



Dr. Robyn Benson: Hello everyone welcome to the Healthy Traveler's Global Summit. My name is Robyn Benson, I am a Doctor of Oriental Medicine and for the past 23 years what I've enjoyed most is really helping people solve their most challenging health concern, I am also the founder of Sta. Fe Soul Center for optimal health and I'm joined with my fabulous co-host.

Kevin Snow: Kevin Snow, I'm an intuitive counselor at Sta. Fe Soul and co-host at self-care revolution and now the co-host of the healthy traveler's global summit and we're having an incredible interview tonight. What I'd love to do and help people with is to get clarity in their lives and I definitely am working with its clarity and you'll going to have a good night sleep.

Dr. Robyn Benson: That's for sure so many of you am [Inaudible 00:00:50.00] my healthy traveler's book am and then also all of you that have joined us here live. We know that many of you want to know how to deal with one of the most. The biggest issue probably with travel has to do with sleeping and we've got the sleep expert here for you tonight. Dr. Breus, how are you?

Michael Breus: I'm great thanks for having me.

Dr. Robyn Benson: Well, my goodness. I want to tell everybody, I better show this whole bio about you so Dr. Michael Breus is a Clinical Psychologist and both a Diplomat of the American Board of Sleep Medicine and a Fellow of The American Academy of Sleep Medicine. He was one of the youngest people to have passed the Board at age 31 and, with a specialty in Sleep Disorders, is one of only 163 psychologists in the world with his credentials and distinction. Dr. Breus is on the clinical adviser board of the Dr. Oz show and appears regularly on the show. Dr. Breus is the author of The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep, a groundbreaking book

discussing the science and relationship between quality sleep and metabolism. His first book, GOOD NIGHT: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health, an Amazon Top 100 Best Seller, has been met with rave reviews and continues to change the lives of readers. It is now available in paper book as BEAUTY SLEEP: Look Younger, Lose Weight, and Feel Great Through Better Sleep. Dr. Breus has a private practice in beautiful North East Scottsdale Arizona and he can be reached there if you want to find out about him on his website, drbreus.com. He also trains other doctors and consulted major airlines, hotel chains, mattress manufacturers and retailers to provide optimum safe experience for their customers. His audio relaxation CD distributed in Crown Plaza hotels helps millions of people fall asleep each year and for over 14 years, Dr. Breus has served on the Sleep Expert for WebMD. Dr. Breus also writes The Insomnia Blog and can be found regularly on WebMD, The Huffington Post, Psychology Today, MedPedia, Organized Wisdom, and Furniture Today. Dr. Breus has provided editorial services for numerous medical and psychology peer-reviewed journals and has given hundreds of presentations and professional and in the general public. My goodness and among your numerous national media appearances, Dr. Breus has been interviewed on CNN, Oprah, The View, and The Doctors. Welcome!

Michael Breus: That was a mouthful.

Dr. Robyn Benson: You know what, It was but it's quite impressive and I've just loved how comprehensive. I mean the fact that we have you here to be part of this healthy travel global summit. It's such an honor and so why don't you just start by sharing with our audience how'd you got into this profession and why sleep is your big, that's your big message on how come the world, one third of the world is not sleeping so we're going to hear from you how we can change that if we happen to be one of that one third.

Michael Breus: Well, I'll tell you it's kind of, it wasn't, I didn't wake up one morning and say 'gee I want to be a sleep doctor' it didn't really work out that way. As it turned out, I was really originally interested in sports psychology and I was going to go for a during my doctorate you can

do a residency in sports psychology, one of the top programs in the country I applied to and they ended up having a sleep section and you could actually do kind of a dual type of thing and so when I got in there I was assigned to do the sleep section first for the 1st 6 months and in the 2nd 6 months I was going to do the second part and by the 3rd day I absolutely fell in love with clinical sleep medicine and I knew that was exactly where I wanted to be. I'm so very fortunate because you can change somebody's life literally overnight and it's just not that way normally in clinical psychology, a lot of times you know it takes months and even years to see treatment gains and some people if they have depression or anxiety or things like that. Whereas with sleep, it literally occurs overnight whether I'm diagnosing somebody with sleep apnea helping them with insomnia, working with people with jetlag and I'm excited about the summit because this is such a needed area to think about healthy travel, turns out to be a fascinating area of interest for me because I travel so much. It turns out that it's really important for me to understand so I'm looking forward to not only doing this interview but I want to see all the other interviews and I want to learn more from everybody else so that I can become a better healthy traveler so thank you for not only having me but allowing me to be able to check out all these cool stuff.

Dr. Robyn Benson: Thank you Dr. Breus.

Kevin Snow: And that's the benefit of being the co-host because now I get either contact to all these amazing health professionals that are doing really profound work. Well you mentioned jet lag, let's start there. What can you tell us about jet lag and how really..

Michael Breus: So we know that jet lag is really where your brain is in one time zone and your body is in another time zone and the truth is that the body will actually acclimate to one time zone per day naturally. Okay, and so depending upon which direction of travel you're going and how many time zone you're going that will have a major effect on whether or not you're affected by jet lag. As an example, the saying that I always used with most of my patients is "east is least and west is best" okay, it's much easier to travel west. It's much easier to travel from New York to Los Angeles because all I'm

asking your body to do is stay up a little bit later and we could all stay up a little bit later but if you're going from Los Angeles to New York where it's a completely different time zone, right it's later there then I'm asking your body to go to bed for example right now, three hours earlier.

Now granted there are a lot of sleepy people out there and a lot of sleep deprived people out there but if I told everybody out there 'hey go to bed at 8 o'clock tonight instead of your normal 11 o'clock' that's just not an easy thing to do. So the direction of travel is going to matter significantly as are the number of time zones. That being said, once you kind of figured that part out, the big thing that you have to remember is that sleep works on 2 distinct systems. There's what we called the sleep drive and that's like hunger so it increases, increases, increases, increases throughout the day and then once you eat something that hunger goes away. Well the same holds true with sleep, is sleep actually builds throughout the day. The neurochemical is called adenosine and it's actually the by-product of many of your neurons and so as neurons eat up and as cells eat up food the byproduct turns out to be the stuff adenosine which is floating around the brain and that actually attaches to receptor cells and makes people tired. And the more adenosine that builds up in the brain the more tired we get.

