



HEALTH AND HEALING

The importance of getting sleep

by **Mike Ventresca**

Vital Choice

Recently, I came across a news program on the importance of sleep and was so fascinated by what I saw that I instantly powered up the computer to track down the research, and committed myself to getting more—sleep.



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For example, a recent study from the University of Chicago School of Medicine found that after restricting the sleep of healthy subjects to four hours per night for six nights, the participants were already becoming pre-diabetic. Researchers

also found that lack of sleep may be contributing to the epidemic of obesity.

Essentially, when we are sleep deprived, the body produces less of the hormone that tells our brain to stop eating. In fact, several large-scale studies have also shown short sleep times are linked to heart disease, high blood pressure and stroke.

Another study at the University of Pennsylvania's School of Medicine found that after only one night of roughly five hours of sleep, our memory, ability to concentrate, and speed with which we think is reduced.

Even more, the effects are cumulative. After a second night it gets worse, and so on. The bottom line, according to most researchers, is we need seven-and-a-half to eight hours of sleep each night to be healthy.

But what if sleep doesn't come easy?

There are a variety of well-researched natural options available. While there are quite a few effective products out there, one that has recently caught my eye is a new product called Dreaminol™.

Dreaminol™ is a unique time-released formula that combines Melatonin, L-theanine (an amino acid shown to enhance alpha brain waves), 5-HTP (a precursor to serotonin), and Lactium® (a combination of warm milk proteins). Research shows that these ingredients can decrease both the time required to get to sleep and the number of awakenings during the night.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. They are open Monday through Friday from 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

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Learn. Shop...be healthy!

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