

# HEALTH WARRIORS

**Your Roadmap  
To Better  
Health And  
Immunity**

**Tune Your  
Body To Fire  
On All  
Cylinders!**



**BY SAMIR JHAVERI**

# HEALTH WARRIORS

## The leaked chapter.

Hi, my name is Samir Jhaveri and I am a published author. I recently published another eBook on Amazon, titled “Health Warriors”. I am purposely giving away one chapter from the eBook, for free. If you like this chapter, you will love the Book! So without wasting any of your time, let’s begin!

## Chapter: Good Night Sleep Tight!

*“Sleep is the best meditation.” Dalai Lama.*

We spend almost a third of our lives sleeping. So it makes sense for me to cover a bit on this subject. At a time when competition is so fierce in every walk of life, there are so many good books to read, courses to take up, degrees to add to your name, goals and targets to be achieved, latest news and technological innovations to keep up with, hobbies to pursue, friends and relatives to socialize with, daily tasks and rituals to attend to, money to be made, rejuvenate / chill out, movies and series pending to be seen on Netflix, and the list goes on and on. You are always pressed for time. I haven’t even included routine tasks, like eating, bathing, toilet, cooking, etc.

It almost seems like sleeping is a serious waste of time. No wonder that most folks are sleep deprived, these days. Some even resort to unusual practices like biphasic and polyphasic sleep, against the usual practice of monophasic sleep. In fact, there is a special website entirely devoted to this subject, called [mattressnerd.com](http://mattressnerd.com) (previously [polyphasicsociety.com](http://polyphasicsociety.com)). While it is tempting to compromise on sleep to get more things done, is it worth it? Let us understand the pros and cons before we take a call on this subject.

Having proper sleep is important because it enables us to rest, relax and forget our anxieties, and gives us the energy to start another day. It helps keep our body healthy and keep our memory sharp. It keeps our hormones balanced, clears our brain of toxins, recharges our immune system, makes the skin youthful, helps the body purge inflammation, and maintain proper weight.

Research says that when we sleep, the brain shrinks, allowing cerebrospinal fluid to flood and clean it up. There's a toxic protein called beta-amyloid that is actually removed by this cleaning process, called glymphatic system. For those who didn't know, patients suffering from Alzheimer's disease were found to have accumulated beta-amyloid in the brain. Can you see the connection now?

Lack of sleep also impairs creativity, judgment, problem solving skills, reasoning, and memory. It makes you irritable, grouchy and run down, and increases the risk of diseases like schizophrenia, bipolar disorder and depression. Abnormal sleeping habits also interfere with our circadian rhythm. So, how does sleep actually work?

### **The Sleep Process:**

As we fall asleep, we enter the transition sleep called Stage 1 and begin our first sleep cycle. Within a few minutes we go into our Stage 2 sleep. Stage 2 sleep is where the other three stages come from. Within 15-20 minutes we have gradually evolved into Stage 3 then Stage 4 sleep, also called delta sleep or NREM (non-rapid eye movement) sleep. Our respiration and heart beat slows down during these 4 stages. Our body also becomes immobile.

After almost half an hour of NREM sleep, our brain goes loco and we go back to stage 2 sleep and then go to REM (rapid eye movement) sleep where our brain becomes very active and our respiration and heart rate increases again. This is the stage where our dreams occur. Our eyes also move in all directions under our eyelids. The REM sleep will happen for only about 10-20 minutes and then goes back to stage 2 again. This marks the end of the first sleep cycle and then starts all over again.

As we start all over again we gradually lose our time for NREM sleep and replace it with longer alternating stage 2 and REM sleep and by the final sleep cycle, we will spend about half our time in stage 2 sleep and half in REM sleep. Sleep normally ends after six cycles. What this means is, we should ideally sleep in blocks of about 90 minutes, like 6 hours, 7.5 hours, etc.

While several polymaths and prominent folks like Thomas Edison, Benjamin Franklin, Winston Churchill, Napoleon, Leonardo Da Vinci and Nicola Tesla had been sleeping in a polyphasic manner for a major part of their lives, some researchers say that it is not advisable as REM sleep is hugely compromised.

Finally, you need to do your own research and try out such sleep patterns at your own risk, to see if it suits your mind and body.