Interesting little extra factoid is if you look at the structure of adenosine it's almost identical to the structure of caffeine. So this is the reason why caffeine actually helps people stay awake because it fits into those receptors sites and blocks that adenosine. But that notwithstanding you got adenosine that's growing throughout the day that makes you sleep earlier. Then you got your circadian rhythm that's where the jet lag comes in. Just like you only get hungry at breakfast, lunch and dinner you only get sleepy at a particular time of day when your clock is just right. It turns out for the average human being that turns out to be approximately 10:30 at night. So, and we know this all actually functions up off your core body temperature cycle. So, as your core body temperature cycle rises and rises and rises at the very peak, which happens around 10:30, it has a crest and that's a signal to your brain to release melatonin. So, remember melatonin is that key that starts the

engine for sleep. And so if the key that starts the engine for sleep is in place because of this circadian rhythm and your adenosine level is high you get sleep but if either one of those is off that's when you get jet lag or what we call sometimes social jet lag. You don't actually have to only fly across the country to experience jet lag. You could stay up late Friday night, stay up late Saturday night and guess what your whole brain and body wants to stay up late Sunday night and that's another form of social jet lag. Makes sense?

Dr. Robyn Benson: Wow, social jet lag. So, have you been able to figure this out for yourself and not, let's hear what you do for jet lag.

Michael Breus: So this is important, so number one I never take an overnight flight if I can avoid it. I never sleep well on the overnights, I do have the gift of being able to sleep well on an airplane and I'm going to teach people a couple of tricks on how to do that in just a second because that's no easy task. But I never do an overnight flight I never drink alcohol while on the airplane because two drinks one drink in the air is worth two on the ground. So you have to be very, very careful about your alcohol consumption when you're there. I also try to stay away from carbonated beverages because it can give you gas and that's certainly a place that you don't want to have gas is inside the fuselage of an airplane. And the other thing that I do is I will strategically time naps if I need them while flying. So as an example if you're going to be taking a five-six-seven-hour-flight what I do is I sit down and I look at where that is in my sleep cycle and I will either stay up late to allow myself to fall asleep on the airplane when I need to or I will actually sleep before the plane flight leaves and be able to stay on the flight do the maximum stuff that I want to do and arrive in a good situation.

That's it if I'm flying domestically if I'm flying internationally then sometimes I actually don't mind doing the sleep on the airplane thing because it's so much easier to sleep because you got the lay flat beds and it's much easier and so oftentimes I might actually even do the opposite. I plan my flight at night so that way I arrive early in the morning. When you arrive early in the morning walk outside and get that sunlight because sunlight resets your biological clock and by resetting your biological clock you can actually move

forward throughout the day and slow jet lag down pretty tremendously. So the couple of things that you want to remember is look at the direction of travel number one. Number two if you're going across the Europe you may want to do an overnight flight and sleep on the airplane if you can. Number three if you're doing a domestic flight don't sleep on the airplane and don't do an overnight flight because you won't just get enough sleep. Avoid alcohol and avoid carbonated beverages you should be probably okay.

Kevin Snow: How do we sleep on a plane? Some people really struggle with it. I know I do.

Michael Breus: Okay so I actually bring a sleep kit for myself on an airplane and here's what involved in the sleep kit. So, I have eyeshades, I have earplugs and then on my phone I have meditation or relaxation music, whether it's progressive muscle relaxation where I teach myself how to tense my muscles and relax them from the top of my head to the tip of my toes or it just some really calm sort of laid back mellow music. Sometimes I actually been using binaural beats, I don't know if you guys are familiar with binaural beats but there's some really great music out there that uses binaural beats to help people really calm down and relax on the airplane.

The second thing I do besides bringing along my sleep kit is I pick my seat very wisely. So it turns out of course the best place to sleep is in first class but not, we can't all always get first class all of the time. It would be great if we could but it doesn't seem to work out that way. So the second best place to sit actually is in the center of the fuselage over the wings. And here's why, is when you hit turbulence that is the sturdiest part of the airplane is the part right over the wings. Now granted that also has something to do with the exit rows and some of the exit row seats, believe it or not, don't lean back. As well as many of them don't have a lot of good paddings so if you're on for a long flight, you actually want to go one or two rows behind the exit rows because you'll get a nice comfy seat, you have bear a lot less ability for turbulence, and your seat will lean back. My favorite website to figure out what the best seat is, is called sleep guru, I mean sorry sleepguru.com. s-e-a-t-g-u-r-u.com. If you go on the seat guru, you can plug in your flight and it'll tell you what

the best seats are on the airplane and it tells you all the other things: Where the power outlets are, it will tell you cause there's actually power outlets on an airplane. Many of people don't know that. It tells you which ones lean back, which one got more legroom, the works. So I always go to the seat guru and I strategically pick my seat, I have my sleep kit with me and then I try to choose a flight. If I need to sleep that's going to allow me to have the maximum possibility of being able to sleep.

The other thing you want to think about is you want to stay away from the galley and you want to stay away from the rest room. Primarily because those are big places where people congregates so they have the tendency to be a little bit of noisier than other places and I personally would prefer to sleep in a window seat as supposed to an aisle seat. I'm only 5'9" so I don't need a lot of extra legroom and I can actually lean against the side of the fuselage with my pillow because part of my pillow, my sleep kit is one of those cervical neck pillows. And so I can kind of lean against or I can put it up against my head and that will allow me to be able to sleep. You know, usually pretty well. Does that make sense?

Dr. Robyn Benson: That is fantastic! So again in your sleep kit and this is probably what you put you created for the hotels too, eyeshades, earplugs and music, right?

Michael Breus: Eyeshades, earplugs, music and a cervical pillow.

Dr. Robyn Benson: Okay.

Michael Breus: So that way your neck does not hurt.

Dr. Robyn Benson: One of the ones that you blow up?

Michael Breus: You know I like both of them, the ones that you blow up are easier cause you can, you can you know deflate them and then just shove them in your bag but whatever you can do to get that neck support that turns out to be key. And believe it or not there are some pretty funky neck pillows out there these days. There's one that I saw recently but that's actually a headband that attaches to the back of

the seat and you kind of get stuck into this back of the seat it's kind of crazy but it looks like it could be pretty useful.

Dr. Robyn Benson: You know what I met the designer of that whole it's awesome. In fact I've used it on two flights now. It's been the cool came.

Michael Breus: Okay, so you've got...

Dr. Robyn Benson: Yes, because your neck doesn't move from side to side. Just all of you that are listening know that I will demonstrate this and I love meeting baby designer of this whole thing at the travel good show.

Michael Breus: Oh, perfect!

Dr. Robyn Benson: There's also one other one Dr. Breus I wonder if you heard about rest the neck rest the head excuse me rest the head. A guy from Denmark he happens to be a lawyer and this is what he does. I mean he's getting this whole thing out all over the world specifically for people who fly. You just put it on the back of your neck and you lie back and you know doesn't it isn't...

