

THE HEALING POWER OF SLEEP

- Our society is an **extravert society** - we need more downtime
- We are up later due to **lights - melatonin** kicked in earlier due to natural light waning in earlier times
- Sleep deprivation is the most ignored cause of disease next to bad nutrition
- **Not just the amount and quality but the regularity of sleep also matters!**
- In Western Cultures we identify ourselves with **WHAT** we do, instead of **WHO** we are.

In fact WHO we are is much more important than what we do!

What energy we project towards our children, loved ones and others are of utmost importance. If we don't sleep, we are not living up to our potential of who we really could be.

- **The sleep process wipes out the least important impressions, the noise** - only essential synapses remain - long term memories are formed and the brain is free enough to learn again
- **Different individuals need different amounts of sleep and we cannot change this, like we cannot change our shoe size.**
- **We often talk about rhythm in terms of our children, but the same goes for us!**

WHAT HAPPENS DURING SLEEP

- **cleansing and rebuilding the body** - toxin elimination - deep rebuilding of the body takes place before midnight to 1am - going to bed no later than 9-9:30pm is excellent
- most **emotional processing** occurs during sleep - thought processes completed, problem solving
- all **healing** requires extra sleep
- **spiritual development** occurs during sleep - Ego and Astral body leave the physical and etheric body and work in a spiritual realm (karma) - dreaming occurs in picture form when we are passing through the etheric body to penetrate the physical body or when we are falling asleep and leaving the physical body - sorting out what the mind needs to mull over
- **FOUR STAGES OF SLEEP:**
 - Rest
 - Muscle Relaxation
 - Dreaming and Rebuilding the Body
 - Processing and Learning

WHEN AND HOW MUCH TO SLEEP

- the **hours before midnight** more valuable
- **8-10 hours of ACTUAL** sleep (not the time spent in bed while falling asleep or waking up)
- **CHILDREN AND TEENS: (for excellent results)**
 - **1-4 weeks: 15-16 hours per day**
 - **1-12 months: 14-15 hours per day**
 - **1-3 years: 12-14 hours a day**
 - **3-6 years: 11-13 hours a day**
 - **7-12 years: 10-11 hours a day**
 - **12-adolescents: 11 hours**

BEST SLEEPING POSITION

- on back
- no pillow, or pillow that allows our back to be as straight as possible
- head towards the pole - northern hemisphere - head: North, legs: South

CHILDREN

- Children need sleep for **healthy development**
- If they are **sick**, they need **downtime**, rest, quiet and pampering - keeping them home in these times is most beneficial
- They also need **downtime when they are starting a new program** (ski school, preschool, Kindergarten, Gr1, extracurricular activities, playdates) - big changes for them - their little being needs to adapt to this. We do a lot more good to our children by not scheduling too much, but allowing them to just be, breathe and process during rest and downtime.
- Sometimes I hear parents say their **children have lots and lots of energy**, and will not go to bed. **Often we have passed a certain threshold and now they are overtired, which will manifest itself in hyper activity.** It is our task as parents to **find out about our children's limits, and help them with initiating downtime or earlier bedtime.**
- **Naps are beneficial** - increases memory and cognitive skills, positively influences emotional development
- Children need **regular bedtimes!**