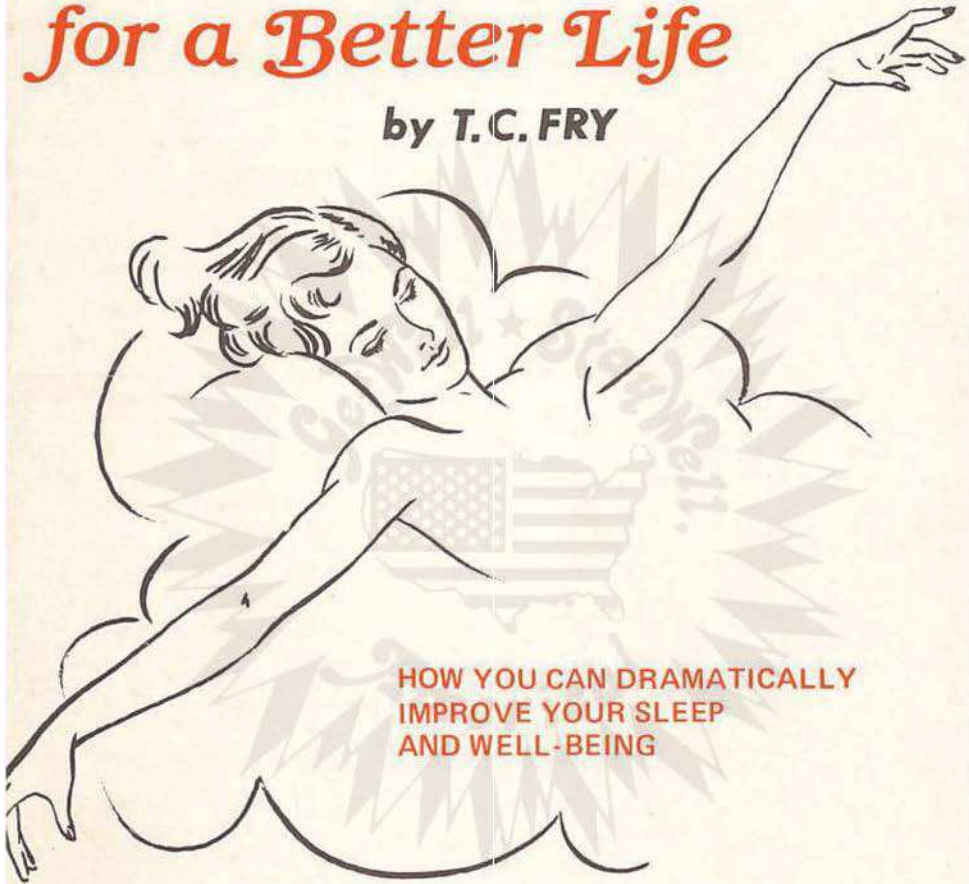


Better Sleep for a Better Life

by T.C. FRY



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**BETTER SLEEP FOR A
BETTER LIFE**

by

T. C. FRY

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BETTER SLEEP FOR A BETTER LIFE

by T. C. Fry

- **How to be better rested and healthier on less sleep than is considered normal, thus putting MORE time for joyful living, self-improvement and useful pursuits into your life.**
- **An inquiry into the nature and role of sleep with the purpose of helping the reader to understand the principles of sleep and master his or her sleeping conditions, thus enabling the reader to heighten the quality and efficiency of his or her sleep, consequently reducing the time needed to effect the objectives of sleep.**

WHAT IS SLEEP? WHY SLEEP AT ALL?

As we all know sleep is one of the essentials of life. Without sleep we could not thrive for very long. We cannot withstand sleeplessness for more than a few days. (There are verified cases of people who do not sleep at all, but this is extremely rare and exceptional.)

Very little is known about sleep though countless volumes have been written on the subject. What is known, is known in a rather hodge podge fashion with many clinicians and authorities on the subject unaware of or indifferent to findings of other

clinicians and authorities. There are very few sleep authorities and almost none seem to have a broad command of the knowledge developed about it, and fewer still seem to understand the whyfores of sleep. It remains a largely unexplored and misunderstood subject.

