.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express