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Günther W. Amann-Jennson, Ph.D.

# SLEEP YOURSELF YOUNG, FIT AND SUCCESSFUL

HARNESS THE MYSTERIOUS POWERS OF SLEEP TO GAIN  
MORE VITALITY, HEALTH, HAPPINESS AND SUCCESS.

**59**

**IN 59 MINUTES  
YOU WILL KNOW MORE**

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2015

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“Heaven has given to man three things as a counterweight to the many hardships of life: hope, sleep and laughter.“ This postulate of the German philosopher Immanuel Kant (1724-1802) is as alive today as over 200 years ago, when applied to the healthy sleepers who always have a restful sleep. However, these are only about 20 percent of the adult people of our planet. It is known to sleep experts that, first about 80 percent of people complain of temporary or permanent non-restorative sleep and, second, that those who suffer from permanent non-restorative sleep have lost laughter and hope. According to Kant, whoever wants to take full advantage of these, three God- given things should either possess a good night’s sleep of high quality or strive for it with the help of sleep hygienic measures. Good night’s sleep, is a vitality refresher; it gives us hope and makes us laugh with unbridled heartiness, so that we can cope with or easily master the hardships of life, which are now referred to as distress.

In the form of a broad guide to modern science-based sleep hygiene, Dr. Günther W. Amann-Jennson describes in his book “Schlaf Dich jung, fit und erfolgreich“ (translation: “=Sleep yourself young, fit and successful”) how high quality sleep and regeneration can be achieved. Proper sleep hygiene excludes drugs, but includes nature and demands a healthy lifestyle in relation to the sleep-wake rhythm.

In a unique, easily understandable and comprehensive way, Günther W. Amann-Jennson describes the importance of sleep for being healthy, for a high quality of life and optimal human performance. In his discourse, he closes a previously existing delicate gap in the complex of healthy lifestyles, in which sleep is usually given little attention. The highly experienced sleep expert and psychologist suggests many practical indications. The guidelines for actions are understandable and feasible for anyone who wants a good night’s sleep.

So far I have not known such book with instructions for complex, solely nature-based sleep hygiene. Being myself an author of numerous books about sleep, I confess without envy that I have not yet written such all-encompassing description of nature-based sleep hygiene. Primarily, Günther W. Amann-Jennson has managed to present the essence of what we need

to know about sleep, and to omit the unessential. The “bio-energetic healthy-sleep concept“, which is based on chronobiology, could be characterized as the basis for achieving a restful sleep in the 21st century.

An essential factor for a restful sleep is the bed. A proverb says: “As you make your bed, so you must lie on it.” Whoever has slept only once in the healthy sleep concept bed developed by Dr. Amann-Jennson exclusively from natural materials and on the market since 1998 will testify that they had enjoyed restful sleep. All this is achieved by a layered structure with double-slatted, freely hanging frame; natural rubber mattress; virgin wool pad; grounding pad, an orthopedic pillows and a cozy duvet.

If previously the car was a status symbol for many people, in this century it should be the bed which ensures a restful, high quality sleep, something which many people lack and thus place themselves on the path to chronic illness, as, for example, the LARES study (2004) demonstrated. The best car can never substitute for a bed that ensures the much needed good night’s sleep. I would classify the bio-energetic healthy-sleep concept of Gunther W. Amann-Jennson as the highest class of this new status symbol. It gives us the opportunity to sleep in such a way that we achieve the three things described by Kant as a gift from heaven and a counterpart to the many hardships of life: hope, sleep and laughter.

**Prof. em. Prof. Dr. med. habil. Karl Hecht, Berlin (90 years old)  
Germany’s Senior Sleep Specialist (since 1957)**

## PREFACE

To bring vivacity and joy into our lives – this is what we dream of. This includes feeling young independent of biological age, being fit and being successful in life. However, the most important prerequisite for this is our health. It forms the very basis for all our dreams, desires and visions.

As a healthy diet, exercise and sports, as well as a positive attitude toward life were considered reliable guarantors for good health in the past, finally a multiplication factor can be added which was inexcusably neglected until now: healthy, restful sleep. For the person who knows best to deal with his/her sleep is, in every respect, on the better side of life. Studies on the relationship between sleep on the one hand, and health, well-being, performance, health and success on the other hand, clearly indicate: when we sleep well and restfully, then we are doing substantially better in all aspects of life. My many years of practical experience as a sleep psychologist and “healthy-sleep entrepreneur“ have shown that more and more people are interested in the “Healthy Sleep“ factor. This is due to the fact that an increasing number of people sleep badly or suffer from disrupted sleep. Therefore, they no longer experience the necessary physical, mental and spiritual regeneration through sleep.

Awareness of one’s nighttime sleep and progressive development towards Bio-energetic Sleep® as the highest form of physical, mental and spiritual regeneration can make all the difference in one’s life. To deal with your own physical and mental health in a holistic manner and to enhance this by means of biologically valuable sleep is also part of a change of values in our society.

Thus, healthy sleep becomes an important part of a modern, health-oriented lifestyle movement in the 21st century. This also points clearly to profound changes in our health awareness, especially in the field of prevention. While exercise and diet used to be the key pillars meant to support healthy living, now a multiplication factor of unimagined dimension can be added: the power of biologically valuable sleep. As we take a preliminary comprehensive look at the results of sleep research in relation to our health, we can estimate the dimension. According to the latest scientific research results, more than 90 percent of our health depends on the quality of our sleep!

Hence the logical consequence: whoever wants to live healthy, must especially sleep healthy! Should this knowledge spread to other areas—and there are many indications for this—a true revolution is in the works for our lives and our future health awareness.

Sleep is still one of the biggest mysteries of life. In this handbook, I am happy to invite you to travel together with me to major sections of this wondrous world of sleep. As is known, each trip has a starting and a destination point - and this book is to be regarded and used as a travel guide.

The specific goal of our journey together is that you make exciting discoveries and encounter interesting phenomena around your own sleep and learn to harness them for a better life. Mainly, it is about showing you useful, valuable and above all practical ways towards a better sleep, waking and dream life.

The common ultimate goal of this book is thus to incorporate Bio-energetic Sleep® as the highest form of physical, mental and spiritual regeneration and revitalization (through the power of sleep) into your life. The handy format of the book gives you the opportunity to have your healthy-sleep coach always with you. For this, I wish you a lot of discipline, persistence, success and, of course, a lot of fun.

**Dr. med. h.c. Günther W. Amann-Jennson**  
**Sleep psychologist**



## PERSONAL COACH FOR HEALTH, FITNESS, SUCCESS AND HEALTHY SLEEP

Intuitively, we all want a happy, healthy, long and prosperous life. Particularly, if you live, work and sleep in Western civilization, this is no longer so easy. While life expectancy has increased steadily, so have health problems from midlife as well. Current science shows us that our health is temporarily dependent on very many and complex factors. Crucial is still the sum of the positive-acting factors of your personal life, i.e., your lifestyle.

Our modern lifestyle has disrupted the rhythms of life of almost all of us and thus we do no longer live in balancing resonance with the natural rhythms. This results in a series of disturbances which bring out of balance our physical health, mental balance and also our sleep.

Healthy diet and exercise are important rhythm generators. The most important rhythm generator for the day, however, is our sleep and vice versa. When we think about health, then of course we also mean our sleep health. All mentioned factors also affect sleep health and therefore automatically our overall health. Our lives are increasingly complex and thus automatically become more complicated. This development will leave you really with only two options concerning important aspects of your life: either you guide and coach yourself in all these important areas or you select someone else to guide and coach you in a targeted manner. The first takes more people more time to complete. More and more people take advantage of the latter.

The demand for personal coaches in all areas of life is booming and an increasing number of people who strive for health, vitality and success now have a personal coach. That is what this handbook is meant for: I am happy to support you as your personal healthy-sleep coach.

## PERSONAL IMBALANCE AND ITS CONSEQUENCES

We all are now exposed to innumerable and diverse stress factors so that our physical and mental balance is strained to such an extent that our overall health is at risk in the highest degree. And that includes the most important foundation of health, namely our sleep health. In this sense our entire lives, our overall health, our energetic vital forces, our physical and mental health as well as our personal success in life have become a real balancing act. It is necessary to keep in balance various layers and factors. Among other things, here we think about the rapidly increasing environmental pollution and the impending climate change. Even our once natural and vital foods are increasingly treated with harmful chemicals, and we are also bombarded with fast food, ready meals and sweets that do not promote our health and our sleep. Nevertheless, the promotion, support and restoration our overall health remains the supporting foundation of our lives. And this should also apply to you because all your dreams, desires, visions and plans, ranging from success, money, happiness and joy of life are ultimately dependent on your health and your performance level.

### HEALTH – WHAT IS IT?

There were times when it was assumed that health is more of a static condition. Meanwhile, the modern formulation by the World Health Organization (WHO) indicates a new, more dynamic direction: “Health is a positive functional overall condition in the sense of a dynamic bio-psychological equilibrium that must be preserved or repeatedly restored.” According to this definition, health is no longer to be understood as a condition, but rather as a dynamic, constantly changing process, which must be kept in equilibrium mainly by us.

The definition of the Ottawa Charter (WHO 1987) is also worth mentioning: “Health is to be understood as a satisfactory level of functioning in physical, psychological, social and economic terms, and of self-care capability into old age.” Particularly, the “self-care capability into old age” including quality of sleep becomes more and more important in our society, if one wants to make a positive contribution to the age care debate.



From the perspective of health psychology, health can be achieved today if we humans manage to overcome the prevailing antagonisms in all areas of life and thereby ultimately to strike a balance between these forces acting against one another. And this path mostly has to do with our own thoughts and actions, and of course with our sleep. For the healthy, restful and above all Bio-energetic Sleep® has a balancing and restorative effect.

## HEALTH AND DISEASE STRESS

Paradoxically, people experience negative stress, if they are repeatedly confronted with what not to do, because it could harm their health. These include indulgences such as alcohol, smoking and good food. Although today we know countless ways to avoid health problems and there is ongoing progress in medicine, there have never been so many sick people with so many different diseases as are today. "The international statistical classification of diseases and related health problems" (ICD-10) was created by the World Health Organization (WHO). Nobody really knows for sure how many diseases actually exist, because their number indeed is increasing every day. But one thing we know for sure: There is only one health! In this context it is important to recognize and accept that both our sleep health as well as our overall health are actually dependent on over 90 percent of our own thinking, acting and letting go.