At this point I inject a few items to tantalize, entertain and mystify you:

Item 1: As reported in *THE NATIONAL OBSERVER* of Monday, June 22, 1970 and reprinted herein:

Dr. Jay T. Shurley, sleep study specialist at the Veterans Administration Hospital in Oklahoma City, in commenting on a new super-bed called the "Royalaire Air-Fluidized Bed" observed that sleepers who floated on the bed with controlled air flow, temperature and humidity, increased the depth and duration of Phase Four sleep (the deepest most efficient stage of sleep), and reduced their sleep needs by half, being more refreshed after four hours of deep sleep than after eight hours sleep on a conventional bed.

Why should such a phenomenon occur? Why should this remarkable bed confer the ability to sleep more efficiently and soundly? The principles of sleep explored further along will reveal the whyfores.

Item 2: Per an article reprinted as a part of this report from the *BOOK OF KNOWLEDGE* about America's man in space program, we learn that NASA, in making tests to learn about body behavior in conditions of weightlessness, kept a man in water for 23 of 24 hours daily for a week. Immersed in water with a special suit continuously fed fresh air, the testers were amazed to find the test subject got by well on a mere two hours of sleep daily!

What is the significance of these findings? What do they portend? Few in the world seem to grasp their far-reaching importance.

Item 3: DR. NATHANIEL L. KLEITMAN of the University of Chicago has concluded, after extensive study of the fundamentals of sleep, that the body **REQUIRES NO SLEEP AT ALL!** The body needs only rest. The *BRAIN* and *NERVOUS SYSTEM* require sleep.

Item 4: Sleep researchers in Russia, Germany, Israel and the U.S.A. have experimented extensively with electrosleep. Electrosleep is that sleep induced by a very mild electric current passed to the brain through electrodes attached to the forehead. Experiments yet

continue and no firm conclusions have been reached though no harm has been determined to have come from subjects upon whom the experiments have been conducted.

But some startling results have been observed and among the most remarkable effects of electrically induced and maintained sleep is that sleepers awake well-slept with alertness and vigor after only about two hours of sleep during a 24 hour period!

Subjects enjoyed a 22 hour waking day while participating in the experiments. Within a day or two after the experiments were discontinued the subjects again slept 7 to 9 hours to obtain their sleep needs.

Item 5: Fasting institutions have noted that fasters who are undertaking a thoroughgoing physiological rest need only two to five hours of sleep daily, sleep needs decreasing as the fast progresses with mental alertness seeming to increase correspondingly.

Item 6: Sleepers in the outdoors in a constant supply of fresh air report being more exhilarated and feeling better. They also consistently report getting by on an hour or two less sleep nightly.

Item 7: Sleepers on water beds, air beds and hammocks report sleep satiety on one to two hours less sleep than on conventional beds. This does not take into account all the other factors that could be employed to improve the quality of sleep.

Item 8: The first half of the night's sleep gives us the deepest most efficient sleep, being far more beneficial than the second half.

Item 9: Thomas Alva Edison is reported to have slept only four to six hours daily. He took several naps and his longest sleeps were no more than two hours.

Item 10: Benjamin Franklin stated that he slept in two beds and slept better and more rested in this way.

Item 11: Those who undertake an exercise program of from 30 minutes to an hour daily report a shortening of their sleeping time and feeling "like a million" for it all.

What do these findings tell us about sleep?

Plenty! We begin to perceive the nature and purpose of sleep. We begin to see what sleep is all about. The myriad of "current truths" about sleep become myths that fall like cinders from a burning house.

Put very simply, sleep is a process where, primarily, the brain regenerates its primary operating requirement, nerve energy (a form of electricity) and the body receives, simultaneously, rest and conducts recuperative measures.

We may observe, cursorily, that the length of time required for sleep is inversely proportionate with (a) the efficiency with which the sleep process is conducted and (b) with the extent of the regenerative tasks to be accomplished.

WHAT ARE YOUR GOALS?

Your objective in spending your precious time on the subject of sleep is to learn how you can:

- (1) Get the maximum benefits possible from the sleep process and....
- (2) Spend as little time as possible in a state of sleep, thus....
- (3) Having more time for enjoyment and constructive pursuits.

