



# **Sleep and recovery**

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**Charles Poliquin**

# **Lack of Sleep disturbs:**

- **Lipid profiles**
- **Glucose metabolism**
- **Androgen production**
- **Blood pressure**

# **Exposure to light at night linked to:**

- **Increased risk of breast cancer**
- **Increased risk of colo-rectal cancer**

# Poor sleep causes distortions in:

- **TSH**
- **Growth hormone**
- **Melatonin**
- **Cortisol**
- **DHEA**

# Quality of Sleep

- **Immune function**
- **Memory**
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# Sleep Questionnaire

- **Answer the following questions YES if this applies to you more than one night a week**

# **Sleep Questionnaire**

- 1. Do you have trouble falling asleep at night?**
- 2. Do you have difficulty waking up in the morning?**

# **Sleep Questionnaire**

- 3. Do you sleep less than 8-9 hours a night?**
- 4. Do you wake up once or more during the night?**



# **Sleep Questionnaire**

- 5. Do you sleep in a room with any light or noise?**
- 6. Do you wake up feeling tired?**

# **Sleep Questionnaire**

- 7. Do you wake up only with an alarm?**
- 8. Do you go to bed later than 11 pm?**

# **Sleep Questionnaire**

**9. Do you get up earlier than 6 am?**

**10. Do you use medications (OTC or RX) for sleep?**

# Sleep Questionnaire

- **If you answered yes to 2 or more of these questions than you will need to address your sleep issues**

# Step 1: Hydration

1. **0.6 ounces of water for every pound of bodyweight.**
2. **Use colored salt.**

# **Step 2: HCL TEST**

- 1. Take in the middle of a solid meal.**
- 2. Use 200 mg jumps**
- 3. Stop at 1,400 mg**
- 4. Ramp down dosage as HCL comes back**
- 5. Use formulas with Gentian as you taper**
- 6. Make sure Zinc intake is sufficient**
- 7. Use Histidine for 8 weeks once HCL levels are back to norma.**

# **Step 3: Set Up the Bat Cave**

- 1. No cell phones (battery off)**
- 2. No portable phones**
- 3. Make room pitch black**

# **Step 3: Bat Cave**

- 4. Unplug all electric equipment.**
- 5. Take TV out of room.**
- 6. In hotels, use bath mats to block light.**



# **Step 4: Sleep disturbances causes**

- **10 PM-1AM reactive hypoglycemia**
- **1-3 AM Liver toxicity**
- **3-5 AM Oxydative Stress**
- **5-7 AM Triple Warmer**

# **Step 4: 10 PM -1 AM**

- **Avoid simple sugars before bed**
- **Include more smart fats at each meal**
- **Nut butters, nuts at last meal**
- **Avocadoes, smart oils with meals.**

# **Step 4: 1-3 AM**

- **H9-H12 detox protocol**
- **Lipotropic Excellence**
- **Phosphatidyl-Choline 3 grams at 6 PM**
- **Multi-nutrients formula**

# **Step 4: 3-5 AM**

- **Poliquin's anti-oxydants jar method.**
- **Family specific anti-oxydants**
- **Take two-three servings of Primal Greens or Primal Reds per day.**

# Step 4: 5-7 AM

- H41 formula

# Dealing with Anxiety

- 3 tablets of Arginine 2.0 & 3 capsules of Lysine 45 minutes before bed:
  - **improvements in cortisol, adrenaline and noradrenaline levels**
  - **Lowered galvanic skin responses**

# Step 5: Take Evening Nutraceuticals

## Option 1

- 3 g of Phosphatidyl-Choline at dinner time
- 2-4 caps of Übermag at each of last 2 meals
- 2-4 Serenity 2.0 at last 2 meals

# Step 5: Take Evening Nutraceuticals

## Option 2

- 800 mg of Phosphatidyl-Serine at dinner time
- 2-4 caps of Übermag Plus at each of last 2 meals
- 2 to 4 caps of Tranquilo at dinner
- 4 squirts of Topical Mag



# **Step 6: Regenerate brain**

- **Yang R-ALA, 5 capsules at breakfast**
- **Alpha-GPC 400-800mg, @ breakfast and lunch**
- **Carnosine 500-1,000 mg, @ breakfast and lunch**

# **Step 9: Glass of Red Wine at Night**

- **Red wine contains melatonin.**
- **Best grapes are:**
  - **Nebbiolo**
  - **Merlot**
  - **Cabernet Sauvignon**
  - **Sangiovese**
  - **Croatina**