Whichever one you choose, check out some tips below, which will help you improve your sleep:

1. Sleeping environment should be as dark and noise-free as possible. Use thick curtains to block out light coming from windows. Ensure that your windows are sound proof. Use ear plugs / noise canceling headphones and eye masks for keeping out noise and light, as required. If you're not comfortable with pin drop silence, buy a white noise machine. If you're not comfortable with pitch darkness and need to have a night lamp, get one that emits red light (avoid white, blue and green light). If you can also control the light intensity, better.
2. The best sleeping time is from 10 to 11 pm. This is because your body repair time starts at around 11.00 pm and ends at around 3.00 am. During this time we have more of REM sleep which is essential for restoration and healing of our organs. In fact, the quality of sleep during this time is so high that one hour of sleep is said to be equivalent to two hours of sleep during other hours.
3. Taking a hot bath at bedtime increases the release of melatonin, which helps you fall asleep faster.
4. Ensure that your bed sheet and pillow cover are clean. Ensure that your mattress and pillows are comfortable. Change your pillow within 2 years and your mattress within 10 years of use. Actually, it's better to have the whole bedroom neat and clean. You'll sleep better in a visually appealing environment. Use a calm color with a matte finish to paint your bedroom walls.
5. If you sleep with a partner, ensure that you don't fight with the blanket in the middle of the night. It's better to have separate blankets than one of you pulling the whole over themselves, making the other shiver and wake up.
6. Sleeping attire – the best way to sleep is without clothes. If you can't, wear loose fitting clothes that do not restrict movement in any way and are made of breathable material like cotton, silk, linen, etc. Avoid nylon and tight fitting clothes at all costs. Try to avoid tight underwear as they can be a breeding ground for bacteria. Shed your bras too, they cause skin infections and difficulty in breathing.

7. Never wear your makeup when going to sleep, it clogs your pores and causes wrinkles to develop early.
8. Try acupressure. There are several points which you can subject to some pressure, which will help you relax and fall asleep faster. This method may or may not work for you but there are no side effects, so no harm trying. Popular points are the three yin intersection (spleen, liver and kidney), the Feng Chi (also known as wind pool), the spirit gate, and the inner frontier gate. You can check the exact location on the body by looking up these terms on Google.
9. You probably set an alarm for the morning, to know it's time to wake up. How about having one to know it's time to go to bed? This may sound stupid but the fact is, most folks never manage to sleep on time regularly, as compared to the percentage of those who wake up on time. Sometimes it's because of guests dropping for dinner, or it's some thriller movie or web series, or it's a mystery novel that you just can't put down till the end, and the list goes on. Losing track of time is extremely common, especially when the distraction is high. Hence it is wise to use an alarm to remind you to go to sleep, as well as one to wake you up. You should sleep and wake up at a fixed time every day including weekends, to regularize your circadian rhythm (internal clock).
10. While we're on the subject of alarms, remember never to use the snooze button. The REM sleep you catch between these is of very poor quality and actually makes you feel groggy than when you wake up at the first bell. A better idea is to keep the alarm clock far away so that you are quite awake by the time you get up and walk all the way towards it. By the way, bright light alarms are also available where the light gradually increases in intensity.
11. Ensure you get at least 15 to 30 minutes of sunbath in the morning, to reset your circadian rhythm (and your dose of natural Vitamin D). If natural sunlight access is not available, you can use artificial light or a therapeutic light box that simulates sunlight.
12. If you have a habit of napping, limit it to not more than 20 to 30 minutes. Avoid naps in late evening, especially closer to bedtime.
13. Consider experimenting with progressive relaxation exercises by tensing and relaxing the muscles throughout the body. This will relax you. Don't get anxious about sleep, in fact, don't even think about sleep. Instead, pray in your mind or imagine yourself in a peaceful and tranquil place of

your choice, so that you can slowly drift into sleep. Meditation and light yoga, especially breathing exercises is also good for sound sleep. Nowadays there are apps for almost everything including meditation and yoga. Massaging the soles of your feet will also help you calm yourself, according to Ayurveda.