Michael Breus: Yes I know exactly what you're talking about. It almost looks like a dog bone.

Dr. Robyn Benson: Yes, exactly.

Michael Breus: Yes okay that's it. It's really cool. I absolutely recommend it for people it works like a charm.

Dr. Robyn Benson: Yes, I have both of those and I will definitely share with all of you. Okay. It's really cute because when you after travelling three five ten hours and you have a crick on your neck that's no fun so there's some great some new pillow technology that we've just shared with you that you can use and not end up with that problem because that's a drag.

Michael Breus: Oh yes for sure. Now there's another thing that people need to think about is once you get off the airplane and you get to your destination what hotel are you going to stay and what room are you



going to choose for better sleep. So if you're okay with it I'm going to launch into that one too.

Dr. Robyn Benson: Let's go for it.

Michael Breus: Okay good. So when you arrived at the hotel there's a couple things that you want to think about. First of all you want a room that faces West because the sun rises in the East and sets in the West. So, you don't want a room that faces the East because what ends up happening invariably is the sunlight comes streaking in through the blinds and because the air conditioner oftentimes is underneath the window it will park the curtains and right in the morning you get this thing right between your eyes and it's like blinding in the morning.

So first thing you want to do is ask for a West facing room that's number one. Number two you want to go as high as you can as far as floors because you'll hear less street noise that way. Number three is you want to find out is there a night club or something like that in the hotel because you want to stay as far away from that as humanly possible. Number four is when you get to the front desk you want to turn to them and you want to say "Hey can I get a corner room on a high floor and can you tell me a little bit about my neighbors. I don't want to know their name I don't want to know any personal information but I want to know do they have young kids or are they kids who are in the local cheer leading team or the hockey team or who's traveling that happens to be in the hotel because what I'm really not interested in is if they've got a wakeup call at 5am or if they going to be out late and wandering through the halls at 1 o'clock in the morning".

And a lot of times the front desk person knows exactly who's in the room next to you and what can actually happen. And so you can avoid one of the biggest hassles in the world which is your neighbors by just talking to the front desk clerk and saying can you give me a little bit of information or can you just put me in a higher level corner rooms you only have that one neighbor away from the hockey teams, the people who are coming in late or the people who have early wake up calls. You'd be amazed on how much sleep you

will save just by being able to pick that part of your room experience.

Now once you get into your room there's a couple other things so that sleep kit you used on the airplane there's a couple other things that you want to add to it. One of my favorite items to add to my room sleep kit is a chip clip so or a hair scrunchy like women use to put their hair up. When use chip clips you know for like potato chips or something like that to seal the bag. You take one of these, you take it out of your suitcase, you walk over to the window, you pull the curtain shut and you put the clip right there. This will almost guarantee you that you have a significant amount of darkness in your room. Because a lot of times you get stuck and there's a neon sign or there's a street lamp or something like that going on. So that's number one, the second thing I bring along is a night light and I put the night light into the bathroom and here's why, Because in the middle of the night if I have to wake up to get use the restroom if I flip on the light I immediately get bright light in my eyes and it tells my brain it's morning and my entire circadian rhythm is off. However, if I have strategically placed night light in the bathroom I can go in do what I need to do, come back fall back asleep without any problems. That makes sense?

Dr. Robyn Benson: Excellent. Yes love it.

Kevin Snow: Did I hear that you have a relaxation CD that you use [Inaudible 00:20:01.17].

Michael Breus: I do as a matter of fact and that's one of the things that we're going to be talking about with people later on if they want if they end up getting through to the book and things like that to be able to get the relaxation audio as well. But it's a progressive muscle relaxation and this is something that I use in every room of every crown plaza across the country so it's really well known and it works like a charm. And so what you do is relax the muscles from the top of your head all the way down to the tip of your toes. Most people will never even get past their knees because they start at their toes and go up because they get so relaxed from this type of thing. This is an older technique it's called Jacobsonian Muscle Relaxation. It's highly

effective and it works incredibly well because you know at the end of the day you're sleeping in a strange environment and there's some anxiety associated with that. You know you just got up in airplane, you've been sitting in a fuselage with a whole bunch of people that maybe you know maybe you don't maybe they smell good maybe not so much and you know you're sitting there and you're kind of crammed in then you finally get to this one space where you can actually stretch your arms out and feel a little bit better but it's not your bed, it's not your temperature control, it's not your television, it's none of the things that you're used to having. And so there's a little bit of anxiety that's there and having some form of relaxation can be really helpful. The other thing I talk about with people when they get there is think about taking a really hot shower because by doing that, number one you can kind of get all those gross airplane film off of your number one. But number two is it really helps set the mood and relax you to the point of being able to kind of slip into the sheets and be able to fall asleep.

Dr. Robyn Benson: So would you recommend that certainly to all the pilots and flight attendants who travel in regular basis certainly right?

Michael Breus: You know it's really funny that you asked I have so many patients who are actually flight attendants and pilots because they're constantly jet lag and they're moving back and forth all the time and they really do have some significant issues with sleep. I feel really sorry for that whole group of people actually.

Dr. Robyn Benson: Me too. I treat a lot of them as well. It's yes, there lot of there lot of hazards to the job it's actually one of the top ten jobs in terms of just health hazards.

Michael Breus: Oh it doesn't surprise me at all. I mean between the radiation from being up there as well as you know all of the different you know jet lag and things like that. My experiences with many of them that after they've been flight attendants for significant period of time their internal biological clocks are so far off it takes a lot of work to be able to get them back and straight.

Dr. Robyn Benson: Exactly. Yes. Now one of our speakers on the summit for all of you definitely want listen to John Cody. He's a pilot for sixteen years and he also has this great podcast on healthcare elsewhere. I definitely want to connect you to but yes they really hear about it that's another inspiration for this whole summit, this all the patients I've treated over the years. Of course I've been to 70 countries myself.

Michael Breus: Wow.

Dr. Robyn Benson: But I've interviewed so many people and this is just the biggest complaint is the sleep issue and then when you're not sleeping Dr. Michael I'm sure you can say of all the things that happen in terms of weight gain and.

Michael Breus: Sure.

Dr. Robyn Benson: You're in bad moods and the list goes on.

Michael Breus: Yes it's pretty amazing you know when you don't sleep well it seems to hit you well but first of all sleep deprivation affects every organ system and every disease state. And you know and when talking about that one, one of the things I talked about with people a lot is their medication. So, if you're taking medication and you go multiple time zones remember something your body is in that old time zone and you have to take into account that your body is going to be shifting approximately one time zone per day. And you need to be able to think about when you want to take your medications, it's definitely a conversation that you want to have with your physician about how close to your normal medication time because for example if your patient with Parkinson's syndrome you know that when your medications goes off your whole world changes very, very quickly. And that can be a real that can be a real problem especially if you're traveling.

