

**THE BRAIN CHEMICALS THAT REGULATE SLEEP**

The co-ordination of the sleep-wake cycle involves communication between different areas of the brain. The hypothalamus, thalamus, brainstem, basal forebrain and cerebral cortex are involved in the shift between sleep and wakefulness as well as the transitions between the sleep stages.

When the parts of the brain that control alertness are active, they inhibit the activity in the areas of the brain that are responsible for promoting sleep. Similarly, when the areas of the brain that produce sleep are most active, they inhibit the activity in areas of the brain that are responsible for promoting wakefulness.

The communication between the different parts of the brain that control sleep and wakefulness is carried out by hormones and neurotransmitters. The body's task of ensuring that those chemicals that promote sleep are not overwhelmed by those that stimulate alertness is an important one.

39



**Sleep**

Relax, Replenish and Rejuvenate with a New Approach to Sleep  
**Lisa Varadi**

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**How to get the best night's sleep you've ever had**

*Sleep* invites you to explore the benefits to be gained from the simple act of sleeping.

The body's natural way of re-energizing and healing, sleep nourishes the mind and body with its numerous health benefits. Whether you sleep like a baby or are a perennial insomniac, *Sleep* will guide you through the cultural and historical perspectives of shut-eye, explain why our body clocks are so important, and delve into the four stages of sleep, from shallow to deep. You'll learn about why it's so important to nourish the mind, what *really* goes on when you're dreaming, and how to tackle the perpetual problem of insomnia.

So pyjamas at the ready... it's time to get the best night's sleep you've ever had.

**Lisa Varadi** is a naturopath with over a decade of experience treating insomnia and related sleep disorders. She implements sleep programs, conducts seminars and is frequently invited to speak about the importance of sleep. Lisa is the author of *The Insomnia Diet*.

- Expert advice from a qualified Naturopath
- Sleep problems can affect overall health, wellbeing, and productivity
- 'Nearly a third of the population are suffering from insomnia which is affecting their health' (*Daily Mirror*)

**THE SPINE TWIST**

Lie on your back with your arms behind your head. Place your feet flat on the floor with your knees bent. While keeping your knees and feet together, and without moving your upper back, lower your knees to one side. Hold for 20 seconds. Lower your knees to the other side and hold for 20 seconds.



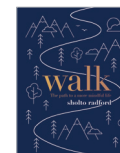
124

**THE SLEEPER'S BREATH**

Slow, regular and rhythmic breathing is important for the early sleep stages. The Sleeper's Breath is a controlled breathing exercise that helps to calm the mind and prepare the body to enter stage 1 sleep. Make sure you inhale and exhale through your nose while taking your deep breaths. Nose breathing enhances oxygen levels and can reduce the occurrence of snoring and sleep apnoea.

1. Lie down on your bed.
2. Close your eyes.
3. Place your right hand on your upper chest and your left hand on your abdomen.
4. Take a deep breath in, hold for a count of four, then slowly exhale. Do three more of these breaths.
5. Take a deep breath in hold for a count of six, then slowly exhale. Do three more of these breaths.
6. Take a deep breath in, hold for a count of eight, then slowly exhale. Continue these breaths until you feel relaxed and ready to drift off.

125



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