14. Sleep your mind before your body. What I mean is, clean up your mental work station before you retire to your bedroom. Checking the progress of your to-do list for today, making one for tomorrow, worrying about targets not met, etc. should be done with by late evening before dinner. Don't think about your problems at work, issues with someone, your incomplete projects, etc. when you go to bed. Relax, listen to some soft music and chill.
15. If you have pets, avoid them in your bed. Not only can their movements disturb you, but the dander that they shed are allergic to many folks and the itch can wake you up.
16. If you have a habit of using the washroom frequently at night, do two things. First, drink more water during the day and reduce your intake, as night approaches. Second, have a dimmer night light in the toilet to switch on. Regular lights will disturb your sleep due to melatonin disruption.
17. If your mind is always restless and occupied, consider buying a grounding pillowcase. It connects to the earth supply at home and keeps your mind grounded. Be sure to check if your home is earthed properly before buying the pillow, else it won't work and your money will go waste. Note: If you are not used to walking barefoot at all, especially on stone, grass, sand, or concrete, you have probably accumulated a lot of negative charge on your body. This has a negatively effect on the nervous system, heart pumping, stress control, and REM (Rapid Eye Movement) during sleep. Just few minutes of grounding yourself along with meditation will help you in the above issues positively.
18. If you have coffee several times a day and usually find difficulty falling asleep at night, your coffee could be the culprit. Caffeine is a stimulant which is quickly absorbed in the stomach, increasing your plasma levels within 30 minutes. Unfortunately, the time duration for caffeine effect in the body varies from person to person, and ranges from 2 to 10 hours! So it is better for insomniacs to avoid caffeine in any form after the second half of the day. This removes its effect by bedtime. Do also note that the

metabolic speed of caffeine will shoot up by as high as 50% more if consumed along with nicotine.

19. While we do have separate content on food and diet, it's worth mentioning in brief. Try to prefer organic and unprocessed foods rich in fiber as much as you can, which required much less energy to digest as compared to animal products and processed foods. Do ensure that your diet has the necessary amount of vitamin B, C and D, selenium, potassium, magnesium, calcium, tryptophan, Omega 3s, probiotics and prebiotics. To reduce your cortisol levels, have bananas, pears, green tea, dark chocolate, and supplements like ashwagandha. Your breakfast should be one of the largest meals of the day, so that your body has enough energy to get through the day. At the same time, dinner should essentially be light, to prevent acid reflux and heartburn.
20. If you're a student who studies late at night while relying on caffeine or nicotine, you must know that you are only starving your brain of the rest it needs to process all the information you are feeding it. In fact, it is when you sleep that the brain works to retain it. Now remember those times when you were too tired to complete a task that required mental strength, and you "slept over it". More often than not, the task would become easy to complete after the brain has taken rest. Make sense?
21. If you like herbal tea, I've heard that chamomile tea is very effective in improving sleep quality. You can have it post dinner. Valerian root extract also has similar effects.
22. Most folks have a very sedentary lifestyle, thanks to the information technology boom. If you're one of those, ensure that you do some type of vigorous exercise daily. At the minimum, take a brisk walk for 15 minutes. Exercise time should ideally be in the morning. But if your mornings are too busy to spare, evenings are fine, but not very late. All your vigorous exercises should have a minimum buffer of 2 to 3 hours before bedtime.
23. Avoid eating at least 3 hours before dozing off. But if you feel uncomfortably hungry and cannot sleep at night, take a light low-carb snack or fruit. Rice is also fine as it is slow to digest. Warm milk is also good for inducing sleep. If you can manage the taste, add some turmeric powder in the milk, it reduces cough and increases immunity. About 150 calories are enough to last you throughout the night.
24. Avoid alcohol as a sleep inducement. While you may feel drowsy after drinking, it prevents you from entering deep sleep stages, which is what

the body requires for healing. Alcohol also disturbs sleep by needing to pee in the middle of the night. This is because alcohol reduces the production of a hormone called vasopressin. This hormone is responsible to direct the kidneys to reabsorb water instead of flushing it out through the bladder. Ideally, end your drinking session about 4 hours before you plan to sleep. One of my friends has found success in sleep inducement by drinking non-alcoholic beer, so you can consider trying that for a change, you never know what may help you!

