



# New Research Shows Why Sleep Is So Important

three healthy meals a day in order to have the energy to get through a day productively.

But, we are skimping on our sleep and doing little about it despite all the warnings from scientists and medical specialists. And contrary to the belief that we can make up our sleep on weekends, it is just not true.

Our digestive system works round the clock eliminating the toxins and waste from the food we have eaten during the day. If it didn't we would have a

**S**leeping and eating have more in common than you may think and they are both equally important for maintaining your health and even your life. How many of us would think that a few crackers and a glass of water would be a fulfilling and healthy menu for a day? Probably no one. We need our



*Waking up well rested not only makes you feel good but it ensures that the brain has time to flush out all the toxins that could lead to diseases like Alzheimer's.*

host of health problems. What most of us don't know is the cells in our brains clean out toxins and waste just like our digestive system. Toxins are

created every day and scientists have discovered that the brain has its own housekeeping system that works to eliminate these toxins. The study was published last month in *Science*, the world's leading journal of original scientific research.

The only difference between the systems is that it's been discovered that cleaning brain toxins works best at night when our body is at rest.

This discovery makes it more important than ever to seriously take a look at our sleep habits. The study showed that of the many toxins that the brain tries to flush out, there is a beta-amyloid protein that clumps together and makes the type of plaque that is found in the brains of patients who had Alzheimer's Disease.

When we sleep, the space around the cells in our brains increases by about 60% making it easier for the

circulating cerebrospinal fluid to flush out the resulting waste that then enters the bloodstream and is detoxified by the liver. If we don't sleep enough, the space between cells is too constricted to allow the circulation of the fluid and so those toxins build up inside our brain.

A New York University cell biologist, Ralph Nixon, is excited about these findings and also believes that many other disorders such as Parkinson's disease, which is also associated with too much waste remaining in the brain, could be helped with more restful sleep.

So, these are some of the facts that can't be disputed. Sleep is as important as eating if you want to live a long and

healthy life. And fixing your sleep problems might take some work on your part but it is possible for even the most restless person to get a healthy night's sleep.

Once you've ruled out any medical problems that may be hampering your sleep, you can visit Sleep Experience, we've got lots of suggestions to help you sleep better. From simple tips about how to make your bedroom and night time rituals more conducive to sleep to comfortable pillows and mattresses so all types of sleepers can get enough sleep to make it easy for those cerebral maids to clean up after your brain every night.

*Jim Conlon*

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