## THE FACTORS FOR A HEALTHY LIFE

What are the mentioned areas and levels of life that are critical to your personal physical, mental and spiritual rhythm and thus for your overall health? This is the question people, healers, philosophers, poets and many others have grappled with repeatedly. According to our present knowledge and "zeitgeist", the key areas and factors are listed here:

- Your physical body
- Your mental, spiritual and emotional balance
- Your thinking and beliefs
- Your relationship(s) to yourself and others
- Your personal finances
- Your attitude towards your environment
- Your coping mechanisms with stress and conflict
- Your purpose in life and spiritual balance

So these are the key personal areas and factors that substantially affect and make up your overall health. And if we believe in the current findings of quantum physics, we can identify a common denominator for the answers to the questions about health: everything has an influence on everything. Correspondingly, there is actually not anything or anyone that does not affect your overall health. In any case, the fact remains that you are and will remain the greatest factor of influence and thus you are the generator of rhythm to your overall health!



## SLEEP AS THE MOST IMPORTANT CATALYST

The most important mediator between all these external and internal influences is the extremely complex process of your sleep! One of the pioneers of sleep research and medicine, namely Prof. Dr. Karl Hecht has made the point, : “From a regulatory perspective, sleep is a much more dynamic and complicated process than being awake.” Thus, by directing your focus immediately on conscious awareness and improvement of your sleep, you will cause a positive change of the individual internal and external factors in relation to each other. Conversely, it can be deduced that if, as mentioned, everything influences each other, you can change and improve your sleep by deliberate alteration of some internal and external factors. Overall, we currently are experiencing rather difficult times concerning sleep in our modern lives.

About 40 percent of people in the civilized world complain about “no longer having restful sleep“ and an additional 40 percent are already suffering from manifested sleep disorders!

In order to be in the future among the remaining 20 percent who sleep healthy and restful, you are required to take specific targeted measures from now on. In the first stage, these measures concern your bedroom, your sleeping amenities (bed) and your sleep environment. The second stage also concerns your daytime, specifically the course of your day.

Considered in isolation, poor, non-restful and disturbed sleep is indeed not a disease, because the causes are not organic to more than 95 percent. The causes are rather stress related and lead psycho-physiologically to poor or disturbed sleep. This in turn has much to do with our own thinking, acting and ostensibly with our external and internal sleeping conditions. As long as we are not dealing with organically caused sleep problems, sleep psychology is actually the right platform for healthy sleep coaching.

## THE SEVEN PILLARS OF HEALTH

The long, happy, healthy and successful life desired by many obviously depends on some basic factors.

### 1<sup>ST</sup> PILLAR OF HEALTH

Bio-energetic Sleep® in the sense of the holistic integration of all relevant internal and external factors is the most important pillar for your overall health. Your sleep aggregates all external and internal influences during different sleep stages and reflects these in its relaxation value. This nocturnal relaxation value forms the very basis for your health, vitality and well-being and thus also the basis for your success. However, Bio-energetic Sleep® requires certain external and internal conditions, so that it can actually occur and lead to a biologically high relaxation value.

### 2<sup>ND</sup> PILLAR OF HEALTH

Give preference to a healthy, vibrant, vital, base- and nutrient-rich diet that includes all necessary nutrients, vitamins, minerals, amino and fatty acids. There is extensive literature to help you discover the secrets of a healthy diet. Pillar 2 should be supplemented with the resolution to deliberately avoid food poisons that can be found in fruit, vegetables, beverages, etc. This also includes the targeted control of the vitally important acid-base balance.

### 3<sup>RD</sup> PILLAR OF HEALTH

Do regularly drink healthy, vibrant, non-carbonated water. If your tap water does not meet this requirement, chose natural mineral water instead. A daily intake of water of about 3 percent of your body weight is ideal. Distribute this fluid intake over daytime. In addition, you should tackle the issue of correct breathing. The stressed-out human being has become a typical “shallow breather”, which is obviously disadvantageous. The learning of special breathing exercises or targeted breath training is very helpful. Soak up every day as much as possible natural daylight and sunlight. Give preference to the early morning or late afternoon hours. Otherwise, it is important to protect yourself from harmful UV radiation.



## 4<sup>TH</sup> PILLAR OF HEALTH

Whether it comes to your overall health or healthy sleep, you should be physically fit. Optimize therefore your body physiology and fitness through exercise, sport and regular training (Nordic walking, jogging, rebounding, etc.). Bring love and intimacy into your life and ensure a balanced, fulfilling sex life.

## 5<sup>TH</sup> PILLAR OF HEALTH

Address your positive self-development on all relevant levels every day: physically, mentally, emotionally, psychologically, spiritually, socially and financially. There are countless established principles of life (self-mastering). Selected literature and good seminars help with this. Work with positive self-suggestions, affirmations and positive visualizations.

## 6<sup>TH</sup> PILLAR OF HEALTH

Provide a healthy, non-toxic and electromagnetic pollution-free living and working environment. A specific, grounded cushion with silver-cotton fabrics and bio-magnets that neutralize electromagnetic pollution is available also for the PC workstation. If possible, use nature- and bio-light systems. In particular, limit the use of cell phones to a necessary minimum.

Mobile phones affect your bioelectrical, internal systems and have a measurable impact on your brainwaves. This endangers your overall health and has in any case a negative impact on your sleep quality!

## 7<sup>TH</sup> PILLAR OF HEALTH

Maintain a regular balance between stress and recovery. Breaks, relaxation and meditation exercises will help you with this. Regular, goal-free activities, i.e. hobbies, are very important for rest and relaxation. Maintain harmonious relationships within the family, with friends and work colleagues.

In summary, the most important prerequisite for a fulfilling, successful life remains your overall health. The most important condition for your overall health and well-being, in turn, is a healthy, restful to the healthy, restful and Bio-energetic Sleep®. It is not news and surely an experience you have had before when you have not slept well, that the nightly sleep has a huge impact on our daily lives. However, this influence is much greater than has

been assumed so far from a scientific perspective. This means that every person who has the idea of wanting to live a healthy life, should primarily optimize their sleep! And this is a fact that is fully confirmed by sleep research and medicine.

With these words, one of the most prominent sleep researchers and sleep specialists, namely Prof. Dr. William C. Dement of Stanford University (USA) summarized early in 1999: "After 40 years of sleep research, I have found no other factor of such large influence on our health and well-being as sleep." In this respect, Prof. Dement meanwhile has elaborated on his earlier statement, which was even worth a noting in the renowned "New York Times": "Our health depends on healthy sleep for more than 90 percent!" Practical experience also confirms this clearly: there is no healthy person who sleeps badly, and there is no sick person who sleeps biologically well.

## BRAIN, BIOELECTRICITY AND SLEEP

Basically, bioelectrical energy is present and effective in any biological system. All vital processes in our body are controlled bio-electrically. In this, sleep plays a crucial role, since numerous regenerative, regulating, balancing and ultimately restorative processes occur during sleep. Thus, the body-soul-spirit unity is reset to harmonious normality during sleep.

All the body's regulatory processes are harmonized, supported, promoted and strengthened every night anew by the functions of sleep. Our brain plays a crucial role in all of these processes around sleep. It is also very active during sleep and processes daytime impacts and helps us reduce mental daytime stress through the dream stages. Self-healing powers are also activated through hormones released by the brain during sleep. While we sleep, for example, our cells are renewed eight times as fast as during the day when we are awake. Increasingly sophisticated options to measure and explore physiological sleep patterns now are available to sleep research and sleep medicine. In the early stages of sleep research, mainly the observation of the sleeping subjects was utilized. Today, extensive measurement capabilities culminating in imaging methods allow completely different insight into what happens in our body and especially in our brains during sleep.

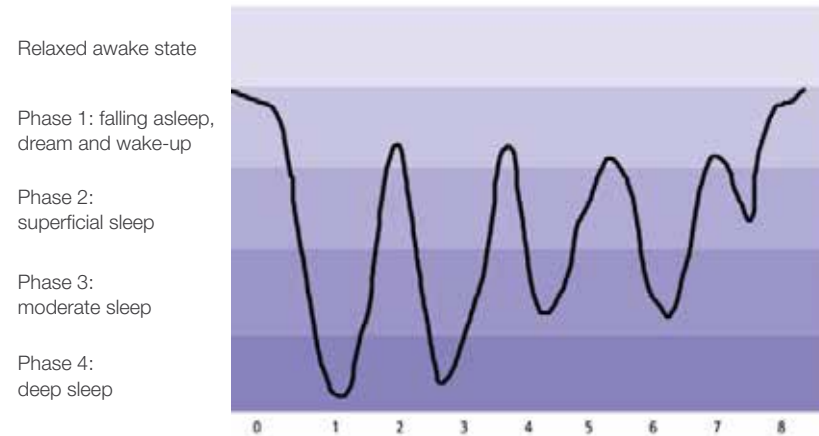
As early as the 1950's, scientists observed with the help of electroencephalography (EEG) that dream stages (REM), for example, are in a direct connection to certain brain activities. During a nighttime EEG, brain waves

are measured and recorded in the course of sleep and then associated with specific sleep phases. The result is a chart (hypnogram) or a sleep profile, where you can read time course and expression of the sleep phases. A healthy, restorative sleep leads to a very specific sleep profile with the corresponding sleep architecture.

## THE INDIVIDUAL PHASES OF SLEEP

We distinguish among four phases of sleep, starting from the first light sleep phase (Phase 1) to the fourth (Phase 4), the so-called deep sleep. Correspondingly, the brain gets increasingly quiet during the first 45 minutes of sleep, it falls deeper into sleep and the eyes of the sleeper stay relaxed. This means that the frequencies and electrical activity of the brain change from 8-10 Hertz (oscillations per second) to 0.5 Hertz during deep sleep. Then, this process is reversed, but the sleeper remains briefly in the first of normally five dream (REM) sleep phases that last for only a few minutes. This cycle from Phase 1 to the dream (REM) sleep phase is repeated every 90 minutes and a healthy sleeper undergoes four to five such cycles per night.

The course of sleep in terms of the different sleep phases



In the first half of the night, we experience more deep sleep and, in the second half of the night, more dream (REM) sleep phases. Therefore, we call the sleep before midnight “golden sleep“, because it is the deepest and most regenerative before the first REM sleep phase.

Deep sleep is vital for physical regeneration, and dream (REM) sleep for mental regeneration. In general, the dream (REM) sleep phases fulfill a very important function for the healthy, restful sleep. This can be concluded from scientific test results. If test subjects are prevented from reaching dream (REM) sleep, these people will show massive problems in solving complex and new challenges compared to test persons with uninterrupted dream (REM) sleep phases.

This is also a plausible reason why the use of so-called sleeping pills should be avoided, if possible, because these sedatives prevent brain wave activity at the beta waveband (13-30 Hz). However, it is precisely these frequencies that are measurable during dream (REM) sleep. Research results have clearly shown that dream (REM) sleep phases are particularly significant for all learning and memory processes during the day, but especially during the night.

