

GABRIELE

FITNESS & PERFORMANCE



Sleep Like a Baby By Vince Gabriele

With a baby on the way the most common responses I get are

"Enjoy your sleep now because when the baby comes you will not be getting very much."

While I understand that I have many sleepless nights ahead of me, I am currently a master sleeper.

In the last few weeks I have heard so many of our clients complain about not being able to sleep.

Here are some things that I have used to help improve the quality of my sleep.

1. **Topical Magnesium**- Not being able to sleep can be a cause of low levels of magnesium. I rub topical magnesium on the back of my knees before bed. This has dramatically improved my sleep quality. I only sell what I believe in and we quickly started to carry topical mag. A \$30 bottle lasts a long time and it works!

[Check out this Great article on the importance of magnesium by Charles Poliquin](#)

2. **Crocodile Breath**: Deep diaphragmatic breathing gets you into your parasympathetic nervous system which slows your heart rate and helps you get out of the sympathetic nervous system which is your fight or flight response. I usually do this for 3-5 minutes before bed. Simply lie on the floor on your belly and breathe through your nose and out your mouth. Be sure to press the belly into the floor when you breathe in.

3. **White Noise:** We have an I-phone application that plays the sound of a thunderstorm. This makes me sleep like a baby.

4. **Close the Shades:** Light inhibits your ability to sleep. Get the blinds closed and get your room as dark as possible.

These are some of the techniques I use to help me sleep NOW. I know in a few months there is not enough topical mag in the world to help me sleep through a crying new born but it works great now.

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The following info are excerpts from an article from the Precision Nutrition website written by Ryan Andrews. Click the link below for the full article.

Why is sleep so important?

The suprachiasmatic nucleus (SCN) is a "clock" built into our brain that regulates circadian rhythm. Because the SCN lies just above where the optic nerve crosses the hypothalamus, exposure to light and dark can influence our daily rhythms. Many hormones... have regular diurnal cycles. Having a consistent sleep routine (going to bed and getting up at the same time each day) can cue the SCN and allow for a deep, regular sleep pattern.

Sleep and Body Fat

It's not clear yet whether poor sleep is a cause or a result of excess body fat (or both). Some scientists speculate that sleep deprivation could disrupt the hormones that regulate appetite, which results in body fat accumulation. Other scientists believe that the physical discomfort of obesity and sleep apnea reduce the chances of getting a good night's sleep.

While there are many reasons that lack of sleep could influence body fat, one of them may be the decreased growth hormone (GH), thyroid stimulating hormone (TSH), and increased cortisol, most notably in the evening. Moreover, chronic sleep restriction results in elevated sympathetic nerve activity and a slow insulin response.

Pragmatically speaking, lack of sleep may lead to more body fat simply because more time spent not sleeping means more time to eat. And those junk food commercials start looking pretty appealing at 1 a.m.

<http://www.precisionnutrition.com/all-about-sleep>

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