To accomplish this it is necessary that you understand the role of sleep and those conditions which improve or disturb the sleep process.

WHAT HAPPENS WHEN WE'RE ASLEEP?

Scientists still profess a great deal of ignorance about what goes on during the sleep process. They do not really know or understand the mechanics of sleep. Knowledge is sketchy at best. But, and this is a conclusion consistent with the Hygienic point of view, *in a state of sleep the brain regenerates its fund of nerve energy and marshals other vital factors which we can only intimate.*

Without nerve energy the brain and body would be functionless. Vitality may be defined, in large part, as nerve energy. Nerve energy is to humans what the battery is to automobiles. Nerve energy is the spark of existence.

THE ROLE OF THE BRAIN

The brain is the **MASTER CONTROL AND DIRECTING AUTHORITY FOR THE ENTIRE BODY ECONOMY!** All body processes and conduct are under the overall control of the brain. Everything that concerns the relations of cells, tissues and organs is under the control of the brain. The brain is the supreme arbiter of the body's best welfare. And, marvelous beyond

imagination, almost all brain functions and their results are beneath the level of awareness. The brain's functions at the subconscious level are unimaginably more diverse, extensive, wise and precise than at the level of consciousness. At the level of consciousness, we're all nincompoops, comparatively, with the seemingly infinite intelligence of our brain's subconscious wisdom.

The greatest liability of having developed such a high state of educability in humankind is that the critical faculties can and do contravene the body wisdom developed during hundreds of millions of years in nature.

HOW EXTENSIVE IS THE BRAIN'S RESPONSIBILITY?

Can you imagine a universe of 125 trillion (125,000,000,000,000) individuals all coalesced and coordinated by a single ruler? A ruling benefactor that seems, upon examination, to be infinite in its intelligence? That has the welfare of all its subjects always in hand but, on showdowns, where its existence is threatened, progressively sacrifices almost everything, preserving itself up until the very last?

The brain, the most marvelous organ in the universe, is seemingly an entity unto itself that is dependent upon a body but, in turn, the body is quite dependent upon it — neither can thrive without the other. The body is the symbiotic cooperation of some 125 trillions of cells under a single commanding authority for the common good.

We must recognize that the human body with its brain is a fully self-sufficient autonomous entity if two conditions are observed, namely, that its needs be met and that it not be subjected to conditions beyond its ability to cope. From conception to death the brain and body are programmed to be: (1) self-directing; (2) self-constructing; (3) self-maintaining and self-preserving; (4) self-defensive and (5) self-healing or self-repairing where losses have been suffered. Recognizing this fundamental simplicity saves us from much error to which we are otherwise prone.

SLEEP RENEWS THE BRAIN

As creatures of nature for many millions of years, humans, by virtue of their unique way of life that required a great multiplicity of adaptations, developed into the most advanced entities that we know of.

In knowing that "consciousness" or "awareness" is but a fractional function of our brain and is but one of its lesser activities in view of the magnitude of its role in administering the whole organism, we can begin to appreciate the need for sleep and its role in enabling the brain to recharge itself with nervous energy and other vital factors we can only hint at but not determine with any certainty.

For our purposes, then, we need but understand that sleep is the condition under which the brain renews itself and regenerates its reserves such that it can most efficiently serve the body entity and itself. I reiterate that the body needs only rest, that is, cessation of activity. In a state of rest the brain can efficiently conduct the efficient removal of excess body wastes and morbid matters. The brain will oversee the resupply of the cells with their nutrient and fuel needs such that they can again efficiently function and serve the organic unity at its highest possible operational level. But the brain, itself, must go through a condition we call sleep to effect its own rejuvenation.

Our discussion centers upon a selfish interest though not an antisocial one. Our interest is in being awake as much as possible **IN THE BEST MENTAL AND PHYSICAL CONDITION POSSIBLE!** We want to make our sleep processes so efficient that they can be effected **IN THE SHORTEST POSSIBLE TIME PERIOD!**

The clues to creating the conditions necessary to shortening our time for sleeping are amply implied in the **ITEMS** cited heretofore and the many observations mentioned further along.