## BASIC CONDITIONS FOR HEALTHY SLEEP

You do not need to know everything in detail about how your sleep really works and what is happening during sleep in your body and especially your brain. There are millions of people who know virtually nothing about their sleep and still sleep reasonably well. Just not as well as they could, but at least they sleep. Conversely, there are more and more people who know very many details about their sleep and still do not sleep at all or sleep well, and especially not restfully. Therefore, you should especially get to know those details which are essential for a healthy, relaxing and especially Bio-energetic Sleep®.

Bio-energetic Sleep® happens only when you truly establish the basic requirements for the biological process of sleep. For example, your pineal gland (pineal gland) can properly stimulate the production of melatonin and vasotocin (sleep hormones). These hormones in turn are a prerequisite for reaching the vital phases of deep sleep and only during the deep sleep phases can the growth hormone somatropin be produced in the hypophysis (pituitary gland) which, for example, initiates the restorative and regenerating processes. Physical and mental vitality, joy of life and well-being are the natural consequence of these processes. The immune system is strengthened, forming among other things defense agents against cancer cells (anti-tumor effect). For all these and a variety of other reasons, it is very valuable for you when you learn step by step how to enjoy healthy, restful and Bio-energetics Sleep®!

## HEALTHY SLEEP: THE GREATEST HEALTH AND LIFESTYLE PROJECT

Along with the need that we absolutely have to learn to sleep better again in the future, trend researchers have tackled this phenomenon. Interesting are the predictions of the renowned Swiss Gottlieb Duttweiler Institute, which focuses on scientific trend research. There, they are in fact convinced that healthy sleep will develop into the greatest health and lifestyle project. The Gottfried Duttweiler Institute elaborates: "Soon the healthy night's sleep will receive the same recognition as a healthy diet does today. Thanks to advances in sleep research, the arising damages from lack of sleep and insomnia are increasingly better known: too little sleep makes you fat, stupid and ill. Only healthy sleep regenerates the body and mind. Around the scientific

field of sleep, this creates a growing potential for new offers such as better sleeping drugs, sleeping accessories, sleep programs, sleeping cures, dream diaries or sleep coaching. "Thus, sleep develops from a necessary body function to a central factor in our personal health and lifestyle program - especially as the demand for regeneration is increasing in an aging society: who is old, will get tired more quickly."

This trend in society actually has been felt for years and the interest in healthy, and especially in Bio-energetic Sleep® is increasing every day! "Who is old, will get tired more quickly." The demand for regeneration genuinely increases with (old) age. This rising demand, however, cannot be taken care of by extension of nightly sleep, but by increasing the quality of sleep, or better by Bio-energetic Sleep® including mini naps during the day and full compliance with the natural wake-sleep-dream rhythms.

## FROM PSYCHOLOGY TO SLEEP PSYCHOLOGY

When it comes to the most important requirements for your healthy and Bio-energetic Sleep®, the "hardware" clearly plays the main role, namely a holistic sleeping system. This, in turn, must meet the requirements of sleep medicine, sleep psychology, construction biology, living biology and electro-biology, orthopedics as well as bed room and bed climatology. Furthermore, you need personalized matching "software" for your healthy sleep. This exactly has become the basis for my mission in life, namely sleep psychology. Since the psychological element plays a major role in your life, the confrontation with one's own soul is worthwhile.

Psychology is an empirical science and its focus is on the description, explanation and prediction of the experiences and behavior of people. This includes their development over the course of their lives, as well as their internal and external causes and conditions. "General Psychology" deals with generally applicable laws in areas of basic mental function such as perception, learning, memory, thinking, problem solving, knowledge, attentiveness, awareness, motivation, etc. In contrast, sleep psychology deals with individual differences and dependencies in sleep-dream-wake behavior and experience. Also relevant are bio-psychology factors, because many sleep disorders are psycho-physiological and thus mainly stress related. In sleep psychology bioelectrical measurements of brain activity and analysis of heart rate variability (HRV) play a major role in assessing autonomic he-

alth, sleep quality and thus individual rhythmicity.

Today it is possible with help of a special recorder and corresponding software to gain, via the HRV (heart rate variability), a deep insight into the order or disorder of one's inner rhythm, and the important relationship between stress and recovery, and between daily activity and sleep. The heartbeat is so highly suitable for this because it is an umbrella rhythm generator so to speak, and thereby controls a number of other internal rhythms. HRV measurements reproducibly show what rhythm the changes of the heartbeat follow – e.g., the blood pressure (sympathicus / strain) or respiration (vagus / regeneration). Experience shows clearly that the decisive factors are one's own lifestyle, fitness and rhythm of life. The aim towards optimizing sleep is to achieve a distinct balance between stress and regeneration. Therefore also the regeneration effects of breaks, recreational activities, of breathing exercises and of course of sleep have become measurable and documentable.

Furthermore, socio-psychological factors are also of interest in this context, since our social behavior and our social bonds also affect our thoughts, feelings, rhythms of life and thus our sleep. Within sleep psychology thus the process of sleep has become an important seismograph and gauge of one's physical, mental and spiritual balance and consequently one's overall health.

## **YOUR SLEEP IS A MIRROR OF YOUR STATE OF BEING AWAKE**

In many scientific fields, we have seen a paradigm shift for the millennium. Quantum physics had the greatest impact on this new vision by presenting with its models the everlasting networking of all living systems. This leads again to a gradual merging of the inextricably connected and active body-mind-spirit components. The new scientific basic thinking thus spells now "Everything is connected to everything and everything has an impact on everything". With this in mind, sleep research needs to be expanded even more intensively on wake and dream research. As sleep and its dreams are nothing more than the mirror of our being awake. Conversely, it is of course just the same your sleep-dream life is reflected the next day in the rhythms of your waking life. This means for you, the more balanced and emotionally harmonious your day goes, the deeper and more restful your sleep will be. From this perspective, we are all in a rather difficult phase of our evolutionary and health development. In our 24-hour performance-oriented society it will

be increasingly difficult to grant sleep its appropriate value. The consequences are obvious: the subtle and simultaneously invaluable process of sleep is has become seriously endangered. Non-restorative sleep, sleep disorders and chronic sleep deficit by sleeping too little has reached almost epidemic proportions. This applies especially to the regions on the planet where we believe to live "civilized" and thus also sleep. And to the same extent as sleep time and sleep quality decrease, civilization diseases increase worldwide.

From a science-based perspective, this seems to be a very disastrous development, because the increasingly poor sleep is suspected to be the cause for many diseases of civilization. This is suggested by the latest results from interdisciplinary research in sleep medicine. Already modern science assumes that a number of lifestyle diseases such as cardiovascular disorders, hypertension, type II diabetes mellitus, metabolic and immune system disorders as well as cancer have much more to do with poor sleep than previously thought.

The cause-action principle for nocturnal sleep is based on the scientific fact that sleep is an "instinctive act" of man. Thus nature provides the day-night rhythm and the resulting wake-sleep-dream rhythm. Controlled by natural internal clocks, nighttime rest follows automatically daytime activity.

Both are interdependent in their characteristics and quality. As for us people in particular the daytime life is of interest, it is even more important to specifically raise awareness of the regeneration and recharging of vitality resulting from sleep, and to support and promote these. Very extensive studies on humans performing night work and thus being exposed to additional health risks show that these correlations are well founded.

## ARE NON-RESTORATIVE SLEEP AND SLEEP DISORDERS HOMEMADE?

The initial situation is now more than clear: about 40 percent of civilized people complain about “non-restorative sleep“, while 40 percent already have manifested chronic insomnia. Sleep medicine specialists have found nearly 90 different types of sleep disorders over recent decades. In fact, there are countless reasons and causes in order to sleep badly. However, most are “homemade“ in the truest sense of the word, because the increasing sleep problems have a lot to do with our homes.

30 years ago, the founder of modern construction, living and sleeping biology, Dr. Hubert Palm whom I also count as one of my most important teachers pointed out that electromagnetic fields presumably are among the largest disruptive factors of sleep! Unfortunately, he should get this right, as the science of electrobiology indicates today. Over the last five decades, people have increasingly retreated into buildings. We live in houses and apartments, we work primarily in buildings and we move our sporting activities into fitness centers more and more often. It actually goes without saying that interaction occurs between buildings, room facilities, and people.

This subject is covered empirically and scientifically by building biology, i.e. the science of healthy building, living and sleeping. In this context, there are clear requirements for our living rooms and bedrooms, on their equipment and technology. This is also about internal and external disturbing factors in our bedrooms and their often inadequate sleeping surfaces from a biologic, orthopedic and bed climate.

That is, poor sleep and disruption of sleep are often “homemade“. Overall, construction, living and sleeping biology has established very wise regulation concerning limit values and tolerances in health terms: at the slight risk that an impact could be harmful to one’s health, it should be avoided! This applies especially to bedrooms and sleeping spaces.

## MATERIALS AFFECT THE QUALITY OF SLEEP

Construction and furnishing materials and in particular raw material used for bedding have greater impact on biological sleep quality than previously thought.

An Austrian research association (JOANNEUM RESEARCH) succeeded with the help of HRV measurements to gain sensational findings on the positive effects of stone pine wood, for example. These HRV studies were performed on a number of test persons. When tested in the laboratory, the quality of regeneration differed significantly between a stone pine wood room and wood decor room of identical design. Stone pine resulted in a lower heart rate during physical and mental stress.

The autonomic regeneration process has been accelerated in subsequent periods of rest. Weather sensitivity of the heart rate was noticeably absent in the stone pine room, for example. This is proof for a better sleep quality in a stone pine bed! Scientific director Prof. Maximilian Moser summarizes these findings: “Who sleeps in a stone pine wood room or bed attains an average labor savings for the heart of about 3,500 strokes. This represents an hour of cardiac work per day.“ These results confirm my chosen path 25 years ago of sleeping space optimization and the development of a holistic healthy sleep concept using natural, pollution-free and artisan materials such as sheep’s wool, cotton, solid ash wood as well as stone pine wood shavings as fillings in cushions.





## FIT AND POWERFUL THROUGH SLEEP

“To be really fit” that is something that everyone wants. For physical and mental fitness is simply part of a healthy and successful life. And it is right here where we can summarize: sleep really is the very best medicine. This is not only popularly known, but modern science has newly discovered sleep and its powers as a medical screening instrument. “Healthy sleep as wellness at home” confirms the trend towards raising awareness of sleep. Studies and experience with top athletes indicate that sleep is quite well suited to increase fitness and performance.

