

Don't Let Sleep Deprivation Ruin Your Health!

Did you know...

In the United States alone, 40 million people experience long-term chronic sleep issues, while another 20 million people experience occasional sleeping problems. This ends up costing around \$100 billion each year in accidents, medical bills and lost work.

Sleep is one of the most important functions that our bodies perform; its importance ranks right up there with the need for food and water. Sleep is the body's way of daily restoring and repairing itself. When you don't get adequate sleep your body is not properly prepared to function at its best the next day. Long-term inadequate sleep, also known as sleep deprivation, can have damaging effects on your body. Some of these effects include:

- Loss of self-control
- Decreased concentration
- Memory loss
- Pain
- Nausea and dizziness
- Type II Diabetes
- Suppressed immune system
- Psychosis

Unfortunately, most people do not get the proper quality of sleep, or even the full amount of sleep in each sleep cycle that their bodies truly need.

Out of the four stages of sleep, deep sleep is the stage that facilitates the physical restoration of your body. During deep sleep your brain waves are slowed and blood flow is directed away from the brain and towards the muscles. This works to restore physical energy lost over the course of the day.

As people age, the time they spend in deep sleep each night gradually decreases. In fact, the amount of deep sleep that people get each night at age 30 is about half the amount they get at age 20. By age 65, people spend less than 5% of sleep time in deep sleep, compared with 20% when they were in their 20's. Additionally, insomnia – or habitual sleeplessness, becomes more of a common problem as people age.

People who have trouble falling asleep, staying asleep, or who continuously feel the effects of sleep deprivation often rely on drugs like sleeping pills and herbal remedies to help them fall asleep and stay asleep at night.

But both short-term and prolonged use of sleeping pills can have dangerous effects. People who use sleeping pills may experience some common side effects such as:

- Weakness
- Stomach pain
- Daytime drowsiness

- Dizziness
- Difficult keeping balance
- Changes in appetite

There are also much more dangerous side effects that can occur as a result of taking sleeping pills.

Recently, there has been greater awareness focused on the dangers of parasomnias which are associated with taking sleeping pills. A parasomnia is classified as a disruptive sleep-related disorder with potentially harmful effects. During a parasomnia a person has no control over their behaviors and actions. These complex behaviors may include sleep eating, sleep driving and other dangerous actions, in addition to an increased likelihood of falling and injuring one's self.

Additionally, as with most pharmaceutical drugs, the longer you use sleeping pills, the greater the risk of becoming dependent on their use to facilitate sleep.

What if there was an all-natural way to help you fall & stay asleep?

Dr. C. Norman Shealy, is a world-renowned medical doctor and one of the world's leading experts in pain. As the founder of the first comprehensive pain and stress management facility in the country, and developer of pain management therapies used worldwide – Dr. Shealy's decades of research have resulted in numerous pioneering treatments in intensive pain and stress management. He has over 300 published works and has authored over 20 books.

Recently, Dr. Shealy completed a clinical study on sleep quality using a new health and wellness technology created by a company called LifeWave. Dr. Shealy's clinical study, which was completed in 2011, evaluated the effectiveness of LifeWave's Silent Nights sleep patches on quality and depth of sleep. It was double-blind and placebo-controlled, with participant age ranging from 18-80 years.

The results of the study yielded impressive results with this new technology. After careful analysis, it was seen that of all the participants in the study:

- 80% had improved length of sleep,
- 76% had improved quality of sleep,
- And 52% experienced a decrease in daytime sleepiness.

This clinical study showed that this technology works to promote a more restful sleep period without the need for pharmaceutical drugs.

LifeWave was founded on the principle of breakthrough health and wellness technology and has created a solution that works *with* your body to help you fall asleep and stay asleep at night.

LifeWave has conducted other clinical studies that show that this technology does improve the flow of energy in the body. LifeWave's Silent Nights sleep patches are not sleeping pills or herbal supplements and doesn't require needles – *it's a non-drug way to improve the functionality in your body using its own natural resources.*

What YOU can do to improve your sleep – Today!

Unfortunately many people are still relying on dangerous sleeping pills to facilitate a better and longer night's sleep. These drugs can be addictive and wreak devastating physical and mental effects on the body. LifeWave's Silent Nights patches provides a natural way to improve the quality of your sleep with the use of pharmaceutical drugs.

Do you want to wake up each morning feeling refreshed, energized and well-rested from a great night's sleep? Start benefitting from this new technology today. [Click here](#) to buy Silent Nights and enjoy a better night's sleep!

Contact your local LifeWave distributor to learn more about changing your sleep patterns for the better, and start getting a more restful night's sleep.

Find out more details by visiting <http://lifewave.com/silentnights.asp>.

Here's what people are saying about this product...

"I was diagnosed with severe sleep apnea in 2010. I experienced restless sleep, loud snoring and would wake up 4-5 times a night. I had originally planned on getting a breathing machine to help my sleep, but tried Silent Nights before getting the machine. Now – I sleep better. Now more waking up in the middle of the night or snoring. I continuously use the patches every night. What a miracle!"

-Amy Borja

LiveWave Distributor, United States

"I feel like I get a much deeper sleep. I used to wake up and move around a lot at night. Now, I don't catch myself waking up. I feel energized in the morning and don't feel groggy."

-Tiny Meeker

World Champion Heavyweight Lifter

LifeWave Endorser