We must, therefore, come to grips with some axiomatic truths.

I'll repeat them:

- **THE MORE EFFICIENT THE SLEEP PROCESS THE LESS TIME REQUIRED FOR SLEEP AND THE MORE TIME WE CAN BE WAKEFUL.**
- **THE LESS THE DEPLETION OF NERVE ENERGY AND OTHER VITAL FACTORS, THAT MUCH LESS IS THE RESTORATIVE TASK.**
- **THE LESS EFFICIENT THE SLEEP PROCESS THE MORE TIME REQUIRED FOR SLEEP AND THE LESS TIME WE HAVE FOR WAKEFULNESS.**
- **THE GREATER THE DEPLETION OF NERVE ENERGY AND OTHER VITAL FACTORS, THE GREATER IS THE RESTORATIVE TASK.**

Our inquiry must then delve into those conditions that favor efficient sleep and into those factors that disturb and cause inefficient sleep.

FACTORS FOR AND AGAINST SLEEP

Now conceive of the brain as a worried mother! She has a big brood and she can't sleep until all her darlings are safely and restfully tucked away. A sick or disturbed child is her deep concern and she can't commit herself to bed, rest and sleep until her children are free of problems. If the children give her "feedback" she stays awake and involved. If the children all go to bed and rest like goodies she can calmly and contentedly retire.

This more or less characterizes the brain's relation with the body. Body sensations and problems keep the brain awake or, at best, permit it only a light stage of sleep — a fitful, less efficient or lower quality phase of sleep. No body problems and no sensual stimuli permit wonderful sleep. Disturbing factors mean poor sleep or little sleep. Until the nerve outposts of the body stop assailing the brain with its feedback — until the outposts close down or are free of stimuli, the brain cannot sleep efficiently if at all. It requires many disturbing and fitful days without sleep in most cases before nerve outposts become more or less insensible and permit the brain some fitful sleep. We see men in battle finally go to sleep no matter what and, in fact, so

adapt to danger and booming sounds as to go through them relatively undisturbed though, in fact, all such sleep is poor quality sleep and exacts its toll upon health and well-being.

EXAMINING THE CONDITIONS OF SLEEP

Let's say we're in pain or irritated. Pain may keep us awake or, if we fall asleep, permit only a light stage of sleep from which we frequently awaken. Such sleep is fitful sleep and the pain-wracked body is perpetually tired, fatigued and low functioning because the brain has been unable to adequately resupply its needs of nerve energy — thus it cannot properly effect the discharge of toxic wastes and debris from the body and it cannot effect the resupply of cells and organs sufficiently.

It must be obvious then that, for best sleep, the body must be in as perfectly a tranquil state as possible. This brings us to one of our first propositions and its corollary:

1. THE MORE COMFORTABLE OUR BODY THE MORE CONDUCTIVE TO SLEEP!

It follows then that the less comfortable our body is, the less efficiently can our brain conduct its recuperative processes for it disrupts itself with concern for its body condition. **THE BRAIN IS THE GUARDIAN OF THE BODY AROUND THE CLOCK!**

In the first two items we saw that, in a somewhat weightless stage floating on air or suspended in water, sleeping time was lessened! One of these conditions was the lack of *pressure points*. Stick a pin there!

When we have pressure points the compressed areas suffer from lack of blood circulation, obviously. When the cells in the affected area begin to send out their SOS for oxygen, glycogen and nutrients, when the affected cells begin to be stultified by their unremoved wastes, the signals do not go unheeded by the brain. First, when pressure points exist, the phase of sleep never becomes deep. Secondly, when compression becomes intolerable because the integrity of a body area is threatened, the brain brings itself to a lighter phase of sleep and shifts the body to

another position—it substitutes new areas of compression for the old areas. Thus it is that it has been observed that the “normal” body shifts 30 or 40 times in a night.

MY MESSAGE IS THIS: Ideal sleep is “sleeping like a log”! The body will be perfectly tranquil and not shift at all! Beware of ignoramuses who advise sleeping on hard beds, flat beds, etc. This advice is built-in certainty for discomfort and inefficient sleep! No amount of fatty tissue can cushion such ill effects. Such advice is **JUST THE OPPOSITE** of what we actually require. All the false sense of assurance we get out of taking such advice cannot overcome the pathological effects of following it!