But when you look at sleep deprivation on the whole not just by looking at medication. We know that sleep deprivation affects several different areas. So, in first of all it affects your emotional health next it affects your cognitive and third it affects your reaction

time or your physical health. So, as an example if you're flying somewhere and then you're going to have to drive for a significant period of distance and you know that you're sleep deprived you really need to be careful because using a vehicle when you're sleep deprived or drowsy driving can be a tremendous hazard. There's actually data to show that drowsy driving is actually worse than drunk driving. In many, many cases I used to do some work with the police department and one of the things that they told me was they said we could always tell when somebody fell asleep at the wheel versus somebody who is drunk driving at the wheel. And I said how is that and they said no skid marks. They said the people are asleep they never hit the brakes before the accident occurs whereas in a lot of cases people who have been drinking at least while their reaction time is slow they still end up hitting the brakes. And so remembering how important drowsy driving is especially during travel can be a big factor. Emotionally we also know that the more sleep deprived you are, the more emotional you become.

So, you know it's really not going to do you a whole lot a good to yell at anybody at the gate agent or at the hotel or anything like that. First of all realize that you're tired and you're in an over emotional state and a lot of times that's not going to do you a whole heck of a lot of good in those particular situations. And the, you know the third area we know we talked about physical, we talked about emotional as cognitive. You're actually not thinking very clearly the more sleep deprived you are and so trying to make complicated decisions doing some form of analysis things like that are really not going to be in your strong suit or in your will house. And so don't plan a trip where you get in the morning and go straight to a big meeting and you've got to really go go go if you're only going to get three or four hours the night before. I've much rather you come in the night before get a decent rest and then move forward with your business and your analysis because you're going to fire on more pistons you going to do significantly better.

When we talk about weight loss and sleep my second book *The Sleep Doctors Diet Plan Loss Weight through better Sleep*. Really look at the relationship between sleep deprivation and the inability to lose weight. So here's what kind of interesting is the more sleep

deprived you are a couple of different things happen. Number one your cortisone level begins to rise and rise and rise because your stress hormones are out because your body is saying "holy cow I'm awake" and I'm not supposed to be awake there must be a danger around here. And so your cortisone level begins to rise and rise and rise that number one is a pretty big problem. Number, what that also does is that it stimulate appetite. Why does it stimulate appetite? Well, because your body wants to get resources in because it knows it's going to be using up all its energy. The second thing it does is it slows down your metabolism. The reason it slows down your metabolism is because your body is trying to hold on to the resources that it has because it doesn't really know what's going to happen next.

So think about this you're in a high appetite low metabolism kind of situation, that can get very difficult when you're trying to lose weight. The third thing that's really interesting is it turns out that your food choices change the more sleep deprived you are. This becomes especially important when you're traveling whether it's for business or for pleasure because let's face it when you're out and traveling and you're with your the client, what do they want to do? They want to go to the nice steak dinner or they want to go to the fancy restaurant or what do you do when you're traveling for fun you want to go out and check out the new local food place and things like that. I guarantee you, you eat more the more sleep deprived you are because your food choices change, why does that happen? Well, it turns out that when your body is at high-level cortisol it wants to calm down. The easiest way to calm down is to introduce a neurotransmitter called serotonin. The easiest way to get more serotonin is to increase your level of carbohydrate and high fat foods as soon as you ingest those that serotonin kicks in because those are true comfort foods, right? Those are the foods that actually spring fort your comfort your serotonin and your emotion and that's how your body wants to calm down that cortisol. So, the more sleep deprived you are, you have a greater appetite, your food choice is way up and your metabolism slows down. I mean you can't help but gain weight.

Kevin Snow: That's awesome and you mentioned the apnea as well as a cause of this. How do you know if you have apnea and have [Inaudible 00:28:45.22].

Michael Breus: That is a great question Kevin. So first of all one of the things that I do is I treat people with sleep apnea and so if you are a traveler and you already have sleep apnea one of the first thing I tell you is bring your CPAP machine. That's the treatment usually for many people for sleep apnea absolutely positively don't leave it at home you'll be miserable without it and it makes jet lag worst if you don't use it. So, that's fact number one. But for people who don't know what sleep apnea is sleep apnea is a situation where you actually stop breathing in your sleep. Generally speaking we like our patience to breathe, it helps in a lot of different ways but most importantly what people don't realize is when they're asleep the muscles in their throat begin to relax relax relax and especially if you have big tonsils or you have a real thick area around your neck. It begins to throw your tongue to the back of your throat and then all of a sudden your throat begins to get more and more narrow, more and more narrow and there's a closure.

Well, all of a sudden, what happens then is your brain says there's no air coming in here and it tries to wake you up and so you actually "ah wake up" and when you wake up after an apnea event you feel like you might be choking you feel like your surroundings are a little bit different you don't kind of know what's going on. Usually people who have apnea snore also many times in the morning time they'll report having headaches or a dry mouth and they're terribly sleepy during the day because they've been falling asleep and waking up and falling asleep and waking up. The average person who has apnea usually has apnea somewhere to ten and fifteen times an hour. So, they stop breathing ten to fifteen times an hour and low and behold they wake up ten to fifteen times an hour in order to breathe. That causes a tremendous amount of sleep deprivation and that's a huge issue.

The good news is this is a very treatable situation with a something called a CPAP machine that's stands for Continuous Positive Airway Pressure. And what that means is it's like a little hair dryer

that blows a thin stream of air up into your nose, and there's a little mask that you wear on your nose. And it goes down to that area and wherever that area that comes together it very slowly opens it a part, allows you to breath, allows you to sleep all night long. So the good news here is while we now think up to 24% of men and 18% of women actually have a mild to moderate form of obstructive sleep apnea syndrome there is treatment out there, there's a CPAP machine but there's also dental appliances that can bring your jaw forward and open up your airway. There's surgeries out there, there's not just one size fits all when it comes to treatment for apnea. But it is one of the more serious sleep disorders out there and something you should absolutely if you think you may have it talk with your doctor.

Dr. Robyn Benson: So, are you do actually help people reverse that I mean that's a part of what you do.

Michael Breus: Well, it is in a certain sense. It's treatable but often times not curable because a lot of sleep apnea has to do with the structure, the anatomic structure of the throat or the hypopharynx or the oral pharynx there's only so much you can do while weight loss does help this is not necessarily just a weight driven scenario. A lot of times I got people who are quite thin who in fact may have sleep apnea or I've got people who are quite large who don't have sleep apnea. So, it seems to be anatomically driven but at the same time it is absolutely treatable.

