



EXPERT NOTES

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Nutritionist



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A Nutritionist Perspective

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Founded *Advanced Integrative Health Alliance*

Shawn has spent the past 10 years in field experimenting and working with clients to discover “what works!”

He’s a speaker, has his own radio show and has been featured on TV as an expert in his field. Shawn says he’s enjoying a “fun and incredible ride of spreading this message of true natural health and health sovereignty and really stepping up and taking care of yourself in the ways that are really possible for us.”

I. How Do You View The Problem of Sleep?

Sleep is an elevated anabolic state. “Catabolic” means *breaks the body down*. The anabolic state triggers release of Growth Hormone. It boosts and rebuilds muscle and immune systems.

Memory processing also happens during sleep. Short term memories get converted into long term. If you’re not sleeping properly, “you’re getting dumber.”

A study published in The Canadian Medical Association Journal showed that sleep deprivation is directly related to an inability to lose weight. Subjects of the study were assigned a specific diet and

exercise regimen. One group slept less than 6 hrs/night; the other group 8+ hours. **Less sleep resulted in significantly less weight loss.** During sleep your body heals itself for all the activity it's designed to perform. The body, brain and mind require sleep for rejuvenation.

"I look at it like a holy trinity. Exercise-Nutrition-Sleep. It's that important in getting the results we want." **One night being sleep deprived can make you as insulin resistant as a type II diabetic.** This translates directly into aging faster and storing more fat. And it's been proven clinically.

Consequences of sleep deprivation also include not just weight gain but **fat** accumulation.

Skin is the outermost part of your nervous system. You can develop skin issues because of the impact of sleep deprivation on your nervous system, which also leads to fatigue.

I. SUMMARY OF POINTS

Detriments of losing sleep:

- "You're getting dumber"
- Inability to lose weight
- The body, brain and mind can't rejuvenate
- Becomes as insulin resistant as a type II diabetic
- Age faster
- Store more fat
- Negative impact upon the nervous system causes skin conditions
- Fatigue

Benefits of sleep:

- Elevated anabolic state triggers release of Human Growth Hormone (HGH)
- Boosts and rebuilds muscle systems
- Boosts and rebuilds immune system
- Memory processes such as converting short term memories to long term (necessary for learning)
- Completes the “holy trinity” for good health: Exercise-Nutrition-Sleep

II. What Symptoms Should One Look For?

The smoking gun symptom is fatigue. A person who is fatigued is not waking up refreshed and rejuvenated. The first thing they'll do is run to a stimulant or supplement, but the core issue is quality sleep. **There is no substitute for sleep.**

Other consequences and symptoms of sleep deprivation include:

- Higher mortality rate
- More depression and anxiety
- **All** manner of diseases

III. What Aggravates The Problem

Excess weight. From what I've seen in my clinic excess weight aggravates sleep issues. There are two different types of fat: visceral and subcutaneous. Visceral fat wraps itself around organs, such as in the abdominals, thus having an impact on the liver, kidneys, intestines and pancreas. Because of the excess mass of adipose

tissue these organs are getting “squeezed all day long. There's not enough room.”

Getting excess weight off will help you get the sleep you need, and getting the sleep will help you get the weight off.

Diet and Nutrition. Certain foods create inflammation in the body and trigger histamine reactions. This can impact sleep and cause snoring.

Snoring. If you're snoring chances are there's an issue with your respiratory system. Snoring's detriment is that it takes you out from REM sleep.

The Wrong/Low-Quality Exercise.

Drinking alcohol might help you “get” to sleep but negatively affects REM and prevents deep sleep.

IV. How Would You Treat The Problem

“For the last 100 years humans have had the ability to create daytime in their home even though it's night time.” Now most of us are also “doing the lap dance...” ie using our laptops late at night.

Your body doesn't care if it's sun or another spectrum of light. When light hits the photoreceptors in your eyes it triggers the production of daytime hormones such as cortisol. *By implication, we should stop doing the lap dance and dim or turn off the lights as we enter into the night hours.*

Create a “sleep sanctuary.” The bedroom should be a sleep sanctuary. Research says the room should be dark enough that you can’t see your hand. Using an eye mask is great but even your skin has light receptors!

This pertains particularly for women but is relevant for all. A recent study published on PubMed took a look at “earthing” or “grounding technology.” Researchers had volunteers sleep on mattresses that were connected to the earth and watched for any impact on pain reduction, stress, insomnia, etc. Every person that participated for over 6 or 8 weeks had radically improved sleep, reduced pain and a normalized cortisol cycle (should be high in morning and low in evening). I recommend the book [Earthing](#) by Clint Ober and Dr. Sinatra.

Be conscientious about where you’re using grounding techno. You’ll want to be careful not to pick up on certain vibes such as electromagnetic noise. “[Look into it.](#)”

IV. SUMMARY OF POINTS

To treat the problem:

- Turn down the lights in the evening
- Turn off the lights at night; ie finish the laptop “lap dance”
- Create a sleep sanctuary
- Research Grounding aka Earthing

V. What Dietary Recommendations Would You Make?

Magnesium. James Penland of the Human Nutrition Research Center did a study finding that a high magnesium diet is associated with deeper, less interrupted sleep. Conversely, deficiency of magnesium is a central SYMPTOM for people with insomnia. Why?

Magnesium is responsible for over 300 biochemical processes in the body. It's a stress defense mineral...like a buffer. Magnesium helps the body to deal with stress it's exposed to.

Magnesium is the #1 mineral deficiency. The enormous amounts of stress we face today can break your body down rapidly. Under duress the body uses the mineral quickly. Stress zaps magnesium out of your body.