Hence, ideal sleep dictates that, as part of being perfectly comfortable, we free ourselves of pressure points as much as possible. A body floating on air or in water has its weight evenly distributed — there are no points of pressure where blood circulation is restricted or denied.

It follows then that we must sleep on a bed that evenly distributes our weight as much as possible. Sleeping on air and water, on liquids, on ultra soft spongy or springy surfaces yields us the most comfort, hence the condition most conducive to sleep.

There are a multitude of other factors that weigh upon body comfort.

We all know that the body breathes through the skin as well as through the lungs. We all know that the body exudes wastes through the skin as well as through the lungs.

This decrees two things: That the skin be unencumbered so that it can freely ingest air and just as freely pass off **AND BE RID OF** its excreta! Anything against the skin that prevents air circulation not only denies the skin air but causes its own effluvia to collect such as to suffocate the area. Such a condition disturbs sleep for, upon the scene, enters our guardian angel, the brain, sacrificing its own recuperative balm, sleep, to correct matters by causing body shifts. When the brain must sacrifice deep sleep for a lighter stage of sleep to effect a body shift, then it takes a greater length of time for it to regenerate its fund of nerve energy and other vital factors.

Hence, not only do pressure points become an enemy of sleep but, so does any surface that prevents the free circulation of air. Stick a pin there too!

These are just two of the conditions concerning sleep. There are HUNDREDS of others and I'll review them for you to the extent that I can readily recount them.

THE BIGGEST SINGLE FACTOR CONTRIBUTING TO SOUND SLEEP WHICH, IN TURN, SOUND SLEEP CONTRIBUTES TO, IS GENERAL HEALTH!

As a rule, healthy people require less sleep and are better able to sleep.

As a rule, unhealthy people require more sleep and are less able to sleep.

Sick people have disturbed bodies that generate more pain, sensory phenomena, etc., and involves the brain in trying to overcome it through eliminative and restorative activities. The brain needs more nerve energy to regenerate a degenerative condition.

Healthy people have only to regenerate that small fund of nerve energy a wholesome day of life has expended.

So keep in mind that your sleep will improve with your health but, no matter what your body condition, its sleep needs will be less timewise if the conditions of sleep are improved.

Health is just as rare in America as good sleep. Not one person in a hundred in America enjoys optimal health! Likewise, not one person in a hundred enjoys optimal sleep. You'll find confirmation of this very easily if you read another article, **THE MYTH OF HEALTH IN AMERICA** printed herein and then observe the truth of it everywhere around you.

Despite the intent of this booklet, I advise this: **Get PLENTY OF SLEEP. BE WELL-SLEPT EVEN IF THIS MEANS 12 HOURS OF SLEEP DAILY!**

Sleep need only be long enough for the brain to achieve the requisite regeneration of nerve energy, the building up of the energy reserves, the replacement of spent cells, the casting out of spent cells, and eliminating the by-products of metabolism.

The thrust of this booklet is, therefore, the exploration of the means of aiding the body in more efficiently conducting these life processes so that the prime period for their execution, that is, when the body is in a state of sleep, is of less duration than now considered normal and necessary.

It is important to understand the role of sleep in the scheme of life. In this way sleep requirements are easy of ascertainment.

Just as we learn postulates and axioms in geometry to arrive at the solution to geometric problems so, in health, we learn some fundamental truths and principles so that we may solve physiological problems which may arise. Let's recite some of these basics so that we may better understand sleep's function.

1. The simplest unit of life is the cell. In humans and many other animals, cells combine to serve specialized functions and comprise tissue and body organs. These organs as a whole comprise the human organism. Humans represent the very apex of multicellular organisms where achievement rests on the highest cooperation and coordination of cellular and organic activities. Functional activities are directed by a marvelously developed brain and the nervous system.
2. The physiological functions of the body are coordinated by the two "lesser" brains, that is, the cerebellum and medulla oblongata. Beneath our level of awareness they direct ALL bodily functions from the simplest to the most complex processes. Every cell of our body is controlled by our "lower" brain. We can live entirely without our "higher" brain, that is the cerebrum and frontal lobes but we would be, in popular parlance, just vegetables.
3. The functioning of the nervous system is dependent upon nerve energy, a form of electricity! We expend enormous amounts of nerve energy daily in the conduct of our activities, often exhausting our ready supply because of unusual and inhumane situations.