Dr. Robyn Benson: And very often when people are carrying an extra 50 pounds or so that seems that that's a big risk factor as well.

Michael Breus: It is and specifically in men it seems to be. The ratio for sleep apnea with men is two men for every one woman has sleep apnea and we know that anatomically speaking deep inside the hypopharynx men have what's called the fat pad right in the middle and as they gain weight that pad has a tendency to expand and again narrow that airway. It's really all about the airway getting more and more narrow and not being able to breathe at night.



Dr. Robyn Benson: So Dr. Breus when I was doing my research for my book *The Healthy Traveler* oh my goodness this I have a whole chapter on sleep and there are like seventy conditions, known sleep conditions, that's like crazy. So, how when a patient comes to you give as a scenario how on they've been not sleeping how do you start and can you give us a little bit of a more information about how was the seventy different condition of sleep?

Michael Breus: Well, first of all believe it or not now we think there's close to 88 different sleep disorders.

Dr. Robyn Benson: Wow okay it was like a moment.

Michael Breus: Which is crazy and there are several new ones that were actually added within the last year and a half to two years. And you can't look for all 88 at the same time. And so what happens when somebody comes to my office is we do a clinical interview for about 45 minutes to an hour and I ask them all kinds of question. The good news for me is I have been in practice for over 15 years believe it or not I think I've actually seen all 88 different sleep disorders that are out there. And so there's a lot of things that I recognize just because I've seen them before. But generally speaking it seems to fall into one of about five different categories. So, it's either sleep apnea, which we talked about, or insomnia the inability to either fall asleep or stay asleep which is actually more prevalent than sleep apnea. In some cases narcolepsy something called the parasomnia, which is sleepwalking sleep talking all the kind of funky weird stuff that people do. And then something that happens with your legs called periodic limb movement or restless legs syndrome are kind of the big buckets that I start to look for and then within those buckets you kind of drill down because there usually variants from there.

In many cases, I'm ordering a sleep study on people and so for people out there who don't know what a sleep study is, a sleep study is when you actually going to a laboratory and it looks kind of like a mini hotel room and we attach 27 different electrodes all over your body. The good news is no needles it's all paste and we monitor a whole bunch of different signals that are coming out of

your head out of your body out of your limbs to look for patterns that might emerge. The big one we're looking for usually is sleep apnea where we actually see you stop breathing in your sleep. And the good news also here is for people with insomnia, that is again the inability not to fall asleep or stay asleep. We almost never do a sleep study on these people because if you don't sleep well in your house, in your bed, you're really not going to sleep well if I attach 27 electrodes to your body and you know in a video camera you note that you sleep. But if we think that you need a sleep study so that we can monitor you to determine if you got any one of these five major categories of sleep disorders. We send you to the lab you spend the night it's very safe. You have your own room, usually your own bathroom.

There's a technologist there who's monitoring you making sure that everything goes okay. You wake up the next morning they pull up all the stuff and then there's a record. And then I'm the guy that comes in and usually reads the sleep record and I look for very specific patterns. The average record runs somewhere between four and five hundred pages long of EEG, EKG so that's brain waves, heart waves, I'm looking for lung function, breathing patterns, leg movements, things like that. And then you come back into my office and I discuss with you what I've discovered. And so, it's kind of like a little bit of detective game, I listen for the clues in the first instance in terms of the initial office interview and then I collect some evidence during my sleep study and then from that point forward I can look at different treatment modalities based on the severity of what might be going on with you.

So, as an example we talk about sleep apnea I might think about using a CPAP machine with you or a dental appliance or maybe referring you for surgery. Whereas with insomnia it's a whole different ball game. Now, I personally am not a huge fan of sleeping pills I think there's a time and a place where sleeping pills make sense for certain types of insomnia. But generally speaking very few people sleeper is broken. And what I mean by that is very few people have the inability, complete inability to be able to fall asleep and stay asleep. But it's great that we're talking about travel

because many people's circadian rhythm is off or their drive is off and that's one of the big things that seems to happen during travel.

And what we discovered is this, in many cases if I can actually get people to stick to one schedule and use a little bit of melatonin on the front end not a lot. By the way the average dose of melatonin that should be used is between a half and one milligram. And it should be used approximately 90 minutes before bed. Most people don't know that, but there're 95% of the melatonin that sold now is an over dosage format. So you need to be very, very careful and take just the right amount because overdose on melatonin you're going to get bad dreams, it can affect your blood pressure medication things like that. With a little bit of melatonin and a little bit of light therapy so going outside in the sunlight in the morning you can actually recalibrate somebody's clock and I've actually fixed more people insomnia doing just those things of scheduling with melatonin and light therapy than in almost any other case.

Dr. Robyn Benson: I'm so glad you're talking about melatonin and dosing because I find you now being in this profession for all these years it seems that the most common dosage is that people are taking is three milligrams.

Michael Breus: Correct. And the data actually out of MIT would say that in order to reach plasma concentration levels similar to what we have when we sleep you only need between a half and one milligram. The big thing that I don't like about melatonin, well there's a lot of things that I'm not thrilled about but the big thing that I don't like about it is most people don't know about but it's by prescription only in Europe.

Dr. Robyn Benson: Wow.

Michael Breus: So, you can't just walk into a drugstore and buy it. Number two at very high dosages, it's actually used as a contraceptive, most people don't know that either. And many, many, many people especially in the United States give it to their children. And that's really not a great idea. We have no idea what melatonin will do in a young developing female body especially since we know that a high dosages it's a contraceptive. I can't speak to what the consequences might be but quite frankly I don't know what they are

and I would be scared to really think that that's such great idea for children to do that. And remember something, very few children have really significant sleep problems. What they have are scheduling problems or parents let them go to whatever they wanted do problems. And you know most children don't have a melatonin deficiency. Therefore, the likelihood that they actually need something melatonin is very, very low and not something that I would recommend.

Dr. Robyn Benson: Yes and also some of the anti-aging docs prescribing like ten milligrams so I have seen the full range it's kind of amazing actually. So, I'm glad you're here. Will you being a sleep doctor great for everyone to listen to this lower dosages work much better because I find it more supposed you not do well in the three-milligram dosage.

Michael Breus: Right.

