



# SLEEP PROGRAM

Compliments of Dr. Donna F. Smith

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*The original sleep disorder research and educational information in this article are gleanings from my sleep disorder lecture notes of Brazos G. Minshew, M.Sc., N.D. (1999).*

*This article has since been updated whenever I have become aware of new or updated information on this subject.*



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## SLEEP DISORDERS – 70 Million in U.S.

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As of December 23, 2020, the number of people in the U.S. suffering from Sleep Disorder in the U.S. population was 70 million. An increase of 30 million more than the original statistic in 1999, which was 40 million Americans suffer from primary sleep disorders.

Many are unaware that typical sleep disorders include: narcolepsy, sleep apnea (obstructive and central), restless leg syndrome), insomnia, and para-somnia.

Evidence suggests that sleep disorders play a role in virtually all immune, auto-immune, gastro-intestinal and hormonal disorders. In many cases, sleep disorder is the virtual cause of these disorders.

This means that the following symptoms may be caused or being perpetuated by your lack of sufficient sleep:

1. gas,
2. ulcers,
3. constipation,
4. diarrhea,
5. frequent colds/flu,
6. male and female complaints,
7. auto-immune diseases, such as Fibromyalgia, Lupus, MS, Chronic Fatigue,
8. and others listed in this article, etc.



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## PURPOSE OF SLEEP

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Sleep is a fundamental requirement of the human body for living (longevity). As you know, you would be dead, if you did not sleep. Sleep is so important that sleep is automatically part of your day. Though more than likely, you have tested your sleeping limits and know how long you can stay awake. Though that was a test and not a habit.

People require sleep to process:

1. What was eaten or drank that day or week, especially if there is some unhealthy part of digestive system.
2. What came in and went out of all five of your basic senses. That is what was seen, heard, spoken, tasted, and touched.
3. Also, the sixth sense, that represent your soul and spirit.
4. Toxins – Toxins are the cause of slowly poisoning yourself, so how much toxins you have and your human body's ability to detoxify itself.
5. The internal outcome of all the above, such as, all health-related issues can have a root or contributing cause in your sleep practices.

However, let's just look at one... Fibromylgia Syndrome or Disorder – One of the first so-name auto-immune syndromes (aka disorder) is Fibromylgia. This had the medical community baffled for almost two decades of missing the mark about what it was, what caused it and how to treat it.



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## FIBROMYALGIA (FMS) – BEFORE KNOWN

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I had been helping my first Fibromyalgia client for 2-3 years before I realized they now had a name for it. My success in helping her was due to the fact that I don't treat medical conditions, diseases, disorders or syndromes. I am identifying what the body requires to heal itself and helping my clients provide what their test results indicate their body needs to do so, which includes identifying and correcting interferences to their healing processes.

Their greatest contribution was to bring to the public's attention that their patients had symptoms that were diverse throughout the body and intense and thus required their own diagnostic label for the set of symptoms in common, which they named Fibromyalgia. This helped put an end to diagnoses like bursitis and tinnitus or anxiety and depression, to name a few diagnoses, many FMS patients were told they had by well-meaning physicians, prior to this public attention.

I remember many marriages, family or working relationships, and other human interactions that were tested during this time, those with FMS were frequently being accused of being a hypochondriac or worse, lying.

Many of my clients were in tears just to have a doctor believe them, that alone gave them much mental and emotional "burden" release. And grateful to finally understand why they have had such a rough journey trying to get help.

I remember my first male Fibromyalgia client, who was also diagnosed with Chronic Fatigue, not that it was needed, as most FMS patients are "fatigued" also.

Anyway, a nice older gentleman crossed my threshold in a wheelchair and an attitude that he was doomed forever – never to play golf again, never to, never to.... Two months later, he was playing golf using a cart and could finally see within reach, the end of that journey, called, "got my life back."



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## PERPETUATES FIBROMYALGIA

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Sleep Disorders can cause and perpetuate Fibromyalgia. According to Goldenburg Study at the Tufts University, when subjects were deprived of Stage 4 sleep, healthy test subjects developed the full criteria for Fibromyalgia, including Tender Points, in about three weeks. When allowed to resume normal sleep patterns, the same subjects were clear of tender points within six weeks.

This study proved that if a lack of sleep in healthy subjects can produce Fibromyalgia, we should consider improving sleep disorders in Fibromyalgia patients. Additionally, an important lifestyle practice to prevent the development of Fibromyalgia is to attain and maintain healthy sleep.

According to the Manhattan Sleep Center, 75% of patients with Fibromyalgia share a primary sleep disorder. An additional 17% sleep with someone who has a primary sleep disorder. The remaining 8% reported frequent sleep disturbances from noise, sleep neuritis, pets and various other factors.

As of September 20, 2011, those with Fibromyalgia have a 10-fold increase in **sleep-disordered breathing, including obstructive sleep apnea.**

The Goldenburg Study showed the first non-drug treatment (sleep) for Fibromyalgia affected its cure by changing sleep patterns; exercise protocol. The cure was still intact two years after the end of the study.

The Goldenburg Study showed the second non-drug treatment (biofeedback) also affected its cure by changing sleep patterns. The cure was still intact two years after the end of the study.

Bioenergetic research has led to the development of the FDA Class A medical device, called the Healy, as of December, 2021. Call to schedule a Free Healy Introduction telephone consultation for its comprehensive over-all body benefits, including sleep. And



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yes this is one healthy device that your medical doctor may write a prescription for your medical insurance purchase or reimbursement.

## SLEEP SELF-TEST

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Along with this article, I have provided a **Sleep Self-Test** to assist you in evaluating your sleep patterns. For those with one or more abnormal or imbalanced sleep pattern, or any sleep-related issues, this test will help us identify what you can do to improve the quality and quantity of your sleep.

Thereby, assisting in health restoration, disease prevention, longevity and biological age reversal.

After completing the self-test, please email me a copy for the next step.