4. The basis of ideal cellular existence is supply (alimentation), appropriation (assimilation), use (utilization) and expulsion (elimination).
5. The body has what is termed a "biological clock." This means that the body has cycles that fit it to the hours of the day in which it regularly performs certain physiological functions for optimum body performance.
6. These daily cycles have been ascribed to be as follows:
ALIMENTATION PERIOD: About from roughly 12:00 Noon to 7:00 PM
ASSIMILATION PERIOD: About 7:00 PM until about 4:00 AM
ELIMINATION PERIOD: About 4:00 AM until about 12:00 Noon.
7. The processes of assimilation and breaking down cellular wastes are best and most intensely effected while the body is in complete repose.
8. Rest permits intensive "restocking" or "refueling" of our cells and organs. It is the period of "anabolism" or assimilation of nutrients.
9. Sleep is a period of intensified synthesis of new cells. It is a period of recreation of the nerve energy the body requires to effect its daily functions and activities.
10. During the latter part of the usual sleep cycle, intensive elimination or "catabolism" occurs. Spent cells and waste matters are carried to the bowels, to the kidneys and bladder, expelled through the lungs or through the skin and mucous membranes. Bad breath, furred tongues and body odors noticeable upon awakening are symptoms of this stage of the body's eliminative activities, that is, its daily chore of stepped up housecleaning.
11. The length of the period of sleep required is determined by the efficiency with which the brain can carry

out the daily restocking of its cells, that is, how fast it can "refuel its tanks and recharge its batteries." This efficiency is, in turn, determined by the body's condition, i.e., its general health.

12. There are five phases of sleep which correspond to the degree of wakefulness experienced by the body or, conversely, the intensity of the sleep realized. The 4th phase of sleep is known as "dead" sleep and is the soundest sleep. It is in this state of sleep that body restoration and nerve regeneration is most efficient, hence more quickly effected. A fifth phase, known as R.E.M sleep, is the dream stage. It is the lightest stage of sleep.

We see from the above observations that sleep is a period in which the body renourishes its cells and synthesizes the predominant portion of its daily requirement of new cells. While nourishment is proceeding there is a corresponding process going on which is known as elimination for this is a vital principal of life: **NUTRITION MUST BE EQUALLED BY GROWTH, EXPENDITURE AND ELIMINATION!** The process of elimination of wastes and inimical substances becomes intense after the assimilation period.

We have determined from these statements that the amount of sleep required depends largely upon body efficiency in effecting the restorative processes, the body condition in general and the toxic load in particular. The sooner the body discharges its vital duties, the sooner we are returned to a state of refreshed wakefulness.

Therefore our attention must now be devoted to the exploration of those factors which we can bring about by design to influence body efficiency in its assimilative, regenerative and eliminative roles. We must not only insure that we have as much phase four sleep as possible, but that the tasks of sleep are easy ones. Fortunately, these roles are mutually complementary.

In pursuit of this exploration let's list some of the observations about sleep that are of particular pertinence:

