

Arianna Huffington

The Sleep Revolution

PODCAST SHOWNOTES

Our guest today is Arianna Huffington is a Greek American author, syndicated columnist, and occasional actress. Today with Arianna we talk about simple changes that can make a big change in your life related to sleep. She is the co-founder and editor-in-chief of The Huffington Post. She recently wrote, [The Sleep Revolution: Transforming Your Life, One Night at a Time](#).

Inspiration

Sleep deprived and running on empty, Arianna Huffington collapsed and broke her cheekbone. Realizing that she wasn't alone in her struggles with sleep, she set out to tackle a health crisis and write The Sleep Revolution. With the Industrial Era, we began to treat humans like machines. Sleep is non-negotiable, everyone needs sleep. While there is 1% of the population with a genetic mutation who can function on 4-5 hours of sleep, for the rest of us, we need 7-9 hours of sleep each night for our bodies to function optimally.

Sleep Deprivation

Our immune system is compromised when we aren't getting enough sleep. Our hormones change, our impulse control is compromised, and we cannot lose weight. When we are sleeping our brain is engaged in frenetic activity, cleaning out the toxins that have accumulated throughout the day. If they cannot be washed out of the lymphatic system, they remain and cause memory loss and in extreme cases, Alzheimer's. Sleep deprivation robs us of joy, making us less present and less capable of living our lives.

Sleep deprivation has been an issue for a long time, but the advent of the smartphone and advances in technology, it has become even worse. It creates this ideal that we are constantly connected and we never have to stop working. If you do not create a boundary between the hustle and bustle of the day and sleep, you never turn off and in turn don't sleep well.

Travel

Staying hydrated, avoiding alcohol and sugar are just a few tips for practicing healthy sleep habits while traveling. Being able to relax, and take care of oneself while traveling is crucial to insuring a good night's sleep when you arrive at your destination. Ritual is crucial at all times.

Bedtime Rituals

Thirty minutes before she goes to sleep, Arianna takes all of her devices to the hallway, away from her room. Then she takes a warm bath with Epsom salts to relax. She wears something specifically for sleep -- having specific clothes for sleeping is important, it tells the body we are going to bed. Working out, or sleeping in your day clothes can keep you from getting restful, rejuvenating sleep. She reads only physical media like books before bed, to help her disconnect from the day and surrender to sleep.

[Check out Arianna's Website to Assess Your Sleep!](#)

Listener Question:

Which supplements should I not take at night, and which should I take that will help with sleep?

Supplements are meant to add on to our diets and lives, not to substitute what our bodies need and don't need. First and foremost, avoid caffeine-- this may mean you need to stop as early as 9am depending on how fast you metabolize it. Sugar and alcohol can cause sleep issues as well. B vitamins can be stimulating and energizing, so not the best at

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night. A good evening routine is a good step to getting a good night's sleep. Have a good meal with healthy fats, protein, and vegetables, at least 3 hours before bed. Nutrients like GABA (gamma-Aminobutyric acid) and others can help ease and facilitate sleep when taken in the evening. You can also try JJ's sleep candy which combines melatonin, 5-HTP, L-theanine (yep, the same stuff as in green tea), and inositol along with vitamin B6 for enhanced absorption, in their correct, most efficacious doses to help you sleep. Find your routine, and what works best for you.

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As always, remember:

You are worthy. Dare to live a life that matters.

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