Dr. Robyn Benson: Yes so thank you for sharing this. So what about some of the other great products that you recommend other than and I agree with you after say all my years 23 years I was a, I mentioned to you before we went live that I didn't seek well for 25 years that was a near dear subject to me so I've tried just about everything. But anyway, continue on so I just love to hear more about how you treat your patients and I'm glad I have not seen many patients do well on sleeping pills. In fact I help their bodies get off them. Help get their livers working again and getting back into their natural cycle of rest.

Michael Breus: Well the problem, the biggest issue with sleeping pills is if you have a sleep problem and you take a sleeping pill you now have two problems. You have a pill problem and you have a sleep problem that really hasn't been addressed. And that's really what I talk about with people is again nobody sleepers broken all right or at least very few people. Now don't get me wrong. If you're going through chemotherapy you probably need a sleeping pill, okay? If you are, if you are a bipolar and you are in a manic episode, you probably need a sleeping pill. There are very defined instances where I think sleeping pills make a lot of sense and I work with many of the pharmaceutical companies to know and understand more about these drugs to figure out when they should actually be used in

certain instances. But most of the time if we schedule people the right way and we keep the consistency in their schedule you'd be amazed.

I'll tell you what the number one problem is that my insomniacs have is they go to bed too early. Now this going to sound completely counter intuitive but most insomniacs here what happen they got a rotten night's sleep and they drag themselves through the day and they think okay I'm just going to crawl in bed a couple of hours early because I'm so exhausted and I'm going to catch up on some of the sleep I need. So, in that instance their drive is high but their circadian rhythm is off. And they get what I call wired and tired. They're exhausted but their brain isn't ready to sleep and here's what happens. They lie there, they close their eyes and they think finally I'm getting some rest and all they do is get more and more frustrated. They lie there and they think "Oh my gosh I'm not falling asleep and I'm so exhausted I'm never going to fall asleep this is terrible". And what happens is all that autonomic arousals starts to come to the fore front and their body becomes activated and their energy level gets high and it's not positive energy it's negative energy. And that type of energy is not good for overall sleep and so one of the things I tell my patient to do is I say "look if you normally get in bed at ten and you don't fall asleep until let say 11:30 then get in bed at midnight okay? Get in bed past the time were you normally would fall asleep because at least your drive is high and we know we're starting to know where your circadian rhythm is sitting then get up at the exact same time every single day including the weekends.

Many, many people say well if I can just sleep in on the weekends, if you sleep in more than 30 minutes from your normal wakeup time on the weekends your whole circadian rhythm can shift within two days. So, you need to be extremely careful about keeping a rigorous schedule. And by the way most people don't need eight hours; a lot of people think that eight hours is the magic number. That's actually a myth. We now thinking that seven hours seems to be the closest number and I personally function best on somewhere between six and a half and seven hours. It's kind of interesting but if you'll look at overall sleep cycles the average sleep cycle is

approximately ninety minutes long and the average person has five sleep cycles. Well five times ninety is four hundred and fifty and if you divide that by sixty you get seven and a half hours. So, if we just look at the averages, I would tell you that eight is a myth and seven and half make sense. But our finding is actually seven seems the really kind be the magic number for a lot of people out there. So, don't go to bed earlier if you have a rotten night sleep. Actually, go to bed a little bit later than when you normally fall asleep. What that does is it initiates the sleep cycle for you because your brain is already there and it helps push you right through and that's really were the key factor comes in is being able to get the brain to know when it supposed to sleep and move you through the system.

So, those are some of the techniques that I use with some of my patients and you know it's pretty unbelievable. I have about a sixty five to seventy percent success rate on insomnia. And let me tell you something, while that may not sound like the best batting average in the world, trust me those are hall of fame numbers when it comes to people with insomnia because a lot of people out there just had nowhere to turn and they get addicted to sleeping pills and then the really curious thing happen is they start taking sleeping pills for extended periods of time, the pill stop working. But they become afraid to stop taking the pills because they're like if I can, if I can barely sleep on the sleeping pill I can imagine how bad it's going to be when I come off the sleeping pills. So, this huge level of anxiety comes in and I believe there's a real psychological addiction that can go on here. And not necessarily a physiological one and that's what I talk about with my patients is slowly tapering them off the medications while we increase their sleep drive and again I'm not poopooing all sleeping pills. There's absolutely a time and a place to have them but generally speaking, most people out there probably don't need them.

Kevin Snow:

That's really, that's excellent. You're an a I know this. The seven hours cycle, I pay attention to that on my own life and I share about my clients as well so it's really good to hear you to say that and how that really does fit into our sleep cycle [Inaudible 00:45:16.12] sleep cycle. That's really important but what about people that wake up

early hours in the morning [Inaudible 00:45:25.19] 4 o'clock in the morning, can't go back to sleep?

Michael Breus: So, that's actually a very common scenario. Sometimes it's a circadian rhythm disorder where they got what they called phase advance where their brain wants to wake up early and go to bed early. But sometimes there's something that's woken them up and here's what ends up happening, they end up looking at the alarm clock and they instantly do the mental math and they say "it's 4 o'clock in the morning I got to get up at 6:30 I've only got two and half hours, okay sleep sleep sleep sleep and they try hard as they possibly can to go to sleep which of course causes all this autonomic arousal and then they can't fall asleep.

So the very first recommendation that I have for the people that wake up in the middle of the night is don't look at the clock. Turn it around, do not face the clock, the only information that you need in the middle of the night are your dreams, okay. You don't need to know what time it is, you don't need to check your cellphone, by the way don't plug your cellphone by the head of your bed. I know a lot of people use their cellphone as an alarm, I can be absolutely I have done that myself before but if you think that you maybe electromagnetic sensitive or you think that you have a tendency to grab that phone and either check for emails, text or the time you need to stir clear of having your phone near your bed, turn your alarm clock around. And you know that, that relaxation that we were talking about before can be incredibly helpful at three, four, five o'clock in the morning which is tensing and relaxing your muscles, thinking about meditation which is a great time to do that, it's also a good time for prayer if that's your thing but doing things that are calming is going to be much better. Do not get up and go to the bathroom if you don't really have to. Many people say to themselves well I'm up I might as well go, so they walk into the bathroom they flip on the light and then you're really in trouble because you've actually just told your brain that it's morning because you just turn on all this fluorescent light. So, even have night lights in your bathroom if you can to be able to guide the way in case you need to go to the bathroom, come back to the bed and then just allow yourself to relax. One of the things that many people don't realize is

that there's a big difference between rest and sleep. About 45 minutes of rest will equal about 15 minutes of sleep. And so if you're lying there 4 o'clock in the morning and you can't fall back asleep just lie in there with your eyes close allowing yourself to relax absolutely still has regenerative effect and can absolutely help you in the long run.

