

Infrared Sauna Reviews - reducing stress, pain, arthritis

Submitted by Dr. Cory Hewko

The amount of sleep each person needs varies from person to person. For the purpose of this article we will just focus on adults. The average adult needs between 7 and 8 hours of sleep. There are 2 broad types of sleep; REM (rapid eye movement) and non-REM. Everyone has a sleep cycle which is often around 4 hours long but can vary between 3 to 5 hours in some people. When we sleep, the middle of these cycles are the deepest sleep and if we wake up during this period we end up being sleepy and tired all day. This is why it is recommended you get eight hours of sleep a night, enough for two cycles and then waking refreshed.

Sleep debt is the effect of not getting enough rest and sleep; a large debt causes mental, emotional and physical fatigue. Sleep debt results in diminished abilities to perform high-level cognitive functions. In humans, the metabolic activity of the brain decreases significantly after 24 hours with no sleep. Sleep deprivation results in a decrease in body temperature, a decrease in immune system function, and a decrease in the release of growth hormones. Sleep deprivation can also cause increased heart rate variability. Studies have shown that lack of sleep can more than double the risk of death from cardiovascular disease and too much sleep can also be associated with a doubling of the risk of death, though not primarily from cardiovascular disease.

Numerous studies have shown that Far Infrared Sauna Therapy (FIRST) is very effective in reducing stress, alleviating muscle pain and arthritis, combating seasonal affective disorder and depression, reducing symptoms associated with fibromyalgia, boosting metabolism and boosting the immune system. All of these have a relationship with energy and sleep in some way or another. Not only that, FIRST can greatly improve your quality of sleep which in turn leaves you with more energy throughout the day.

The benefits of sleep are numerous and I will outline a few of them here. Sleep keeps your heart healthy. Lack of sleep has been associated with higher blood pressure and cholesterol, all risk factors for heart disease and stroke. When your body is sleep deficient, it goes into a state of stress. The body's functions are put on high alert which causes an increase in blood pressure and a production of stress hormones. The increase in stress hormones raises the level of inflammation in your body, also creating more risk for heart-related conditions, as well as cancer and diabetes. Inflammation is thought to be one of the causes of the deterioration of your body as you age.

Researchers have also found that people who sleep less than seven hours per night are more likely to be overweight or obese. It is thought that the lack of sleep impacts the balance of hormones in the body that affect appetite. The hormones ghrelin and leptin, important for the regulation of appetite, have been found to be disrupted by lack of sleep. So if you are interested in controlling or losing weight, don't forget to pay attention to getting a good night's sleep. While relaxing in a Far Infrared Sauna there is a substantial increase in heart rate, cardiac output and metabolic rate. Because our body expends energy to produce sweat (1g sweat requires 0.586 kcal), this means that your body can safely burn up to 300 to 500 calories in just one 30 minute session; with sweat loss equivalent to running 10-15km. As an added benefit, your basal metabolic rate rises meaning you will burn calories at an elevated rate for hours after your session has finished. This can translate to a benefit of up to 800 calories from a single session. Sleep impacts many of the chemicals in your body, including serotonin. People with a deficiency in serotonin are more likely to suffer from depression. You can help to prevent depression by making sure you are getting the right amount of sleep, between 7 and 9 hours each night. When relaxing in a Far Infrared Sauna there is a reduction in stress hormones coupled with an increase in serotonin which induces a deep state of relaxation and promotes a better quality of sleep.

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