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# A GOOD SLEEP : SOURCE OF BEAUTY & HAPPINESS

**A good night rest brings uncountable benefits to our health. It allows the body to regenerate its cells and to free natural antioxidants to wake up with a “nice face”.**

Few times we give our rest hours the necessary importance. We devote too much time to decide the furniture style to decorate our home but we leave the choice of an appropriate bed at random.

We know that an adequate night rest achieves visible effects on people, in the state of mind, health and body aspect.

While we sleep our body produces a hormone, Serotonin, a neurotransmitter; that is, it transmits signals from one neuron to the following one and through its biomolecular transformation in the pineal gland Melatonin is produced and it works as a natural sleep inducer.

## **WHY DO WE REST BETTER AT NIGHT?**

As mentioned above, the melatonin biosynthesis is produced in the pineal gland, and it segregates a higher quantity of this hormone when the solar light disappears, helping us to fall asleep. Melatonin reaches its maximum level at midnight and then starts to diminish until dawn, since its synthesis is inhibited by light. It is

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important to remember, as we did in a prior article, that the electromagnetic fields also affect our rest, since the pineal gland is “magnetic” and only produces melatonin when there are no electromagnetic variations.

### **A GOOD REST:, SYNONYM OF HEALTH.**

This hormonal process regulates many aspects of our health. Melatonin is called the “master hormone” because it stimulates a great variety of other hormones. In the brain it functions as a natural sleep inducer. It also has an important function in the heart and the circulatory system by reducing clot formation and thus diminishing the possibility of heart attacks and thrombosis. In the bloodstream it augments the ability of the cells to form antibodies, those substances the organism uses to identify and destroy infections.

In our digestive system it makes the absorption of vitamins, minerals and food nutrients easier. And in the reproductive system it regenerates the sexual activity, and regulates its functioning.

We can not fail to mention that melatonin acts directly on the cells as a powerful natural antioxidant (the most powerful that is known) protecting them from the free radicals.

### **SCIENCE OF SLEEP.**

World experts on the pathologies of sleep have investigated for many years its fundamental aspects. After a lot of work, experience and daily empiric knowledge have shown that in many cases it is not the person but the place where he sleeps what doesn't allow him to rest and, even less, to reach the deep stages of sleep and regeneration.

We should have into account many aspects from those researches when choosing our bed and preparing the adequate atmosphere for sleep and daily rest.

In the first place, the place for our bedroom should be a quiet and well ventilated room. Secondly, the bed should be a carefully chosen element. There exist beds, resulted from these investigations and manufactured by BioVital, where all the details have been taken care of.

These beds are designed to avoid, in a complete and natural way, the problem of artificial electromagnetic charges, because they have an exclusive system to eliminate them. This system does not inhibit the melatonin production; on the contrary, it helps to recover the adequate levels, necessary for a regenerating sleep.

Let's not forget we spend one third of our life in bed. This time conditions many aspects of the rest of our existence. A good sleep is the best anti ageing therapy, one of the biggest sources of natural health and a way of modifying our state of mind positively.

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