25. Avoid computer screens, fluorescent lightning and other blue light emitters before bedtime, as they arrest production of the melatonin hormone. This includes TV, computer, mobile, tabs, etc. If you're unable to avoid this, install an application called f.lux. It automatically adjusts the blue emission in screens depending on your time zone. You can always uninstall it if you don't like it. Nowadays, most gadgets have a night mode that removes the blue light, but the best practice is to avoid them altogether.
26. Ideal temperature for sleeping is about 20 degrees centigrade and ideal humidity is about 40%. The ideal temperature also varies from person to person depending on his weight, body temperature, capacity to bear heat and cold, etc. If you're forced to sleep at a lower temperature than your ideal one, wearing socks will help control the loss of body heat. Add hand gloves if it is extremely cold. You may even consider having cooling / heating mattress pads.
27. Keep your sleep routine consistent irrespective of whether it's a week day or a weekend. Do not deviate more than an hour; it interferes with your body's natural clock.
28. Some essential oils like spike lavender, valerian, cedar wood, bergamot, and roman chamomile are very popular in aromatherapy, for sleep and relaxation. They lower the heart rate, blood pressure, and even the skin temperature. You can buy an oil diffuser or even add few drops directly on your pillow.
29. Beta-Glucans is a famous natural supplement well known for boosting immunity. It has been researched to reduce sleep difficulties and is also widely used by patients having high cholesterol, diabetes, high blood pressure, and even cancer and AIDS.
30. If digestion problems wake you in the middle of the night, take probiotics. Apple cider vinegar also helps digestion by breaking down the food and



releasing tryptophan. Adding honey will improve the taste as well as keep your sugar balanced, resulting in better sleep.

31. Another trick I learnt to sleep soundly is something I found online. It's called sleeping in the "half military crawl position". This is how you do it – First lie down on your stomach and rest your head on a pillow facing to the right, keeping both arms on the sides with palms facing up. Next, bring your right arm up until your palm is under the pillow and below your head. Next, bring your right knee out to that side until it is bent at approximately 90 degrees. That's it, you're done. It is not easy in this position to toss and turn. This reduces distraction, helping you to sleep more soundly. You are also less likely to snore and disturb others.
32. If you're a polyphasic sleeper or are exploring it, do monitor your overall health diligently. While some folks have managed polyphasic sleep for a major portion of their lives without drastic side effects, not all were lucky. Remember, sleep debt is bad and sometimes comes with irreversible consequences. Leonardo da Vinci had a very strenuous sleep cycle called the Uberman cycle. He would sleep for only 2 hours a day by taking 20 minute naps every 4 hours throughout the day, continued indefinitely. I know someone who's a software programmer and follows a 28 hour concept to increase productivity without health issues. He is awake for 20 hours and takes an 8 hour sleep (so his 7 day week is actually 6 days).
33. Consider taking melatonin (a couple of grams, to 5 grams max). But don't make it a habit, take one or two days off from it each week.
34. If you're a tech savvy person, you can consider investing in a sleep tracker. These trackers work by monitoring how much and how well you sleep, by tracking your movement and the changes in your heart rate, breathing cycle length, and even your skin temperature. It depends on which tracker you opt for (there are wearable ones as well as bed based ones with sensors fitted strategically).

If you have a magnesium deficiency, consider having a salt and soda bath. Simply add magnesium sulfate and pure baking soda (about 100 grams each) in hot water and soak in it for 30 minutes before going to bed. You can also try spraying magnesium directly on your body – the skin absorbs it. Both these transdermal methods are much safer than taking pills, without being prescribed by an authorized healthcare provider.

From what you have learned above, consider maintaining a journal and log of all activities done throughout the day, which you can monitor and analyze to help

you manage your sleep better. Over time you will be able to track the best sleep quality times under various variables.

*The world record for the longest period without sleep is supposed to be 18 days, 21 hours, and 40 minutes, achieved during a rocking chair marathon. The record holder reported hallucinations, paranoia, blurred vision, slurred speech, and memory and concentration lapses.*

## **END OF SAMPLE CHAPTER**

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If you did not like the sample chapter, that's OK too, this eBook is not for everyone. In fact I can guarantee you that there is much better literature available out there from which you can derive your reading pleasure. This eBook is only for folks who take their health and well-being seriously, and are ready to improve their overall health and immunity.