## MORE AND GOOD SLEEP ADVANCES ATHLETES

Sport psychology has also been interested in these correlations for some years. For the findings of sleep research and medicine confirm the intuitive orientation of competitive athletes and top athletes to overall put great emphasis on recovery, regeneration and sleep alongside regular practice. Numerous studies have proven that lack of sleep has a negative impact on the performance of athletes. Recently, the tables were turned in one study and it was found that athletes do not necessarily have to train more to improve their performance. American researchers have found that just a bit of additional sleep can make a significant difference - in physical as in mental terms.

The study was carried out with basketball players of a university team. These were initially kept on their usual sleep patterns for two weeks. Then, however, they were instructed to sleep as much as they possibly could. Regular tests revealed a clear effect: not only did their sprint speed improve by an average of 7 percent, they now also scored many more free throws. In addition, they were in a better mood and felt less exhausted than at the beginning of the research.

The study was focused on the extension of sleep, which leads to rather opposite, i.e., negative results in the long term. Namely, too much sleep is as problematic as too little. However, the correct path is to improve the wake-sleep and exercise-regeneration rhythm thereby improving the quality of sleep through the Bio-energetic healthy sleep concept.

This is one reason why the Bio-energetic healthy sleep concept is employed by numerous competitive and top athletes today. These athletes virtually utilize targeted sleep optimization as a kind of “most natural, best and most cost-effective doping” with only positive side effects, i.e., a multitude of world records and top performances and thus gold medals!

## THE RHYTHM OF STRESS AND RECOVERY

The rhythm of being awake and sleeping can be compared with the rhythm of stress and recovery. During the wake and performance phase we consume increasingly vital energy. We draw new strength especially during the sleep and recovery phase. During the performance phase, the cardiovascular and the respiratory systems are particularly active. Our muscles then have increased tension (muscle tone). Controlled by the autonomic nervous system (vagus), our organism switches to regeneration mode during the recovery phase.

This phase is characterized by specific brain activity (alpha waves) and activity of our digestive organs. Therefore, the saying goes: „After eating you should rest or take a thousand steps.“ However, great physical exercise or effort should never be performed. Similar to the phases of sleep, this rhythm is largely genetically controlled by our inner clock. Whoever repeatedly lives in dissonance to the beat of the internal clock by forcing in performance phases during actual relaxation and sleep phases and vice versa, sooner or later generates a classic sleep disorder.

## BACK TO GOOD SLEEP IN 21 DAYS

The good news: whoever is ready to re-adjust one’s wake-sleep-dream life to one’s inner and actual non-adjustable clock will need about 21 days with necessary discipline and perseverance before gradually reestablishing the correct rhythm. My sleep coaching helps, in any case, to find again your natural sleep-wake rhythm. Sometimes you can feel an improvement of sleep from the very first night, in exceptional cases, it may also take longer than 21 days. One thing is certain, if you implement the suggestions, you will be richly rewarded. For there is no substitute for healthy, restful sleep, and likewise for the innumerable positive effects arising from it!



## SLEEP - THE BEST FOUNTAIN OF YOUTH FOR BODY AND MIND

Your body can only recover completely, and even rejuvenate during sleep - mainly during deep sleep. 98 percent of your body's cells are renewed every year during sleep. Healthy, restful and especially Bio-energetic Sleep® gives your body new energy, vitality and balance. If you do not get sufficient quality and quantity thereof, you will feel battered, tired and listless.

In the long run, permanent lack of sleep makes us look tired and old and can, as mentioned, also cause serious diseases. Therefore, healthy sleep is vital for you and your plans. It is no coincidence that we sleep through an entire third of our lives, which are between 25 and 30 years of sleep at a stretch! And every time you are in a deep sleep phase, your body uses this rest for regeneration of the whole organism: tissue damage can be repaired, healing processes are activated, organs and cells are refueled and old, spent or diseased cells are replaced by new healthy ones. This is also reflected in your skin: after restful sleep your skin feels rosy and smooth and radiates youthful freshness. While we sleep, moisture under the skin is replenished.



## HORMONE PRODUCTION DURING SLEEP

While you sleep, hormones that are to regulate a peaceful sleep circulate in the blood. The hormone melatonin is released prior to the sleep phase, making you tired and ensuring many positive effects in your body: it promotes memory performance, prolongs life and improves your immune system. During sleep, your body increasingly produces growth hormones that boost the development of your muscles, cartilage and bones while simultaneously helping to break down fat deposits. Growth hormones are released only during the deep sleep phase – thus, at greater intensity between 11 pm and 3 am at night. In the early morning hours, your body already prepares to wake up: through production of the stress hormone cortisol dreams enter your sleep mainly during the last third of the night.

## INSUFFICIENT SLEEP HAS GRAVE CONSEQUENCES

Public polls clearly suggest that we are going to bed too late and have to get up too early. This results in chronic sleep deficit, since the ideal sleep duration of seven to eight hours is not obtained. This development is partly due to lack of positive attitude towards the importance of sleep. Ultimately, this is a question of one's own living and sleeping culture. This development leads to a more or less constant lack of sleep - and lack of sleep is known to be unhealthy. As mentioned, most people underestimate the fact that lack of sleep is a health hazard, and to put it clearly to the point, it makes you fat, stupid and sick. American studies prove that poor sleepers actually have a lower life expectancy.

Further scientific studies also confirm that prolonged sleep deprivation makes people „stupid“, since, as a consequence, memory capacity is reduced. This was shown through test trials, in which test subjects had to learn vocabulary and were interrogated following different sleep durations. As a reminder: lessons learned, and thus knowledge, are ultimately stored during your sleep! Hence, whoever does not get enough deep sleep, forgets measurably faster. During dream sleep, particularly, our motor skills are processed and consolidated, e.g., driving a car, playing the piano, athletic skills, etc. Only this creates the actual training progress.

Anyone wishing to pay attention also to his body weight and figure, should sleep sufficiently. In the night, we easily can go twelve or more hours without

eating. During the day, this would be possible only with great effort. Astonishingly, energy consumption during the night is not significantly lower than during the day.

The reason why we still need no nutrition: during sleep is because, the appetite-inhibiting hormone leptin is released. When the sleep is interrupted, however, the appetite returns. For then, namely the hormone ghrelin, the antagonist of leptin, regains control and a sensation of hunger is produced and hence the need to eat. This also explains why precisely insomniacs often try to compensate for their discomfort with a nightly visit to the refrigerator and thus promote obesity.

This is also a trend that you may find in practical application. The modern, harried and stressed out person tends to sleep increasingly shorter. 25 years ago, we still slept for at least one more hour. Sleep reduction especially for “short sleepers”, i.e., people who normally enjoy sleep a few hours of sleep at a time, can have a catastrophic effect. A small example: more and more people are suffering now from type 2 diabetes, the adult-onset diabetes. Unfortunately, often only the insulin supply is terminated, a change in lifestyle, however, is not prioritized in most cases. It would be essential for the affected to adapt their lifestyle to the disease. How important sleep is in this has now been confirmed by a study. Scientists at the University of Chicago studied 161 women suffering from adult-onset diabetes.

## **INSUFFICIENT SLEEP CAN EVEN BE DANGEROUS**

The participants in this study had to write down how much sleep they get and how much they subjectively had required. In addition, they had to judge the quality of their sleep based on 19 criteria. Thereafter, the HbA1c value was measured. This blood value indicates what the average blood glucose level was like in the past three months, i.e., a kind of „blood sugar memory value“. A healthy blood sugar level is reflected in a value between four and six points. The result of the study: the worse the participants were sleeping, the less they were able to keep their blood sugar level permanently constant. Diabetics should not only sleep enough but improve their sleep quality by adherence to the natural wake-sleep-dream rhythm. If the rhythm is not adhered to, it can be particularly dangerous for diabetics. According to a Japanese study of 2004, seven hours of sleep per night is optimal.

Just a three hour lack of sleep in a week lets the blood glucose level rise up fast by 1.1 points! This example shows that the duration of sleep has a big impact on our health. And especially vulnerable groups, in our case diabetics, should pay attention to getting enough sleep, seven to eight hours per night is ideal. However, not only our health is compromised by poor or too short sleep. Also, the risk of accidents on the road and in the workplace increases by poor sleep dramatically. Scientists have found that poor or too short night's sleep greatly reduces the responsiveness of motorists. In comparison, this corresponds to the reaction rate of motorists with 1.0 part per ml alcohol in their blood! The decisive factor is and therefore remains the quality of sleep, which can be achieved only by adequately sufficient and restful sleep.

## HEALTHY, RESTFUL SLEEP PROMOTES YOUR CAREER

In addition to being healthy, people want to be intuitively fit and successful. However, the bar is set high in terms of balancing health and having a career. The keyword here is life-work balance. Through the process of globalization of all lines of business, the demands and pressures at work are growing very quickly. In particular, within leadership and management levels often several countries are visited and time zones changed within one month. Air travel and hotel stays are now increasingly part of daily business. Besides the usual time zone changes, this development causes a shortening of nights and hence a lack of sleep, which is often underestimated by those involved. It is this lack of sleep that causes problems to an increasing number of managers, business leaders and people on the career ladder. Unluckily, many enter the cycle of knock-out and sleep medications. The consequences: sleep disorders, chronic fatigue, stress symptoms, back pain and risk of burnout. Thus, the work schedules of many entrepreneurs', managers' and employees' mutate to 24-hour availability, schedule and work pressure rises and insomnia is increasingly chronic in management circles. More and more scientific studies confirm the results: managers and their employees who have too little or poor sleep, are irritable, inattentive and make distinctly more mistakes and wrong decisions than rested ones. Research has long shown that those who sleep too little, barely perform management and work tasks

in a proper manner, as performance decreases measurably. In addition, this people suffer more often from heart disease and tend to suffer also from back pain and depression, besides increased susceptibility to stress.

## A DISTURBED SLEEP RHYTHM UPSETS THE HORMONE BALANCE

For a long time, sleep medicine also has known why: lack of sleep disrupts the entire hormonal balance, since the distribution of important hormones such as melatonin, cortisol, leptin or prolactin is suppressed, inhibited or delayed. Thus, the immune system for example is constantly weakened and the metabolism is disturbed, which can lead to obesity and also a faster aging process. Meanwhile, this development has also negative impact on the costs of companies and insurers, because insomniacs are demonstrably more often sick. It is believed that this group burdens companies with nearly three times the costs as rested managers and employees. The personal price you pay for it is correspondingly higher. Whoever gets out of one's life-work balance, really pays a high price. For the loss of health, vitality and joy of life also threatens one's personal career. Incidentally, this is confirmed by studies. A study by the US Navy shows that 84 percent of all „sound sleepers“ were promoted at least once within three to six years, „bad sleepers“ on the other hand only in 67.9 percent of cases.



