

Secret Intelligence Service
Section : Mental and Physical
Sleep Baby, Sleep and Yawn
(C-I)

ORR120912163

The deprivation of even small amounts of a night's sleep - six hours instead of eight for several nights in a row can cause a marked increase in the reaction time and the deterioration of the results of standard tests for mental activity. The loss of even four hours of sleep per night can slow a person's response by 45%.

17-19 hours after waking people behave in a likened state to when the blood alcohol is 0.05 ppm. Daily waking equivalent of 0.10 ppm. Neglect of sleep for several days with a woman/man in the state of micro-sleep - a phenomenon in which the brain switches off randomly for a few seconds. After eleven sleepless nights, the mind comes to a complete standstill, and the dream merges with periods of wakefulness. Is hard to understand, she/he is dreaming or awake. Deteriorating biochemical parameters of an organism: enhanced release of stress hormones in the blood levels of sodium and potassium, and the brain produces a substance similar in composition to the drug LSD. Enough to cross legs is dangerous, and the person goes to sleep - but forever.

Shortage of sleep associated with reduced immunity. It has been found that people who sleep less than seven hours per day, more often suffer from colds. The risk of catching colds is three-fold higher than for those who sleep eight hours or more. After a sleepless night, the immune system works only one third of its capacity. In addition, people who are ill or have too little sleep are more prone to inflammation, a risk factor for heart

disease. Chronic shortage of healthy sleep leads to an increased production of inflammatory hormones and promotes changes in blood vessels. Sleep deficiency can lead to increased blood sugar levels due to the development of insulin resistance - a precursor of Type II diabetes.

During long-term sleep disorders, is likely to ensue:

Hormonal failure (affects thyroid and adrenal glands);
Sexual dysfunctions reducing the reproductive function and impotence. Proved that men who experience problems sleeping for six months, sperm quality deteriorates by 20%;
Heart problems (arrhythmias occur and conduction abnormalities);
Violation of vascular tone, leading to hyper- or hypotension.
Sleep can be put on the first place among the factors of hygiene of the brain. Violation of the natural rhythms of sleep during the night, especially with two to six hours, when the deepest sleep, greatly reduces a person's ability to think and act. Lack of sleep for forty-eight hours at a stressful situation leading to mental disorders, in particular, to auditory and visual hallucinations.

Sleep deprivation is correlated with glucose metabolism, reducing its production by 30-40%. Oxidation of glucose is a major energy source for the neurons - particularly sensitive to lack of glucose, the brain cells die without it in 5 minutes. After 18-19 hours awake, brain function declines. Sleep protects the cells of the cerebral cortex of starvation and destruction. During sleep is restored the energy of nervous tissue. People who have little sleep, the brain uses more energy and makes use of the covered areas that are not usually involved in solving similar problems in people with adequate sleep.

Chronic lack of sleep has a negative effect on memory by increasing brain levels of the stress hormone cortisol, this kills brain cells in the hippocampus. Every hour of sleep deprivation is reduced mental capacity by one per-cent. This especially has impact on mathematical abilities. People who sleep less than six hours per day for two weeks, deteriorates cognitive perception, comparable with the effect of

two sleepless nights. A reduction in circulation of the temporal lobes. This is accompanied by instability of mood, decreased cognitive abilities, irritability and dizzy spells. Those who slept less than four hours a day for two weeks, starting memory lapses and does lack of response to any stimuli.

Once awake for thirty-six hours, there is a high (60%), brain blood flow, causing aggressive state. Reduced total blood flow to the brain - people sleeping less than seven hours a day.

In certain situations, sleep deprivation carries a positive task, for example, does not help to remember negative events. Sleep deprivation immediately after the stressful situation may prevent the development of post-traumatic stress disorder (PTSD) or depression. There is even a special method of treating depression, which is to induce sleep deprivation for forty hours, followed by a deep sleep.