### **Can You Help Me Please?**

I am participating in the Pen-To-Publish contest at Amazon India that ends on 30<sup>th</sup> March'21. If you buy the eBook, please submit your review at Amazon, preferably by 29<sup>th</sup> March'21. Reviews mean a lot to us authors, in fact, more than the royalty we earn on the book sales. They spur me on and motivate me to write more. Remember to login to Amazon before submitting the review, so that it will have the tag of "verified purchase".

As per Amazon and in their own words, the winners for the contest will be selected based on this criteria: "Each eBook will be rated based on the commercial viability of the eBook (including, without limitation, with regards to the eBook's sales, borrows and customer feedback). We will look at metrics from the time the book is published until March 30, 2021."

The contest started on 10<sup>th</sup> Dec'20 and I came to know about it just recently. I am already late in participating, (not even a month in hand) so I sincerely request you to submit your review at the earliest. If you're reading this after 30<sup>th</sup> March'21, then also you should submit the review for future help. Thanks in advance! 🙏

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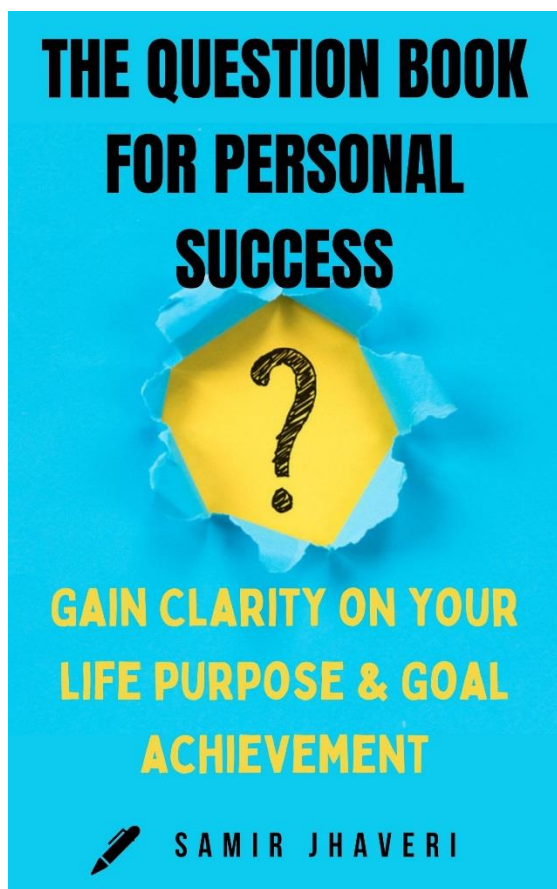
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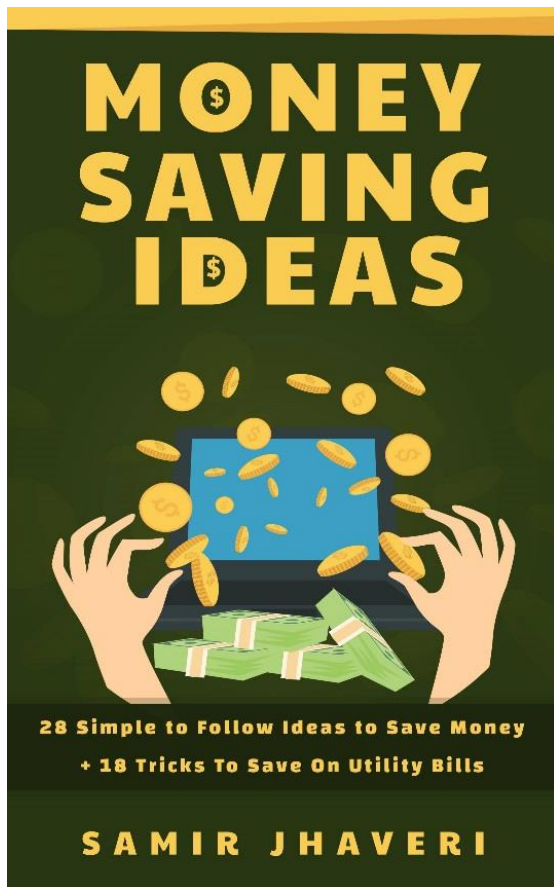


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