## THE KEY HEALTHY SLEEP FACTOR: A PERFECT SLEEP SYSTEM

Swiss back and sleep expert Toni Hochreutener has studied this topic for over three decades. He is the pioneer and expert of the important topic „The orthopedics of lying down“. In his view, the perfect bed and sleep system must be structured according to three criteria:

- a) orthopedic – appropriate for the spine
- b) dermatological – sensitive to muscle, skin
- c) rheumatological – dry-warm bed climate

According to Toni Hochreutener, the orthopedic component here is the most important, i.e., the sleeping pad has to be capable of reflecting the modulations of the human body just as it is built in a standing position. In addition, a support function in the lumbar section is very important. On average, the body weight of an adult puts about 30 kilograms (66 pounds) of pressure on the lumbar section while in horizontal position. Thus, the sleep system must provide a similarly strong support force from below, so that the loin can neither lower into the back nor the lateral position during sleep. Simultaneously, a slight elongation of the spine should be enabled through the sleep system. This leads to long-term vertebral traction, and only then the spinal discs are released from possible wedge positions and free themselves from causing painful pressure on the nerve roots. The Bio-energetic healthy sleep concept meets these requirements perfectly with the help of its special double-sided, free-swinging slat frame. My longtime studies and experiences validate optimal cellular regeneration of the core muscles and especially the intervertebral discs during sleep. This slat frame optimally balances the weight in all sleeping positions, and cushions and supports the body perfectly. The utilized natural rubber mattress addresses the dermatological component. It prevents pressure sensations on muscles and skin, enabling an undisturbed arterial and venous blood flow.



The rheumatologic component is addressed by using bedding with sheep's wool filling. The biologically active virgin sheep's wool absorbs a third of its own weight in moisture and ensures a dry-warm bed climate. As a result, both unpleasant and sleep-disrupting freezing or sweating are prevented. This measure contributes significantly to the prevention of rheumatic diseases. Toni Hochreutener sees another advantage of the wool fillings in terms of the fact that the basis for life of dust mites is severely restricted by the dry-warm bed climate, which is a major advantage for allergy sufferers. Another important aspect of a perfect sleep system is the right pillow. Following the motto „each neck has its pillow“, the Bio-energetic healthy sleep concept features over 20 different orthopedic pillow types. In this regard, back and sleep expert Toni Hochreutener stresses: „The orthopedically correct support of the cervical lordosis and the prevention of sweating is important for sensitive necks. Therefore, the utilized pure new wool cases can be described as exemplary in terms of bed climate. The extensive cushion selection for various cervical spine issues and even whiplash is also remarkable. In particular, the combination of perfect resting of the spine in combination with the right pillow is very important. We now know that that 50 percent of cervical syndromes and neck tension are a result of incorrect resting of the lumbar spine.“ These statements were fully confirmed, among others, by the experienced German orthopedist Dr. med. Friedhelm Heber (Neu-Ulm).

## WRONG BED EQUIPMENT AS A CAUSE FOR INSOMNIA AND BACK PAINS

Aufgrund dieser Ausführungen sind sich Schlafmediziner und Orthopäden einig, dass einer der Hauptgründe für nicht erholsamen und gestörten Schlaf das verwendete Schlaf- oder Matratzensystem ist. Die Schlafunterlage, die Zudecke und das Kissen gehen in Interaktion mit dem Schläfer und führen zu einer dauernden Wechselwirkung. Diese Wechselwirkungen können sich je nach Schlafsystem auf Ihren Schlaf und die Regeneration positiv oder negativ auswirken. Auf den nachfolgenden Seiten finden Sie die bedeutendsten Wechselwirkungen zwischen Bettausstattung, Schlafraum und nicht erholsamem Schlaf sowie Schlafstörungen und [Rückenbeschwerden](#).



## BASIC PROBLEM

## REASON FOR DISTURBANCE

**Orthopedically insufficient slat frame**

No anatomically designed, flexible, free-swinging slat frame as the main element of a mattress or sleep system.

**Orthopedically insufficient mattress**

The mattress does not react in a point elastic way.

**Orthopedically and bed climatically inadequate pillow**

The cervical spine is orthopedically insufficiently supported / relieved. Head and neck muscles are not relieved.

**No dry-warm bed climate**

Sweating at head, neck and throat.

**Cold spots and zones**

Inadequate breathability because mattress pad, duvet and pillows are not made from biologically active materials such as cotton and sheep's wool,.

**Inadequate interior climate**

Blanket too small; not an ideal coordination between base, mattress, sleeping pad, blanket, pillow and stitched bedding.

**Disturbed Sleep space**

Room temperature below 16 degrees or above 22 degrees Celsius. Too moist - about 60 percent relative humidity. Too dry - relative humidity below 40 percent.

**Furnishings and functionality of the bedroom**

Disturbances such as noise, electromagnetic pollution, bio-disturbance zones, light stimuli.

## EFFECT ON HUMAN BODY

## CAUSE FOR INTERFERENCE

Body and spine are anatomically-orthopedically not positioned ideally; the loin is not optimally supported. Intervertebral discs are jammed and strained during sleep.

Pressure pain during sleep; as result frequent body movements and shifts. Sleep is restless and often disturbed. Spine and intervertebral disks, joints, tendons, ligaments, etc., cannot regenerate. Excessive contact pressure, blood circulation is impaired.

Painful pressure points in the back.

Relaxation of back muscles is not possible; decompression of vertebral discs is not possible; circulatory disorders due to increased contact pressure.

Back pain when getting up.

Restless sleep/sleep disruptions due to disturbed heat balance. Non-restorative sleep.

Pressure pain in neck and throat area. Neck muscle tension. Tension headaches. Migraine. Pain in the lower back. Stiffness in the neck and throat area due to evaporative cooling.

Heat congestion or cold shock. No neutralization of toxins during night sweats. The warm and humid climate favors bed microorganisms such as dust mites. The production of the sleep hormone melatonin is disturbed, as result no restful regeneration.

The heat demand and compensation of the body is not optimally controlled. The moisture exchange is not compensated.

Body temperature is not regulated perfectly. Falling and staying asleep is impeded. Deep sleep phases are blocked or shortened.

The body is not optimally protected from cold. Evaporative cooling causes hypothermia of bare body parts. Cold spots occur due to stitching seams.

Temperature-dependent functional sequences disturbed. Non-restorative sleep. Sleep disorders. The production of the sleep hormone melatonin is disturbed, as result poor sleep phase progression.

Freezing or sweating. Respiratory irritation because air is too dry.

The body responds with a stress response and pours out stress hormones. Melatonin production is adversely affected. Falling and staying asleep is impeded.

Comprehensive impairments of bioelectric processes in the body

The switchover from stress to rest and sleep is not working. Static electricity leads to an excess of positive air ions = poor sleep. The distorted Earth's magnetic field and electromagnetic pollution disturb melatonin production.

## THE BIO-ENERGETIC HEALTHY SLEEP CONCEPT: “I SLEEP FOR VITALITY!”

In contrast to other sleep experts, thank God I did not only stick to theoretical approaches and good advice. In collaboration with experts I began to develop a healthy sleep concept in the mid-1980s, which complies with all requirements suggested by sleep specialists and biologists. It was already obvious to me then: just as an athlete needs good sports equipment for top performances, you need good sleeping equipment for a good night's sleep. This includes an orthopedic high quality, flexible slat frame, carefully coordinated natural rubber mattress, climate regulating virgin wool pad, grounding pad for nighttime body grounding (earthing\*), proper blanket and suitable pillow. Furthermore, healthy sleep requires the appropriate interior climate, i.e., not too hot, not too cold, not too moist and not too dry. Ideal sleep environment is 16-18 degrees Celsius (approximately 61-65 degrees Fahrenheit) and a humidity of at least 40 percent. As mentioned above, noise, light stimuli and especially electromagnetic pollution should be avoided or neutralized at the sleeping place.

As such, it is necessary to evaluate sleep not only quantitatively but above all qualitatively. To this end, I coined the term Bio-energetic Sleep® 30 years ago- as the highest form of physical and mental regeneration through sleep. This means, all bio-energetic systems are balanced in interplay between body, mind and soul and charged with new vitality. From a holistic perspective, this is the most important pillar and very basis of physical, mental and emotional health.

\*Nighttime earthing establishes direct contact with the earth as when walking barefoot on the ground, i.e., the earth. Scientific studies demonstrate that if we ground ourselves, free electrons enter our body and spread within. Thus, the organism can exploit the electromagnetic quality of the Earth's surface for good sleep.

The „Bio-energetic healthy sleep concept“ emerged from these findings and numerous practical experiences with sleep-disturbed persons. It is a holistic oriented sleep system that consistently complies with all known sleep medicine requirements for healthy sleep. In addition to this, sleep psychological „software“ is also important, since the sleep-dream-wake rhythms and the complete progression of sleep are influenced by our daily behavior. It is th-





erefore necessary to recognize that effective Bio-energetic sleep requires some elementary prerequisites (hardware and software) to initiate the sleep process and pass through all the necessary phases and bodily processes for holistic regeneration. Effective sleep is also about the regeneration of your back, spine and intervertebral discs!

The most important basic prerequisites for both falling asleep relaxed and then staying asleep with high quality sleep, that is for sleeping totally healthy and efficiently, are:

1. Creation and implementation of sleep promoting, sleep-friendly daily routines and activities (sunlight, exercise in the fresh air, balanced diet, rest and relaxation, stress management, etc.)
2. Nature compliant, anatomically designed, orthopedic, and balanced bed climate suitable sleeping equipment (holistic sleep system).
3. Trouble-free, EMF-neutralized and harmonious sleeping environment free from electromagnetic pollution. (Create a personalized sleep island!)
4. Consideration of biologically relevant regulatory factors such as earth's magnetic field, earth pulsation and body grounding at the sleeping place and optimization through a special silver-fabric sleeping pad with bio-magnets.
5. Physical, emotional and spiritual readiness to sleep (Fit and ready for sleep)
6. Bedtime rituals for inner stimulus reversal (inward from the outside) through relaxation and meditation techniques for mental emotional sleep preparation and attunement.

As is known, non-restorative sleep and sleep disorders result from a sum of external and internal factors and are therefore to be regarded as multi-complex. In many cases, insomnia and sleep disorders can be attributed to restlessness. In particular, inner restlessness can originate from dissatisfaction, stress, fears about the future, poor diet but also by overstimulation in professional and private life. Emotional impressions that have been ac-

rued during daytime will not be fully processed or mentally digested. This can then prevent us from enjoying good, restful sleep for a short or longer period. Insomnia is often a symptom of lack of meaning in life. Therefore, ask yourself the following questions time and again: What is the real meaning of my life? What makes me really happy and satisfied? How can I find fulfillment in my work?