- A. The more comfortable the body physically the more favorable to a deeper phase of sleep. Sound sleep is the objective.
- B. The better the blood circulation the more favorable to the deepest phase of sleep and the quicker the body can carry out its restorative, regenerative and eliminative roles.
- C. The better ventilation OF THE ENTIRE BODY in air as pure and fresh as circumstances permit (outside air is best!) the easier it is to enter into and maintain sound sleep. A continuous supply of outside air that has more oxygen and other factors, and *WITHOUT* pollutants and our gaseous excreta, shortens our sleep requirements. Keep in mind that we exude gaseous wastes not only from our lungs but FROM OUR ENTIRE BODY!
- D. The ideal sleeping temperature of the air we breathe is from 65 to 70 degrees.
- E. The body temperature must be ideally maintained regardless of air temperature. Overheating or excess cooling disturbs sleep and detracts from the physiological functions the body attempts to accomplish during sleep.
- F. The fresher the air, that is, the more oxygen it contains and the less pollutants, however generated, the more efficiently the body will be enabled to conduct its restorative activities.
- G. Conversely, the less fresh the air, i.e., the more it contains of dust, pollutants, our own aerial and skin excreta such as carbonic acid, carbon dioxide, carbon monoxide and other particulates, the less efficiently can the body restore itself, hence the period of sleep must be longer to compensate.
- H. Unhealthy bodies with impaired metabolism and greater toxic loads require more sleep than healthy bodies and ARE LESS ABLE to realize an equal quality of sleep — their rest must be commensurately longer therefore!
- I. Those who eat cooked foods require more sleep than those who eat living or raw foods.
- J. Carnivorous animals (meat eaters) require more sleep than

fruitarians/vegetarians! Lions and tigers may sleep 20 of the 24 hours in a day! Their bodies have more poisons to eliminate.

- K. An hour of phase *four* sleep, the deepest stage, is worth two hours or more of lighter phases of sleep.
- L. Noise disturbs sleep as it constantly keeps the system on the alert or, if occurring sporadically, just as often realerts the nervous system, hence makes phase four sleep a virtual impossibility. The body can adapt to "regular" noises but never sleeps as well as under quiet conditions.
- M. Light interferes with sleep. Humans are nocturnal sleepers.
- N. Tight fitting garb restricts circulation, adds discomforts and interferes with sleep.
- O. Disturbed body organs prevent deep sleep as they require nerve energy that normally would be utilized in restorative and eliminative processes. This is a double burden! We not only use up vital nerve energy in the purification and healing process, but its regeneration is curtailed. "Hangovers" are frequent evidence of this.
- P. Anything that brings us from phase four sleep to a lighter stage of sleep is a disturbing factor save, of course, a sufficiency of sleep.
- Q. As a rule the most disturbed organs of our body are those involved with digestion because of our atrocious eating practices. A frequent source of disturbance is a full bladder. And, of course, a "fevered" brain under much stress and emotional impact disturbs sleep.
- R. A nap during the afternoon lessens our need for nighttime sleep by about double itself, timewise. Our activities following a nap are more ably conducted too! A nap is usually of an hour or less.
- S. The greater the expenditure of nerve energy, the greater must be the regenerative task and, other things being equal, the longer must be the period of sleep.
- T. Harsh emotional stresses are the equivalent of short circuiting an auto battery. Nerve energy is quickly drained.

- U. Sexual indulgence requires up to two hours additional sleep and rest within the following 24 hours within conventional modes of obtaining sleep. The brain gives *a priori* attention to the reproductive process and speedily recreates, in the male testes, the some 200,000,000 sperm cells that have been released during the sex act. The brain marshals the highest quality nutrients, even prime nutrients the body needs, for the reproductive process, even if it must ransack and sacrifice many nutrients vital to its own welfare! The sexual act depletes the body such that extra sleep and rest are required for regeneration. A woman's body is similarly affected.
- V. Foul odors disturb sleep. Most pleasing aromas give us delightful refreshing sleep.
- W. Heavy eaters require more sleep than light eaters. Those who have indigestion and other digestive disturbances have poorer sleep than those who "are at peace with their stomachs." Fasters require very little sleep though using conventional beds. Not only have fasters perfectly peaceful digestive tracts, but their bodies have been cleansed of toxic matters, their minds purged of emotional stresses, and their bodies again have physiological balance to the extent possible. Consequently, their nerve energy expenditures have been lowered. I reiterate that, on conventional beds, their sleep needs are only 2 to 5 hours daily.
- X. The pains of illness or injury disturb sleep.
- Y. Those points of the body that support its weight suffer greater pressure and, therefore, less blood circulation and less air ventilation, hence the brain will come to a lighter and less efficient phase of sleep to effect a body movement to relieve pressure, restore circulation and air ventilation.
- Z. Body motionlessness is essential to undisturbed sleep.
- AA. Excessive liquid intake results in the bladder being filled several times during the night, thus causing sleep disturbance when it is necessary to arise to empty it.
- BB. Gases, acid eructations and other disturbances arising from

improper foods, cooked foods, bad food combinations, overeating, too late eating, etc. keep the brain in a constantly irritated state, thus causing poor sleep and unnecessary awakenings. More time is needed in sleep to regenerate the extra nerve energy loss and to make up for the lesser effectiveness of the disturbed sleep.

