



# SLEEP HYGIENE

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 Millions in U.S.

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As of December 23, 2020, the number of people in the U.S. suffering from Sleep Disorders 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 parasomnia.

Evidence suggests that sleep disorders play a role in virtually all immune, auto-immune, gastrointestinal 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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We put ourselves to sleep so that we can healthfully process physically, emotionally, mentally, and spiritually what is to stay, what comes in and goes out, as well as return everything to homeostasis (perfect health and balance).

That is done to the degree of the knowledge you have, i.e., have you studied Dietetics, what kind of Environment have you created, and so on. In other words, a few examples include...do you know and use the appropriate health equipment? Do you purchase carpets with formaldehyde? This is why we have a **Personal Education Program (PEP)**.

Because sleep is a fundamental requirement of all living beings, health-related issues (physically, emotionally, mentally, and spiritually) can have a root or contributing cause.



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## FIBROMYALGIA (FMS) – BEFORE KNOWN

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However, let's just look at one... Fibromyalgia Syndrome or Disorder – One of the first so-called names for one of the auto-immune syndromes (aka disorder) is Fibromyalgia. 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. Unfortunately, their answer is still to suppress its symptoms.

I had been helping my first Fibromyalgia client for 2-3 years before it was named. My success in helping her was because 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, 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 intense and diverse, throughout the body. In other words, it required its own diagnostic label for the set of symptoms in common, which they named Fibromyalgia.

This helped put an end to well-meaning diagnoses like bursitis and tinnitus or anxiety and depression, to name a few diagnoses,. Many FMS patients were misdiagnosed before public attention.

I remember many marriages, family, 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.



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Many of my clients were in tears just to have me, as a doctor, believe them. That alone gave them much mental and emotional “burden” release. They were grateful to finally understand why they 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.... Two months later, he was playing golf using a cart and could finally see the good end of that journey. He told me “I got my life back!”



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## PERPETUATES FIBROMYALGIA

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Sleep Disorders can cause and perpetuate Fibromyalgia. According to the Goldenburg Study at 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. So, 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. 17% had a primary sleep disorder because of another cause with the remaining 8% reporting 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; they used 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.** We provide our clients with a Healy, upon request, when it is not immediately required.



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Though the Healy is beneficial for all health issues, not sleep only, In fact, the last person told me, “I could not live without my Healy!”

And yes this is one healthy device that your medical doctor may prescribe for your medical insurance purchase or reimbursement.

These studies proved that a lack of sleep in healthy subjects can produce Fibromyalgia, however, we were glad that we were already considering sleep disorders in all patients, and we improved sleep for all clients, no matter what.

## SLEEP SELF-TEST

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

Improving sleep also improves health restoration, disease prevention, longevity and biological age reversal, to name a few.