It is certainly possible that you do not have your dream job at the moment and you want to change many things. On the other hand, it is important to recognize in such situations, what you have and not concentrate on what you do not have. In principle, every activity and work can be made more fulfilling. Raising awareness and simplifying difficult situations is key. Ultimately, it is always about the same: the right mixture of work, rest and time with family and friends. This will bring you the necessary balance and harmony as the basis for healthy, restful sleep.

All of these possible factors cause a disruption of the daytime-dependent internal rhythm in stressed people. As a consequence over time, this affects the nighttime-dependent inner rhythm and the result thereof is non-restorative sleep or sleep disorder.

The worse and more disrupted your sleep has already been, the more important is the proper sleep equipment and an undisturbed sleeping environment! Thus, you will have direct and decisive impact on the quality your sleep!

## SIMPLY SLEEP AWAY BACK PAINS

A flexible, free-swinging slat frame is vital for the regeneration of back and spine. In this way only, long-term vertebral traction occurs through pressure and pull during sleep. This allows the vertebrae to dilate by about 1.0 -1.5 mm and the discs instantly have more space and can regenerate optimally. In plain words: you simply sleep away your back pain! Thus, the right choice of your sleep system is very crucial for both your sleep quality as well as for the regeneration of your body, especially the spine, the spinal discs and muscles. A complete sleep system for a healthy and Bio-energetic Sleep® preferably consists of a double-sided, flexible and free-swinging slat frame, a thin natural rubber mattress, a pure new wool silver- grounding pad, duvets with pure new wool filling, and an anatomically-orthopedically correct pillow.

The Bio-energetic healthy sleep concept with its comprehensive principles of action is more than just the sum of its individual parts and components!



## THE ELEMENTARY PREREQUISITES FOR HEALTHY SLEEP

Although sleep belongs among the „instinctive actions“ of people, it needs very special elementary biological prerequisites in order that the sleep process leads to the desired physical, mental and spiritual regeneration. In particular, an anatomically, orthopedically and bed climatically correct sleeping pad is of very great importance in this case.

I have already pointed this out in the chapter about interactions. If the sleep system does not comply with holistic requirements for healthy sleep, it is not possible to obtain restful Bio-energetic Sleep® from an elementary biological point of view!

## THE 10 MANDATORY CRITERIA OF THE BIO-ENERGETIC HEALTHY SLEEP CONCEPT

From a holistic and thus both sleep biological and medical point of view, the sleeping pad and sleeping equipment have a major impact on the entire sleeping and regeneration processes. During sleep, the human body namely has completely different internal and external needs than during the day. During deep sleep and dream phases, for example, the muscles fully relax, and thus the active support function of a sleep system becomes indispensable from an orthopedic perspective. In addition, sleep disturbing external influences such as electromagnetic pollution, noise, light stimuli, smells, etc. have a much more intense impact during sleep than when we are awake and active. Correspondingly, we can cope with noise levels of about 80 decibels fairly well during daytime, at night, however, our sleep gets disturbed measurably already at 20 decibels. Overall, we humans constitute an „open system“ opposite our near and distant environment, which is in constant interrelation with all influencing factors.

Using the meanwhile 10 mandatory criteria for healthy, restful and Bio-energetic Sleep® you can review your current sleep concept:

1. A holistically oriented healthy sleep concept requires a bedroom attuned mainly to sleep, as quiet as possible, easy to blackout with optimal sleeping climate (16-18 degrees Celsius or 61-65 degrees Fahrenheit, 40-50 percent relative humidity) and natural and non-polluting furnishings.
2. The focus of the bedroom is a holistic sleeping system which functions regardless of body size, shape and weight and fully complies with anatomic-orthopedic requirements for healthy lying. While lying down, the spine must retain the same shape as when standing with the help of correct support and relief.
3. This must be ensured both in lateral (side sleeping) and supine (back sleeping) positions.
4. A holistic sleep system has a systematic layer construction and is ideally built like humans. The slat frame here corresponds to the skeleton and particularly the human spine and therefore ensures adjusting, hold and support during sleep. The mattress corresponds to the muscle, fat and connective tissue and is understood as a connecting layer to the slat frame. Thus, the mattress has mainly an elastic, softening function. Mattress and blanket correspond to human skin and ensure climate, moisture and heat regulation, corresponding to the human metabolism. The Bio-energetic healthy sleep concept has a layered sleep structure modeled after the human body.
5. A holistic sleep system is preferably made from natural, body-friendly, de-stressing and sleep-promoting raw materials, whose finished products preclude any negative exposure or contamination of the sleeper. Thus, no chemical pollution and no negative electrostatic charges! To ensure that these requirements are met, handicraft processing is necessary. A holistic sleep system generates a dry-warm bed climate with help from the preferential use of natural, biologically active and pollution-free, hand-made bedding from materials such as cotton (cases) and bioactive sheep's wool (filling) for pads, duvets and pillows.
6. A holistic sleep system is easy to ventilate constantly, easy to clean and hygienic because of its layer structure. The consistent use of biologically active virgin wool promotes the dry warm bed climate inhibiting growth of microorganisms (like dust mites) whose main livelihood (moisture) is removed. The consistent use of biologically active virgin wool promotes a dry-warm bed climate,

which removes the main basis for life (moisture) of microorganisms (dust mites).

7. A holistic sleeping system contains no metal. Thus, unwanted distortion of the natural geomagnetic field and a coupling to electric and electromagnetic fields are avoided.
8. A holistic sleep system features a diverse selection of pillows tailored to the sleep system, tested medically and orthopedically. The right pillow often is a neglected prerequisite for a good, restful and especially Bio-energetic Sleep®!
9. A holistic sleep system is inserted into a solid, metal-free, all around open bed frame with natural surface treatment (oiled, waxed, preferably with organic materials).
10. A holistic sleeping system ensures protection against electromagnetic pollution and constant field disturbances (bio-type impurity) through biophysical neutralization of interference fields. Simultaneously, energizing the body through biological static bio-magnetic fields during sleep is very beneficial. Thereby, the quality of sleep is improved measurably.

Example of an anatomical-orthopedic cushion. The decisive factors are structure, size, natural materials, fillings such as sheep's wool, husks, pine shavings, natural rubber flakes.



Using these criteria, you can review and evaluate your personal sleep situation. If you really want to change something and improve your sleep quality, optimizing your sleeping place has the highest priority. If you follow these criteria, this is where you immediately gain the greatest leverage.

## ONLY THE BEST IS GOOD ENOUGH FOR YOUR SLEEP

Be critical when it comes to your sleep, because the bar is high! In most cases, a new purchase logically is necessary. In this regard, you should put emphasis on the highest quality and be well aware of the fact that you need to invest a few thousand dollars for this new acquisition. But the ROI (return on investment) for your health and your sleep is the highest that you can possibly get!

If you calculate a service life of 15 years equaling 5,000 nights, you will be facing sleep costs of about \$1. 50 per night.

Hence, this minor financial expenditure is perfectly invested! In any case, the bio-energetic healthy sleep concept should be the benchmark for your decision. For best references of renowned international sleep researchers, sleep specialists, physicians, naturopaths, therapists as well as thousands of users speak in favor of this holistic sleep solution.

## HOW TO OPTIMIZE YOUR SLEEPING ENVIRONMENT

A metrological analysis and its resulting optimization of the sleep environment should necessarily be taken into account. The external influences inhibiting and disturbing sleep have increased massively due to the radio-dependent communication techniques. Thus, about 99 percent of all bedrooms currently are disturbed by electromagnetic pollution (mobile, DECT cordless phones, etc.). In addition to the general risks of health conditions through electromagnetic pollution, these artificial electromagnetic pulses act as a “rhythm takers” and therefore disturb sleep persistently.

## CELL PHONES SHORTEN THE PHASES OF DEEP SLEEP

Not for the first time is a scientific study to conclude that radiation from mobile phones could have adverse effects on the human body. An interesting detail of the current case is that the relevant scientific study was sponsored by a mobile operator and has nevertheless revealed unpleasant results for the client. The study demonstrates that the use of mobile phones before bedtime reduces the quality of sleep, and may result in headaches, concentration problems as well as depression. The comprehensive study was conducted by the Karolinska Institute and Uppsala University in Sweden, in collaboration with Wayne State University in Michigan, USA. It took those who were exposed to radiation from mobile phones longer to reach the first deep sleep phase and they remained for a shorter period in the deepest phase. This indicates once again that radiation has measurable effects on the brain. Based on this fact and, as a result of more than 30 years of personal research and experience, additional measures during the sleep phase have proved absolutely necessary. This includes “earthing” the body during sleep with a special silver sleep pad (the so-called “barefoot effect”), because we have more or less lost direct contact to the Earth's ground.

Particularly during sleep, we lie in our beds normally insulated from the earth. To protect the body during sleep against technical-physical energy fields (electromagnetic pollution), the organic acting bio-capacitor principle has proved best. A natural, biologically active resonance frequency of about 8 Hertz should be administered to the body during sleep. This facilitates falling and staying asleep, and regulates and optimizes sleep phase progression naturally. Biologically relevant magnetic fields are supplied to the human body (bio-magnetism principle) through the silver sleep pad, for preventing the Earth's magnetic field deficiency syndrome, so to speak.

As a result of ongoing research, a specific, earthed sleeping pad with silver-cotton fabric and bio-magnets was developed under my direction in collaboration with interdisciplinary scientists and experts to meet these requirements. This pad can simply be placed on the mattress. Measurements and recordings from a double blind trial demonstrated quickly its enormous potential for optimization of both the falling asleep and the deep sleep phase. REM phases also appear more pronounced in people who have a corresponding deficit here, very often caused by stress. Particularly impressive are the results when additional influences disruptive of sleep such as electromagnetic pollution or geomagnetic field distortions exist at the sleeping place.

## SMALL CAUSE - BIG EFFECT

As mentioned, there are many reasons why one sleeps badly and there are usually several factors that interfere with sleep. Many causes remain hidden and ignored, often for lack of knowledge. Representing this is an example to be cited, where a supposedly minor cause can have a great effect. It concerns the popular, quartz-controlled wristwatches. These quartz watches are operated only using batteries in the milli-ampere range. However, the quartz of modern quartz watch vibrates with 32,768 oscillations per second. This causes a magnetic field which can be detected by magnetic field recorders or field probes in the range of 0.6 - 1.2 amperes / meter. These magnetic vibrations are absorbed by the human body through the skin and suffice to cause restless sleep and to disturb the regeneration phase in sensitive people.

It is therefore advisable to take off quartz watches during sleep and store them in an appropriate distance from the sleeping place. This is also true for quartz alarm clocks that are very often positioned in close proximity of the

head. This definitely applies to all electrically operated clock radios, since these generate strong magnetic fields in a radius of up to one meter (approximately 3 feet).