Dr. Robyn Benson: So don't you don't recommend people to wide awake at 3pm 3 am to stay in bed and just rest rather than get up and try to do some big project.

Michael Breus: Here's the problem is if you get up you turn on the light and you start up your brain and you're really going to have a pretty hard time at that point being able to do much. I will say the caveat though is if you're lying in bed and you're just ruminating about anxiety provoking thoughts, that's not a good idea. Then you're hearing it here but you won't hear any other sleep doctors say it, it's probably not a bad idea to turn on the television at that point. Now people are going to be shocked that I said that but here's why. Is if you turn on the TV and most of the people have TV in their bedroom and by the way I fall asleep with the television on every single night. Me the sleep doctor I do this and I'll tell you why it's because I can distract myself because I don't actually watch it. What I'm doing is- I'm listening to it. My eyes are closed, I have my little eye mask on and I'm listening and it's just enough of a distraction to not think about things during the day. So, if you're one of these people that ruminates that has all these anxious thoughts, or depressive thoughts or angry thoughts and you can't seem to get them out of your head. It's not the worst thing in the world to watch television. Is it my number one recommendation? No, but it's not the worst thing in the world.

But I will tell you one of the bad things is, if you pull out your tablet and you start playing Candy Crush in the middle of the night, right or solitaire or whatever it is. Because of two things, the number one the light is going to proximity to your face and we know that light that close at night can actually tell your brain that it's morning but the number two is the engagement is much higher. If you're just kind of listening to the television off into the background it's really



not going to have nearly as big an effect as if your trying to get your high score on Candy Crush or if you're in Facebook and talking to your friends who are halfway around the world. That's far too autonomically arousing and something that you need to be careful about.

Dr. Robyn Benson: Is there anything else that you recommend like in the middle of the night if you wake up is there a supplement other than melatonin we've only talk about some part of it but there's valerian and there's magnesium and what other things gather what other supplements do you recommend?

Michael Breus: So, one of the things I'll tell you about that I've used and it's been very very successful I'm going to tell everybody about it. It's my recipe for banana tea, so you may have never heard about this before but bananas are loaded with magnesium. Okay, but it turns out that the peel of the banana has three times the amount of magnesium as the fruit itself. So you guessed it, I'm going to go there on you. I'm going to teach you how to make a banana tea. So what you do, you take a banana and you wash it out to make sure to get all the dirt and pesticides who might be on it. You chop of the tips and you cut it in half leave the fruit in and the peel on. You take about three to four cups of water, you boil it and you drop the banana in for about five to six minutes. Then you steep the water and you drink the water. If you like bananas it's delicious you can have a little honey or a little cinnamon and it works like a charm and you've got three to four times the amount of magnesium that you would in a supplement. It's a nice calm warming drink you can have it right before bed it's a nice alternative to a chamomile tea or lavender or things like that and it doesn't smell nearly as bad as valerian and it works like a charm.

Dr. Robyn Benson: Excellent. Wow. We haven't heard of that one, have you Kevin?

Kevin Snow: No. I have not, that's great!

Dr. Robyn Benson: Are you ready to go home and make some banana tea tonight?

Michael Breus: There you go.

Dr. Robyn Benson: But do you have your own remedy, do you have a supplement that you actually provide for your clients?

Michael Breus: You know I'm just starting to get into looking at supplements for my clients. I can tell you some of the ingredients that are out there that I feel have the most scientific evidence behind them for sleep. So, first of all valerian is probably the best-studied herb a root rather for sleep. It got the most data on it and but remember valerian is an insulitic it's an anti anxiety root. So, what it helps with is reduce that level of anxiety, it's not necessary a sleep initiator it's more of an anxiety reducer. Believe it or not, magnolia bark is one of the better anxiety reduction herbs or supplements out there. A lot of people had never heard of the magnolia bark also Juju B or what's called ziziphus has got some really great sleeping properties that many people out there don't know about. You know when you go to the local health food store or the supermarket wherever you happen to look for supplements. You know there's massive wall you know half of its melatonin and then the half of its all this other crazy stuff that you never heard of.

And so you need to really be careful, number one you need to make sure that none of the herbal treatments will interact with any of the medications that you might be taking because a lot of patients are taking you know normal of pharmaceutical medications you want to make sure there is no interaction there. But number two you really want to start to look up and see what types of supplements make the most sense. Calcium magnesium balance works very very well for many people who really don't realize it but they're calcium and magnesium deficient. It turns out that iron in the form of iron sulfate turns out to be very helpful for people especially people who have restless legs syndrome. It turns out that there's about fifteen percent of people with restless legs that actually have an iron deficiency in something called ferritin. And so it's very very helpful for them to be able to get some iron sulfate. I like GABA but historically my problems with GABA is you don't quite know what the purity of the GABA is that you're seeing out there and so you really want to research your companies very carefully from which you purchase your supplements. GABA is like the brakes of the

brain, it really starts to slow things down and help people out. And so I don't mind people using GABA. There is a particular GABA that I've used in the past called pharma GABA. Well it's a little bit more on the expensive side; it's really got the great purity standards, which is oftentimes what I'm looking for, for my patients.

Dr. Robyn Benson: What about other speakers touch about tryptophan?

Michael Breus: So tryptophan is pretty interesting and it's kind of it's funny because you know we always hear the myth about turkey and tryptophan, right. So people would say eat a turkey sandwich and it will make you fall asleep. Let me tell you something, you need to eat a forty-six pound turkey to get enough tryptophan to actually make it worth your while as far as sleep is concern. And tryptophan does not work well in the presence of protein so it's better to just take tryptophan on its own as a supplement. And you know tryptophan is actually a precursor for melatonin and serotonin and so tryptophan is not a bad choice but again remember something, in most people can sleep without taking something if they don't have to. So, if you start to take a supplement because you want to balance out your life. I understand that, but if you need to take a supplement every single night to fall asleep that might be something that you want to talk with the sleep specialist about.

Kevin Snow: Wow, this is [Inaudible 00:55:07.00]. Other information that's right [Inaudible 00:55:09.18]. I think let's look at what other five things that [Inaudible 00:55:19.07].