Food first. Food should always come before supplements when coming up with a treatment. Food has a long history of resonance with the human body. Supplements and drugs are “fractioned” items, not containing phytochemicals and phytonutrients that are historically what humans have consumed. Drugs and even supplements can help one issue but create a new one.

Magnesium Rich Foods

1. **Dark Green Leafy Vegetables** – especially juiced.
2. **Raw Chocolate**- probably highest source of MAG there is. Use it intelligently and respect the food.
3. **Spirulina** (65-71% protein), **Chlorella** and **ASA Bluegreen Algae**

Magnesium Supplements

Magnesium draws and pulls moisture to your bowels. High doses can cause diarrhea. I'm not crazy about internal but really like "topical" magnesium, particularly the "Magnesium Infusion." Don't buy just any brand or you may not get maximum absorption. You need a super critical extract from amazing sources. Then upwards of 99-100% gets absorbed.

When you use a topical application, it literally interacts with your endocrine system. Magnesium effectively gets in through skin. This is much much safer.

I'm not a big fan of supplements but here are a few you can look into, which have been used for thousands of years.

- **Chamomile**- relaxing and calming on muscles and nervous system.
- **Kava Kava**- the national drink of Fiji. Commonly used to treat sleeplessness and fatigue. It's powerful. USE WITH RESPECT!
- **Valerian Root**- be careful or you can become dependent on it. It's a moderate sedative useful for people having trouble falling asleep and is shown to promote uninterrupted sleep as well.
- **Melatonin**. The problem with supplementing melatonin is that it can down regulate the body's natural production. Supplementing melatonin should be a last resort.

Foods to Avoid to prevent/stop sleep apnea or snoring.

- Pull dairy products off the table for a while and see how that affects sleep quality. Dairy is a mucus forming food. Histamine reaction.
- If weight is part of the issue, avoid high glycemic index/glycemic load carbs, in particular pro-inflammatory

grains. Cut 'em out and see how it affects your overall body composition.

SUMMARY OF POINTS

Food and Nutrition:

- A high magnesium diet is associated with deeper, less interrupted sleep
- Magnesium deficiency is a symptom of insomnia
- Eat magnesium-rich foods such as Dark Leafy Greens, Raw Chocolate and Spirulina, Chlorella and ASA Bluegreen Algae
- Use supplements as a last resort
- Best to use a topical application for MAG supplement
- Use herbs with care, such as Chamomile, Kava Kava or Valerian Root
- Supplement melatonin with extreme caution as it can negatively affect your body's natural melatonin production
- Cut out dairy to reduce snoring
- If in an overweight condition, cut out pro-inflammatory grains

VI. What Lifestyle Recommendations Would You Make?

Avoid treating symptoms but look at lifestyle factors.

Radical light exposure. Your biochemistry wants to be in darkness at night and in bed.

Exercise. I implore you to have an exercise curfew. 24 hour gyms?? If you're up exercising at midnight "we need to talk." Take a 7pm curfew for a 10/11pm bedtime.

Long duration cardio is LOW QUALITY exercise. It's cortisol-friendly. Running on a treadmill for 30-40 minutes causes this stress hormone to release.

When you're sprinting and stopping the body shifts gears and immediately disperses and breaks down stress hormones. During the rest periods your body gets a break and can get back into balance.

If you have a cortisol issue avoid long duration cardio and understand that this type of cardio is "extremely ineffective" for fat loss.

VITAMIN "T" = Training. Focus on strength work. Lift heavy things and do sprints with interval training. I recommend you do your work out earlier in the day.

Observe circadian rhythms. Get in touch with how the human body functions as far as circadian rhythms. Occasionally going out to a late night party is cool, but it shouldn't be the rule. We were made to be awake and active while the sun is up, and asleep once it's set.

Sleeping in darkness produces more than better sleep, but better health and vision. To name a few it combats:

- Myopia
- Cancer
- Depression

[Research at the University of Pennsylvania School of Medicine](#)

looked at kids younger than 2 years who had nighttime exposure to light. These kids showed increased risk of developing myopia – losing partial vision.

Turn off the lights (blue light spectrum) a couple of hours before bed.

Ever notice the blue light when driving by someone's house at night? It's their TV. That light increases cortisol production and suppresses melatonin.

Be more strategic. It's not "written in stone" but sometimes it needs to be. "Just being aware can really help you out."

More sex. Sex is a powerful inducer of sleep. You get a surge of oxytocin, prolactin and serotonin. You don't even need a partner to do this, but a partner makes it much more fun. The body produces 4x more prolactin through intercourse than masturbation.

Get more sunlight during the day. Sunlight helps the body to properly align cortisol/melatonin cycles. Melatonin is NOT a sleep hormone, it's a put-you-in-the-mood-to-sleep hormone. Too much light *at night* inhibits melatonin, but lots of fresh sunlight during the day helps put your body on the correct cycle.

We're backwards. The only time we see the sun is while we're getting into our car. We spend all day in the office and then at night we get all the lights blazing. Be strategic.

Do all this and create a healthy, happy, sovereign, amazing human being.

SUMMARY OF POINTS

Lifestyle recommendations:

- Sleep in a dark room with NO light
- Exercise, but avoid long duration cardio such as running on a tread mill for 40 minutes+; long duration cardio releases stress hormone and is ineffective for burning fat
- Take lots of vitamin "T" for training, namely high intensity interval training such as sprints with breaks in between
- Connect with circadian rhythms, sleeping when it's dark out and rising with the sun
- Turn off the lights and TV a few hours before bed
- Have more sex
- Get lots of fresh sunlight during the day