## RETURN YOUR SLEEPING SPACE TO AN “OASIS OF CALM AND RELAXATION”

For this reason, it is recommended from the viewpoint of environmental psycho hygiene as well as living and construction psychology to review and possibly change one's sleep environment and bedroom feel. Since our bedrooms have long since become multifunctional rooms with sleeping place, our sleep quality is impacted negatively from a psycho-physiological perspective. The bedroom is no longer automatically attuned to sleep, rest, relaxation and regeneration. Consequences are the most common form of insomnia, namely falling and staying asleep problems caused by nervous overstimulation. A reorganization is essential and worthwhile in any case!

## EXAMINE SPATIAL SEPARATION AND SPACE FUNCTION

Therefore, consistent sleep hygiene not only requires the spatial separation of working, living and sleeping areas, but also the scrutiny of the entire interior. This is especially true for bedrooms. Anything that is not directly or indirectly linked to rest, relaxation and sleep should ideally be eliminated. Consequently, the bed should be used only for sleep and sex. As for healthy and Bio-energetic Sleep®, the motto for bedrooms therefore quite clearly states: less is often much more.

Concerning sleep psychology and sleep hygiene, the demands are therefore obvious. From the outset, a clear spatial separation of sleeping areas from other living and common areas is vital. Especially people who already suffer from disrupted sleep should themselves be creating anew their „sensual oasis of calm and relaxation“ or seek professional help. The solutions should always correspond to your own personality and make you feel distinctly comfortable!

From a biological perspective, the most important piece of furniture is your bed. Hence, the focus of your new bedroom should be the right bed with the right bed equipment: solidly built from the perspective of building biology, untreated or waxed, metal-free, with bed contents that comply with

orthopedic and bed climate holistic demands. Just to remind you: he or she watches TV, surfs the internet, uses telephones and works in the bedroom, does not condition oneself to rest, relaxation, regeneration and sleep. The „biological“ consequence is poor, non-restorative and disrupted sleep.

## OUR BIOLOGICAL RHYTHMS AND BODY CLOCKS

All living organisms, including humans, vibrate to the rhythm of external and internal clocks. This is very important for understanding the wake-sleep rhythm and the control of sleep.

One of our key clocks is the daily change from light-day-awake-performance to dark-night-sleep-regeneration. The external clocks that couple to our own bio-electricity are largely of electromagnetic nature, e.g., light which is nothing but electromagnetic vibration in the visible range.

However, also electromagnetic pulses in the non-visible range play a vital role as rhythm timer for our internal master clock. In fact, it had been observed that the internal clock of blind people was largely in sync with that of all other people. In the sixties, however, a surprising discovery was made: blind people who received vitreous eyes for their now seemingly useless eyes for cosmetic reasons, lost their usual daily rhythm. Although they largely kept a normal rhythm of sleep phases and waking periods, their day appeared to become usually slightly longer than 24 hours. Their internal body clocks were, so to speak, „free running“. Their inner clocks were wrong every day by a certain amount of minutes, without being reset to the correct time.



## SUNRISE AND SUNSET AS THE TIMER

Neuroscientist David Berson of Brown University, Providence, RI USA, first discovered that there is a third type of photoreceptor cells, in addition to the familiar cone and rod cells in the eye that are responsible for monochrome and color vision. These special light receptors alter their activity with the rising and setting of the sun, i.e., increasing and decreasing light intensity. This may have to do with different electromagnetic pulses emanating from the sun. Visible light is likely to affect the mechanism for synchronization of the clock timer in our brain. Similarly, light is responsible for the activation of certain hormones such as melatonin, serotonin, dopamine and others. Thus, our inner clock again can be synchronized to the actual time of day and light deficiency diseases such as SAD (Seasonal Affective Disorder) can be positively impacted by means of targeted use of light. In this context, studies also show that the pineal gland responds to signals from the natural geomagnetic field and the Schumann frequencies of about 8 Hertz. This also makes clear why electromagnetic pollution as the sum of all technically induced electromagnetic vibrations disrupts among other things the function of the pineal gland and thus the inner rhythms and especially sleep and regeneration. Electromagnetic pollution results in irritation of the pineal gland function. In response, the pineal gland produces less melatonin, delays its release or blocks it entirely. The consequences: non-restorative, disrupted sleep!



## CRUCIAL FIRST LIGHT PULSE

The first early morning exposure to light pulses, such as those from the sun, likely is of central importance for the optimal regulation of our sleep-wake rhythm. The fact that our personal, individual internal clock is not adjustable, has in the meantime also been backed by science. A few years ago, it was discovered namely that two variants of a gene with the English name „Period“ play the leading role. For example, the gene variant „Period1“ ensures that the internal clock is set forward slightly while variant „Period2“ resets the clock. Signal substances in the blood and fluctuations of the metabolism then ensure that the other clocks in the body follow a set rhythm. This confirms that our internal clock is genetic and therefore cannot be adjusted. Consequently, it is even more important to accept its default rhythm and adjust to it!

The most important basic rhythms in this context are:

- a) Circadian rhythm – meaning, temperature, sleep-wake rhythm, melatonin- serotonin production. This means, that we reach the same condition again after a day or within 24 hours.
- b) Ultradian rhythm-, the same condition is reached again after 90 minutes. This applies to our sleep phases, as every 90 minutes, the sleep phases 1 through 4, as well as dream phases, alternate.
- c) Infradian rhythm-, monthly or annual rhythms. This includes the recurring cycle like the menstrual cycle for women or the seasons, for example.

Although there are overall similarities in rhythms, each of us has yet his/her own individual biorhythm. For every human being has his/her highest body temperature at a different time. The variability may be up to one hour. The sleep-wake rhythm was 26 hours for test subjects who were locked in a bunker without external timer such as light or other cue stimuli. In another experiment, the sleep-wake rhythm on the fifteenth day without timer was even 33.4 hours. The human temperature rhythm ranges between 23 and 27 hours. Motor activity has a cycle of 20 to 32 hours. The highest body temperature was measured shortly before waking up.



## THE 4 MOST IMPORTANT RULES OF SLEEP PSYCHOLOGY

As already described, the elementary requirements such as holistic bedding and an undisturbed sleeping place are an absolute condition for healthy, restful and especially Bio-energetic Sleep®. As already indicated several times, however, also our lifestyle and our habits are important factors. This concerns the principles of sleep psychology, because there are many habits that can not be readily reconciled with healthy, restful and especially Bio-energetic Sleep®. Sleep psychology recommends, among other holistic measures, a sleep-friendly lifestyle and positive thinking and belief patterns; all this with the aim to achieve a healthy, restful sleep. The key factor for a good night's sleep is not only the duration, but the quality of sleep is vital for recovery and regeneration.

Healthy sleep shares the following features:

- a) A short period of falling asleep (+/- 15 minutes)
- b) No nighttime or early awakening, therefore good sleep efficiency
- c) Sufficient dream (REM) sleep, sufficient deep sleep (delta sleep);
- d) Rhythmic progression of the individual sleep phases +/- 90-minute-rhythm;
- e) Few body movements and body shifts during sleep.

In order to actually achieve this, it is necessary that you consider certain rules of conduct.

### 1. Healthy, restful sleep needs rhythm

Ideally, you maintain a regular daily routine with a variable sleep time and wake-up time of a maximum of 1.5 hours each day. It is equally important to respect the rhythm of performance and recovery during the day.

### 2. Healthy, restful sleep needs harmony

This means that it should be possible for you to regulate and bring under control your emotions. Therefore, sleep coaching is also simultaneously "better life" coaching. Harness the powers of your emotional intelligence and deal with this subject. Get yourself in a good mood with positive emotions!

### 3. Overcome negative emotions.

The greatest rhythm disturbers and sleep raiders include negative emotions such as fear, worry, jealousy, anger, and hatred. These must be avoided especially before going to bed.

### 4. Keep calm and maintain composure

If you already suffer from a sleep disorder, even on the way to a better night's sleep it may happen that you wake up at night and cannot go back to sleep immediately. Now it is important not to panic immediately, but to remain calm and composed. This is when you can apply the bedtime ritual featuring rhythmic breathing exercise and image meditation.

### 5. The correct waking up is vital

Most people who want to improve their sleep, concentrate mainly on falling asleep and staying asleep. Since for waking up, one after all has indeed a proven tool: the alarm clock. The ideal condition, however, is only achieved if we wake up spontaneously at the desired or even better at the regular time. You can achieve this once you live and sleep again in rhythm with your natural wake-sleep-dream-wake cycle. This is also an invaluable benefit of Bio-energetic Sleep®.

## PLAN AND CUSTOMIZE SLEEP-FRIENDLY DAYS

Regarding this resolution or this project, it is best to take as a foundation the comments about the inner rhythms and pillars of health. I especially want to address the subject's stress, exercise, sunlight and regeneration by means of breaks. Envision that following your inner rhythm throughout the day you built up a so-called sleep pressure by evening time. That is, in the evening and before bedtime you develop natural fatigue. Now, of course there are many factors that influence this sleep pressure. This includes especially any form of distress, i.e., emotionally negative stress.

## SOAK UP LIGHT AND SUN

The subject matter and importance of light as an external clock has already been described in detail. On the one hand, this involves light intensity and, on the other hand, electromagnetic pulses which are outside the range of visible light. One thing is certain, most people work during the day in buildings, very often at computer workstations. There, we have clearly not enough natural daylight and sunlight, because the difference between inside and outside is enormous. Well-lit offices put out light intensity of 700-800 lux. A solar day has more than 100,000 lux.

We need light, however, so that the light-dependent hormone system of the happiness hormone serotonin and the sleep hormone melatonin can function properly. Test results demonstrate that this is possible only from about 3,000 lux, even better are 10,000 lux. Only those who soak up enough daylight and sunlight during daytime, produce enough serotonin. And only those who have enough serotonin, also have plenty of the sleep hormone melatonin in the evening and at night. Thus, combine breaks with „light showers and sun bathing“. It is important to understand that this also concerns electromagnetic pulses which likely couple to our retina via specific receptors. Consequently, eyeglass wearers should take off their glasses (even sunglasses) for “light showers” but never look directly at the sun, but should enjoy light and sun bathing with closed eyes. Take advantage of sunrises and sunsets whenever you can. This is how you optimally re-adjust your internal master clock to the external timer light and sun!

## EXERCISE AND PHYSICAL FITNESS

In addition to proper diet, exercise and physical fitness are prerequisites for healthy and especially Bio-energetic Sleep®. This requires regular physical exercise and cardiovascular workout. From Nordic walking over jogging to mountain biking, there are countless ways and activities to keep yourself physically fit.