Leaving aside the stimulants - caffeine, alcohol, nicotine - as any stimulants destroy the brain - looking at other ways to effectively induce short sleep and wakefulness via extension techniques. It is believed that before the start of operations in extreme situations, partially replace regular and prolonged sleep can nap for twenty-thirty minutes, with the same duration period of transition to wakefulness. Period of dormancy (prosonochnoe state) is accompanied by increased activity of alpha-frequency in the brain. In this state, the brain receives more energy to sixteen percent and the recovery process is carried out - force is 2-3 times more active. At the same time relieves stress, strengthens the immune system and reduces fatigue. The well-known effect of a nap, which is called "sleepy inertia" or sleepy hangover, in which a person feels irritable, confused, disoriented, and generally much worse than before sleep. It is in a state to wake up the brain after a certain period of time at a certain hour, or spill any further tuned to certain actions (but not program your mental state!). Such a short sleep is in the period from midnight to four hours, while maintaining the peak production of the hormone melatonin, one of the most powerful antioxidants.

To short sleep was the most effective, it is possible to take

additional measures. For example, to lower the temperature of the frontal areas of the brain before bedtime. Just go to nasal breathing and make a cold compress on the forehead. Low temperature of the brain and slow the rate of metabolism that accompany a deep sleep, helping enzymes more successfully repair and restore cells. At the same time the heat in the middle of the body increases the internal temperature necessary for starting sleep biochemical processes. It will be sufficient to place a bottle of warm water or a heating pad on the solar plexus. If possible, can effectively and quickly to sleep for a short period of time the use of earplugs. Earplugs can reduce the activity of the auditory areas of the brain, resulting in a significantly reduced activity of the sleeping brain, and the energy for its restoration is used more efficiently.

Special Ops, commandos note: Managing sleep

A good supplement will be pre-mastered techniques of rapid relaxation of the body, or so-called "sleeping pill gymnastics":

Lying, with a compressive stress in the hands of the hands and count to ten. Then relax your hands;
Bend the knees and stretch them. Again, count to ten. Relax and stretch your legs;
Do these two exercises while trying as much as possible to stretch the muscles and then relax them. After these exercises the body becomes light and the eyes are closed in themselves. You can train to strain to score ten all the muscles from the heel to the top, and then relax them.

Efficient use and self-massage techniques. For example, to connect the three fingers of the right hand - the index, middle and ring - so that they are tightly adhered to each other, and the pads to attach them to the area between the nose and upper lip. Push with little effort left hand while keeping to the solar plexus. Perform 10-15 minutes before bedtime.

You can also :

Massage the point midway between the eyebrows;

Massage the highest point on the head. It's easy to find on the typical hollow of formed connecting the bones of the skull;

Turn from the previous point 5-6 cm down, and stop at the most salient point back of the head;

Massage in the supine position point 3 cm below the navel;

Massage points on the outside of the elbow - 1 cm above the ulna. Massage alternately on the left and right hand;

Massage points on the feet: the point on the inner side directly below the ankle, and then point in the hole behind the ankle on the outside of the foot;

Massage the point in the center of the sole.

You can use the techniques and aromatherapy, inhaling the smell of fresh plants or essential oils: chamomile, rose, bergamot, valerian, ylang-ylang.

Before going to bed avoid spicy foods, as this reduces the phase of restorative sleep and thus it is harder to fall asleep.

It is recommended to end an active waking up to 4 o'clock in the morning. By this time, your body will need at least two hours of sleep. 3-4 hours of full wakefulness, with irresistible sleepiness can provide reception of ascorbic acid (2-3 grams per cup of boiling water, hot sweet tea or coffee. Prolongs the period of wakefulness and increase blood supply to the brain. This may be self-massage of the head, palms and breathing exercises with breath after a quick inhalation and exhalation, followed by a slow, to enhance cerebral vessels and increase blood flow.