- CC. Stay away from ALL drugs and stimulants including caffeine (coffee and most soft drinks), theine (tea), theobromine (chocolates and cocoa), nicotine and other poisons (tobacco), vinegar, alcohol, pep pills, aspirin, sleeping pills (so-called — they actually put us into a coma or unconscious stupor), salt, condiments, etc. ONLY the highest quality food served in the fresh raw natural state under proper circumstances should ever pass your lips! All drugs are inherently poisonous and they ruin not only health but sleep as well.**
- DD. Refrain from excitement. Sleep eludes us while we're in such a state.**
- EE. Likewise, boredom and monotony tend to make us drowsy though not necessarily fit for sleep unless it is needed.**
- FF. The healthier the body, the less sleep it requires and the more efficient it is in carrying out the restorative, regenerative and eliminative processes. As well, it has smaller eliminative and restorative tasks.**

It will be adduced from the foregoing that, if we're in a very fine state of health, that if we can be suspended in air of ideal temperature and humidity that is constantly fresh, that if we have as weightless a condition as possible, that if we are in a dark noise-free environment, in a pleasant aromatic atmosphere, that we have no emotional problems or digestive/urinary or other body disturbances, we can get by on about three to four hours of sleep a day!

For the average man or woman such ideal conditions of sleep are impracticable. However, knowing the circumstances of ideal sleep, we can bring about as many of the favorable factors as our situation permits.

Most physicians ignorantly advise that we sleep on hard mattresses! If hardness is a virtue why not sleep on boards or concrete slabs! The pressures on the body's contact points, those points which bear the body's weight, suffer impaired circulation. The lower brain wisely brings us to a lighter stage of sleep and shifts our sleeping position lest we have a mass of under-nourished cells that will bring us problems in keeping with the amount of nourishment denied. It is a rule then, that the harder our sleeping surface, the LESS refreshing will be our sleep.

On the other side of the coin the softer our sleeping surface, the more comfortable we will be. But this does not, perforce, mean we'll sleep better! Soft mattresses have these untoward side effects as a rule:

- A. They restrict air ventilation on the skin which is so essential to sound sleep.
- B. They cause the body to overheat itself.
- C. Body excreta from the skin collects and interferes with skin breathing.

Fresh air over the entire body is essential and, as well, an even temperature all over the body is ideal.

If you truly wish to improve your sleep such that you add substantially more time to your day, then you must take a multifaceted approach.

Foremost is the adoption and implementation of a valid health program that involves all the essential factors and influences that are the bases of health and which totally rejects all factors and influences that undermine health.

Secondly, we must create a sleeping environment as favorable as possible for sound sleep.

This involves getting a bed that maximizes our comfort and gives us maximal air circulation around our body.

It further involves maximizing the fresh air supply, even sleeping outdoors! This may also involve eyeshades, ear plugs and ear muffs to keep out light and sound. But these appliances are themselves sources of disturbance.

Thirdly this means eating several hours before retiring, some five to six hours. Say we have created a situation where we can get by on six hours of sleep daily and that these hours are from 12:00 P.M. until 6:00 A.M. Our meal should be concluded by 8:00 P.M. such that digestion will be almost completely effected and no disturbance can accrue from that quarter.

As ALL activities of life must be correctly conducted in accord with our biological heritage to appreciate the highest level of health and to have the highest quality sleep, I bid you to study the simple program for attaining and maintaining a high level of health. The program of NATURAL HYGIENE is the only one that can bring optimal health. There are many books available about NATURAL HYGIENE.

Now that you are somewhat aware of the requirements of sleep I urge you to set about the studies and ordering of your personal circumstances, such that you can sleep better and sleep less. You'll be healthier and happier for it!