## HOW EXERCISE AND THE RIGHT SHOES IMPROVE SLEEP

The ingenious combination: SAMINA sleep system and kyBoot shoes. According to the WHO (World Health Organization), the three main pillars of health are nutrition, exercise and sleep. All three factors are important and influence each other. During the night, the „healthy sleep trio“ bedframe/sleep system, sleeping place and bedroom are the most vital basic prerequisite for healthy, restful sleep. Ultimately, it is all about how we can have a positive influence on sleep during the day already. And here, physical exercise plays a very crucial role. Also, in recent months I have concerned myself with the impact of exercise on sleep - and vice versa. And this also concerns the right footwear.

My partner is Swiss exercise and shoe pioneer Karl Müller, who was then successful and world renown with the development of MBT shoes. Meanwhile, Karl Müller has placed his movement therapy with kyBoot on entirely new feet. His new shoe technology kyBoot has a therapeutically and preventively ingenious effect on the human body's support apparatus. kyBoot promotes not only health, but also healthy sleep. And that is only logical because either we are in shoes or we are in bed; all together for about 16 hours per day. Judging simply by the timeline, these philosophies complement each other perfectly. Just the combination of an anatomically correct orthopedic SAMINA pillow with the proper kyBoot is a blessing for body and mind. However, those who link the entire SAMINA sleeping philosophy



with the kyBoot philosophy, multiply the effect by far. This is what our tests have impressively demonstrated. This exercise philosophy and the SAMINA healthy sleep philosophy complement each other ideally for greater fitness, healthy sleep, and better regeneration.

Consequently, its usefulness is increased enormously. As my remarks show, naturally I am also a fan of barefoot running and body earthing. Meanwhile, the feet of civilized man unfortunately have rarely the opportunity to walk on soft natural surfaces. A necessary alternative was born with the kyBoot and its soft-elastic sole construction. Both philosophies act by themselves and together they act highly synergistically. The nature-compliant, soft-elastic sole construction of kyBoot ensures optimal, natural absorption and relieves the musculoskeletal system perceptibly and measurably. This has a positive effect on the coordination of motion sequences and on the interaction of body and mind. It promotes and supports as it were a „running“ muscular destressing of the organism and thus increases physical and mental well-being. This again is one of the most important prerequisites for a sound sleep in the following night. For example, kyBoot has proven highly effective with Restless Legs Syndrome, where indeed the muscles are affected. ky-Boots also have great effects on other sleep problems.

Modern man suffers not only from lack of exercise, but mainly from Gravity Deficiency Syndrome with many risks to health. And this is where the ingenious effect of kyBoot kicks in. The soft-elastic sole provides a mini-rebound effect, just like a trampoline. With every step you take, you overcome gravity for a split second as you are sprung upward. Then, gravity urges you back down with an increased body weight. Thus, kyBoot wearers receive an extremely healthy, invigorating gravity muscle training. This also promotes healthy sleep.

## SUBJECT: DINNER

A good, restful night's sleep starts with a planned evening meal following a sleep-friendly designed day. This is also the symbolic action, which separates the elapsed day (activity) from the night (passivity / sleeping). Now, it is important to follow relaxation and sleep rules - it is all about the so-called sleep hygiene. From now on, everything you do and do not do is crucial. There is strong expertise based on sleep medicine and sleep psychology. For the good night's sleep is of course depending on your behavior and especially your habits. It is important that you get used to sleep-friendly behavior. Consequently, you should gradually get used to a regular bedtime, for example. And our program will start with dinner.

Here, the rule is simple: favor more easily digestible food!

Incidentally, dinner should be consumed no later than two hours before the actual bedtime. For carbohydrates, choose pasta, brown rice, potatoes or whole grain bread. The combination of exercise in the sun and carbohydrates boosts the production of serotonin (happiness hormone). Serotonin is a precursor of the sleep hormone melatonin. Blend the carbohydrates with tryptophan-containing meat products from chicken, turkey or fish. Tryptophan is an amino acid (protein building material) and in turn promotes the production of the sleep hormone melatonin. In any case, avoid fatty foods! If you are vegetarian, stick to mentioned carbohydrates and blend them with soy products.

## ALCOHOL AS A SLEEP AID?

Like many things in life, alcohol has two faces. Unfortunately, alcohol is among the most common sleep drugs. Be careful though - alcohol can indeed facilitate falling asleep, but excessive alcohol consumption in any case interferes with sleeping restfully through the night! It is about the dose – a glass of red wine for dinner can have quite a relaxing effect. Italian researchers may have discovered why this is so. Surprisingly, some of the most popular red wine grapes contain in their skins the sleep hormone melatonin, as botanists discovered. Especially the varieties Nebbiolo, Croatina, Cabernet Sauvignon & Sangiovese, one of the main grape of Chianti region, were rich in melatonin.

In contrast, nicotine and caffeine are actually substances that cause exactly the opposite when it comes to melatonin. Namely, they are antagonists of the sleep hormone melatonin and may eventually lead to chronic melatonin deficiency. This would obviously be a poor prerequisite to improve your sleep quality.

## THE RIGHT WAKING UP: START YOUR DAY CHEERFUL AND SERENE

The right waking up and a good start to the day is an important and good prerequisite for a relaxing and low-stress day. And at the same time again, the beginning of the next night's sleep! Who is already hectic and annoyed in the morning, often may not get rid of this feeling all day.

Here are some more valuable tips for a good and serene start to the day:

- Get up always a little earlier to start the day in peace and without hassle.
- The usually shrill alarm sound of a standard alarm clock compulsorily spreads bad mood. Let a light alarm clock bring get you gently out of your dreams.
- Once you are in your natural sleep-dream-wake rhythm again, you usually do not need an alarm clock. You wake up automatically at the usual or desired time!
- Light lolling and gentle moving. If you want to remember your dreams, you should wait for it (see chapter about dreams).
- If you do not have a light alarm clock, immediately start with two-minute pulse of daylight and sunlight.
- Start the day with exercise, sports or take time for a short walk. Fresh air is always good and every minute is precious.
- You should also make time for a hearty breakfast. Fruit juices, delicious cereal or fruit salad with yogurt provide wholesome energy throughout the day.
- If you have trouble with your circulation, then a cold shower or a cold calf shower certainly brings you in fine form.
- Clothing selection is also important for the new day. Wear something that makes you feel safe and comfortable. Now, you can start your new day cheerful and serene.

## HARNESS THE POWER OF YOUR DREAMS

Once you sleep restful and Bio-energetic, not only your waking life will change and improve. Even your dream life will open up new dimensions. Basically, you dream every night indeed even if you cannot, or only vaguely, remember your dreams. It is important that you learn to harness your dreams to enrich your day-life. Every night you dive in your dreams into a mysterious world of boundlessness. Anything is possible in dreams and so it is not surprising that there are many myths surrounding the interpretation of dreams. One thing is certain: dreams are hidden messages from our soul. The meaning of a particular aspect or image, only the dreamer can feel.

There are very often unconscious, deep and intimate secrets that are looking for a way out into our consciousness. Sigmund Freud, the father of psychoanalysis, saw in our nocturnal adventures mainly what the word „dream“ means as a metaphor: The fulfillment of our deepest and innermost desires and longings.

In dreams not only our fears and desires are played out, but all themes that are of existential significance for us. Which ones, you might discover by consciously remembering and feeling the dream once again. This is how C.G. Jung used dream content both in diagnosis and therapy. According to Jung, there is an individual, personal as well as a collective-human layer of the unconscious, which is common to us all. It is the creative primordial ground of humanity, from which the individual consciousness has developed.



## WHY DREAMS ARE SO IMPORTANT

What we now know with scientific certainty is that we have to dream. People with dream disorders - and of course this mainly includes people with insomnia - are prone to serious health disorders. This suggests that our dreams connect us to hidden resources that we absolutely need for our waking life. Stress research also confirms this theory. It is assumed that dreams are absolutely necessary for the processing of daily impressions, stress experiences and emotional conflicts. We let go of the influences on our lives while dreaming. For dream content originates from our psyche and always has real, personal backgrounds. The fact that memory formation occurs during dreaming was already mentioned several times and has been proven in experiments. This is also true for the fact that dreams help us solve problems and personal issues through their messages.

## LUCID DREAMS

Of particular interest is the phenomenon of „lucid dreams“, i.e., to dream consciously or clearly. This means that you are aware during your dream that you actually are dreaming and are able to control your actions. In this regard, sleep scientists still have difficulties to interpret and research such phenomena scientifically. Nevertheless, expertise around lucid dreaming is available. You should get the respective books if you are interested in the topic.

## FOR THE LORD GIVES TO (HIS) BELOVED EVEN IN (THEIR) SLEEP

This is a proverbial phrase for the lucky children on the sunny side of life. And this is where I would like to see you, because this option always remains with us! Sleep connects us humans with the rhythms of nature and the universe. From spiritual masters comes the realization that sleep brings us in connection with creation and the power of God every night. During sleep, we plunge into boundless, spiritual dimensions. “For the Lord gives to (His) beloved even in (His) sleep.” In Solomon’s Song of Ascents (Psalm 127:1-2f) is written: “Unless the LORD builds the house, they labor in vain who build it. Unless the LORD guards the city, the watchman stays awake in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep.”



In conclusion I wish you with all my heart that you have the discipline, perseverance and pleasure to harness the mysterious and wondrous powers of your sleep and your dreams for a healthy, happy and successful life.

Dr. med. h.c. Günther W. Amann-Jennson



## ABOUT THE AUTHOR

Dr. med. H. C. Günther W. Amann-Jennson, sleep psychologist, healthy sleep entrepreneur, author and director of the Institute for Sleep Research and Bio-energetics, Frastanz (Austria) has been a respected authority in the field of healthy sleep for over 30 years now. The now internationally successful Bio-energetic SAMINA Healthy Sleep Concept® has originated from his many years' experience as a psychologist and psychotherapist. Its focus is the measurable improvement of sleep by means of holistically oriented healthy sleep products and an undisturbed sleep environment. In the meantime, the healthy sleep concept is implemented in Europe, USA, Canada, Russia and Asia and represents the highest possible quality of sleep. This makes Günther W. Amann-Jennson one of the pioneers of the wellness and healthy sleep movement. Numerous international projects are characterized by the unique linkage between theory and practice of his extensive fields of knowledge.

Günther W. Amann-Jennson's visionary thought processes repeatedly lead to revolutionary principles, methods, new products and service concepts around the themes sleep, health, relaxation and vitality. Among others, top athletes benefit from the Bio-energetic Healthy Sleep Concept® and Amann-Jennson correspondingly was and is indirectly involved in numerous top performances and world records. Subsequently following his bestseller „Schlaf dich gesund“ (Sleep yourself healthy), Günther W. Amann-Jennson dedicates this book in particular to those potential achievements that can be harnessed through a healthy and restful sleep and describes how you can achieve Bio-energetic Sleep®.

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