

Top Benefits of Inclined Sleep

Pasadena, Feb 14, 2019 (IssueWire.com) - SAMINA began and continues to be a company promoting healthy sleep through education and its organic sleep products which cover every aspect of naturally healthy sleep. The key to creating a more fit, successful and healthy life will always circle back to your sleep.

In this article, one will learn the reason why the trend of Inclined Sleep has quickly become a priority to improve overall health and wellbeing. This first requires a quick science lesson to set the stage.

Here's the scoop:

When the body is out of balance and has been exposed to toxins, illness, or injury, the body's natural response is inflammation. Redness, swelling, heat, and pain are indicators of inflammation, which often can be beneficial and healing but when the inflammation becomes chronic, it is problematic, and we suffer. Much of state wellness within the body is related to reducing or avoiding inflammation. As you go through your day there are toxins present in the body that build and, as these toxins increase, so do the biochemical responses within your body. This highlights the body's amazing self-healing, self-regulating mechanisms. When acutely ill, the body promotes deeper, more restorative sleep and greater brain detoxification. The lymphatic system is the body's garbage removal system and the glymphatic system is the brain's garbage removal system. Your glymphatics, or brain detoxification, is one of the paramount factors in combatting illness and assuring wellness. As you will discover, it is also one of the most important reasons to sleep inclined.

As toxins build in the body, this triggers an elevation in the levels of inflammatory mediators, such as interleukin-1 beta (IL-1 β) and tumor necrosis factor-alpha (TNF- α). Levels of IL-1 β and TNF- α , especially increase as the body prepares for sleep. Normally, at end of day levels, these inflammatory mediators help promote non-rapid eye movement (NREM) sleep. This is critical as stage 3 NREM creates slow-wave sleep, the stage of sleep where the glymphatic system is most effective. In states of acute illness, when IL-1 β and TNF- α are further elevated, the body experiences greatly increased levels of NREM sleep highlighting the body's natural response to heal and fight inflammation in order to regain balance. Studies indicate that every level of sleep is vitally important and there are detrimental effects when any is compromised.

Sleepy Brain:

-90% of brain detoxification occurs while you're sleeping, especially during deep sleep, because brain waves slow down which is why this sleep stage is called "slow wave sleep".

-Lack of sound sleep leads to a change in the gut microbiome which may increase body-wide inflammation. This inflammation can lead to unpleasant symptoms that further disrupt sleep.

-The gut directly influences neurotransmitters, like serotonin and GABA, thus affecting brain plasticity, too meaning alterations of the microbiome can lead to changes in mood, cognition, and sleep.

-Poor sleep leads to over-activation of the hypothalamic-pituitary-adrenal or HPA axis. This is the master hormone system of our bodies. This system has many functions, including regulating stress hormones, metabolism, sleep, learning, and social interactions.

-Chronically high levels of stress hormones increase body-wide inflammation and often leads to poor sleep quality and insomnia decreasing the brain's ability to detoxify.

So why sleep inclined?

After the gloomy forecast, here is the great news... there are things you can do to transform your sleep and positively affect the function of your brain's glymphatic system. Much like the lymphatic system that cleanses the rest of the body, the glymphatic system is affected by external factors, such as gravity and body position. This is why the act of sleeping on an incline can provide the boost that your body is looking for to function optimally. People who suffer from OSA (Obstructive Sleep Apnea especially due to sleep position) and GERD (Gastroesophageal Reflux Disease, in common language often called "reflux") already benefit from reduced symptoms and better sleep on an incline.

Here are a few additional health benefits others have experienced from sleeping inclined.

- Stops mouth breathing.
- Ends post nasal drip.
- Curbs snoring and Sleep Apnea.
- Alleviates Heart Congestion and Inflammation.
- Offers deeper more restorative breath.
- COPD Relief.
- Soothes congestion and Sinus stuffiness.
- Improves blood circulation.
- Balances your metabolism.

Deeper restorative sleep also means you will be dreaming some of your best dreams! Why does this matter? Because dreaming and remembering your dreams is an indicator you are achieving deep sleep.

No dreams? Don't remember them? Could be you are not getting the sleep you need.

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