Efficient lighting for 10-15 minutes a red or orange body sites where the blood vessels are close to the skin fit (popliteal folds, neck, hands), or directly to the occiput. This reduces the level of sleep hormone melatonin. British soldiers were the first testers of special glasses that intentionally simulate sunrise. These glasses help to manage up to 36 hours without sleep. However, we must remember that after 20 minutes of continuous wear, glasses with red reduce the overall mental and physical performance. Orange yellow glasses and also useful, but to a lesser degree. It helps not to fall asleep at night, and blue light, but in large doses it is harmful to the retina. It is proven that self-massage techniques point in conjunction with meditation for 20 minutes can completely replace 4-6 hours

of sleep. For example, the point directly above the center of the eyebrows, on the frontal bone has a therapeutic effect on the frontal lobes of the brain, controls consciousness, energizes the body, heals the eyes, removes intoxication with food poisoning. If overcome by drowsiness, simply press for a few seconds at this point. Vigorous massage using middle fingers of the hands or ears tones the brain and extends the time awake.

To extend the period of wakefulness, can be used to stimulate and tone the brain the scents of : lemon, jasmine, eucalyptus, hyssop, cloves, bay leaf, black pepper, iris, coffee, black currant, mountain ash, poplar, black tea, jasmine, rosemary, coriander, juniper. For example, studies by Japanese scientists on brain stimulation showed that the number of errors programmers was reduced by 33% when they inhale the smell of jasmine, and 54% - lemon. Jasmine stimulates the activity of the brain is not less than the strongest which is coffee.

It is argued that it is necessary to sleep at night not one, but at least two times. Most advantageous for health and performance mode - this is a two-hour nap in the middle of the day and four-night sleep. Naps strongly influence visual abilities. The speed of visual reaction (time during which the person understands, for example, what is written on a computer screen) during the morning of 10 milliseconds, in the evening - 40. But if a person slept during the day, in the evening, she/he perceives the information as quickly as the morning. Research has shown that even short afternoon naps, lasting less than 15 minutes, the reaction rate improves the quality of driving - just two cups of coffee. Is most effective 15-20 minute naps in between 13.00 and 14.30. It must be remembered that the circadian system activity sends in the evenings so powerful signal to wakefulness that between 18 and 21 hour is formed a "zone of keep-alive": during this period it is difficult to sleep, even if you strongly enough sleep lately. It is best to go to sleep 2-3 hours after the end of that period, when the craving for sleep becomes really strong.

It is necessary to dwell separately on such methods of struggle with sleepiness as - yawn. Yawning is one of the most intimate

secrets of neurobiology. Yawning is also used as an effective means of reducing the fear of possible failure. Yawning helps tired women and men to last longer in a state of wakefulness. Yawn 30% increase in heart rate. Is saturated with oxygen, which activates the brain. Thanks to yawning - ventilated lungs, accelerated metabolism, which restores the body. Yawning thermoregulation normalizes the brain, especially during winter. Yawning - a genetic response to stress, the internal strain. Yawning helps prevent the effects of jet lag and alleviate discomfort when hit at high altitude above sea level. Even know that yawning helps to perform tasks more accurately and easily.

Some good yawns help relax the muscles and prevent the development of many diseases. Scientific evidence shows that yawning helps detoxify the body, stimulates the tear ducts and relaxes the whole body from head to toe. In addition, it is recommended to yawn in many programs to improve vision. All you need to provoke a deep yawn - six or seven times.

Very good exercises to stimulate the brain - yawning while acupuncture bilateral mandibular joints. For example, assembly-line production in Japan was arranged regular breaks to restore the activity of the brain. In this case, all the workers stood up, arms to the side and do simultaneously with yawning - plus a circular motion with clenched fists, effectively relieves fatigue and stress the eye muscles.

However, excessive yawning may be a sign of a neurological disease (e.g., migraine, multiple sclerosis, stroke, drug reactions). Yawning may be an attempt to eliminate the symptoms of the brain adjusting to neural function.



Section. Mental and Physical

SecretIntelligenceService-defence.uk

SecretIntelligenceService.london

SecretIntelligenceService.org

Adversitate. Custodi. Per Verum