Michael Breus: So in my book one of the things I talked about and tell people is that, I've got five steps that everybody can do tonight for better sleep. So number one is to stick to one schedule. So, go to bed at the same time and wake up at the same time every night including the weekends. Remember your brain needs that consistency in order to be able to not only to fall asleep but to stay asleep. Number two is, I asked people to stop caffeine by 2pm. Notice I didn't say stop caffeine. I love a good cup of coffee in the morning and you know you may even have a glass of tea for lunch. But being able to stop caffeine by 2pm actually helps get most of it out of your system so that it's not affecting your sleep at night. Number three is avoid

alcohol three hours before lights out. Again, notice I didn't say you can't have a glass of wine even two with dinner but it takes the average human body approximately one hour to digest an alcoholic beverage. And while alcohol may make you feel sleepy it actually keeps you out of the deeper stages of sleep. So by having your last sip of alcohol approximately three hours before lights out you're pretty much guaranteed that you're going to get most of the alcohol out of your system. Step number four is to exercise everyday but to stop exercising approximately four hours before bed. Is pretty interesting but a lot of people that exercise actually gives them energy and then quite difficult to fall asleep if your body is all wrapped up. So yes, you should exercise daily, there's a lot of data to show that it helps with your sleep but be careful and try to stop exercising approximately four hours before bed. And my fifth step is to get fifteen minutes of sunlight every single morning. Remember, walking outside in the sun that sun hits your optic nerve bounces around and resets that circadian clock that's really critical. And so getting that fifteen-minutes of sunlight while it also promotes Vitamin D absolutely helps reset your circadian clock. So those are my five steps that everybody out there can do tonight and tomorrow for better rest.

Dr. Robyn Benson: It's excellent. I started out by mentioning that I guess third of the world is not sleeping and may seems like you and I travelling international and I talked a lot to medical professions it's common. So, what can you just shed light on this whole electromagnetic conclusion you talk a little bit but what are your thoughts on that? Why so much so many people are not sleeping?

Michael Breus: Well, it's interesting you know. I've first of all I would be foolish to say that I'm an expert in this area of electromagnetic radiation. But here's one some of the things that I've learned is especially in Europe there seems to be a much greater acceptance of the idea of this. You know there's cables running through every single wall of every single home and they're carrying with them all of this electricity and one of the things that we know is that our body is electrically charged. You know our neurons fire up off an internal form of electricity and when you got this much electricity that's wandering around you on a regular basis. And you got phone attached to your ear, you're sitting in front

of a computer, you have a tablet, you're watching television. All of this electromagnetic radiation absolutely can have an effect. Now are we worried that it's going to cause cancer? Are we always going to do that? I can't speak to that because I don't know that literature particularly well but what I can tell you is that many many people tell me that when they unplug and do what I call electronic curfew one hour before bed they consistently tell me that they sleep better.

Dr. Robyn Benson: I'm so glad you mentioned this for all of us who have teenagers or for even you know our own busy lives. Too many of us are just distinct plug in rate and then we get exhausted because this radiation that a lot of these devices are putting out are exhausting but yet it's actually charging us. It's keeping our mind like you're talking about the lights; it's keeping our brain on fire. We do have a great speaker that's in a series just so all of you know her name is Magda Havas. She's a PHD doctor and she's in 30 years on EMS pollution. So she's definitely will be a great resource for this particular topic. Yes, so that's coming up. So, gosh we have, we've extended our time with you which we really appreciate because honestly we just know that for many people listening that this is one of the hottest subject when it comes to travel and health. We want to sleep because that's everything, it's our good mood, it's how we show up in the world, we can enjoy international travel better when we get solid six or seven hours of sleep.

Michael Breus: Right.

Dr. Robyn Benson: But one final question Kevin you might have one too maybe why don't you ask one of the questions, one of the questions we would like to ask all of our speakers.

Kevin Snow: That question would be what would you change definitely you have been an active [Inaudible 01:00:05.25] some of the things that you would see wrong [Inaudible 01:00:14.02].

Michael Breus: I'm sorry I couldn't hear the question Kevin can you repeat the question.

Kevin Snow: Yes, what would you like to change or see different in the travel industry? I know that you've been very active in creating some positive change. So what else would you like to accomplish?

Michael Breus: You know the travel industry is a wonderful industry and the hospitality industry is as well. I think, what are the first things I'd love to see, you know we were talking about flight attendants and pilots and what a difficult kind of world they live you know. But for the traveler out there I think one of the things that people got to remember is you never going to enjoy your destination and you're never going to get enough out of where it is you go without getting a good night rest. And so while you're in your new destination, you now make sleep a priority, don't over drink, don't maintain hydration, by the way that's a big factor of good sleep just maintain your level of hydration. And don't overdo it even though I know there's a tendency to want to do that. Being able to kind of stick to your gun and stick to your schedule I promise you will make a tremendous difference. Not only in your ability while you're traveling but in your enjoyment of your travel as well.

Dr. Robyn Benson: Excellent, you know I know you have a free gift and e-book. Maybe we could talk about that. Ten things great sleepers do and three problems woman have a sleep.

Michael Breus: So I've created these two e-books and this is going to be the first place that anybody's going to have a chance to see them and we're pretty excited about them. So people can have the choice of one or both of these e-books. I'm not sure how that whole thing works but will figure them out. But the ten things that great sleepers do is that I've looked back into my practice and I've asked some of my patients who become great sleepers or people that I've met what are some of the things that they do and so I've outline those in very easy to read straightforward e-book for people. And then you know one of the things that I think is a real problem in the world of sleep is that we don't focus enough on women's sleep in particular because women have very different sleep needs and very different sleeps cycles than men. And historically, most of the research has been in men and so what I did was, I put together a lot of the research that I found for women and sleep. And looking at things like menstrual

cycle and how would it affect your sleep, PMS and how it would affect your sleep, pregnancy and how would affect your sleep. And then just general guidelines for women in general for better sleep. And so I'm hopeful, I'm interested to see who's going to download them and I'm excited to get the feedback from people. And when they can tell me what they think of these e-books because this is kind of some of my first foray into creating these types of materials for people.

Dr. Robyn Benson: This is excellent. I cannot wait to read the one both of them actually but it's so true women I just have to say I see more women with sleep issues and just term menopausal, women menopausal, woman just going through all those hormonal ups and downs right? Testosterone, progesterone, estrogen, cortisol all of it is shipped so that's fantastic. What a great gift that you're offering. In fact, I want to make sure we make these books available to everyone. So, what as Kevin said this was a jam-packed interview and gosh you gave so much important information that all of us. And I like those five steps, those five things that we can do today tonight. To ensure a healthy restful deep REM sleep that we all care to get.

Michael Breus: Absolutely.

Dr. Robyn Benson: Restore and age well. So thank you once again for being with us and for all of you do share the great wisdom that was shared in this interview with all your love ones because we all know many people near and dear that are suffering and this is a great resource for you. So thank you and for all of you have a great night and join us again in our next day of the Healthy Traveler's Global Summit.

Kevin Snow: Thank you so much.

Michael Breus: Thank you guys.







