



34<sup>th</sup> World **Neuroscience and Neurology Conference**;  
13<sup>th</sup> International Conference on **Tissue Science and Regenerative Medicine &**  
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## Meditate for sleep disorders management

### Sumedh Thero

*Ex Principal Scientist, India*

Getting enough sleep helps you stay healthy and alert. But, many older people don't sleep well. If you're always sleepy or you find it hard to get enough sleep at night, it may be time to see a doctor. Waking up every day feeling tired is a sign that you are not getting the rest you need. Unless you manage well such situation may occur any time in your life. Since Sleep occurs in repeating periods, in which the body alternates between two distinct modes: REM sleep and non-REM sleep. Although REM stands for "rapid eye movement", this mode of sleep has many other aspects, including virtual paralysis of the body. A well-known feature of sleep is the dream, an experience typically recounted in narrative form, which resembles waking life while in progress, but which usually can later be distinguished as fantasy. During sleep, most of the body's systems are in an anabolic state, helping to restore the immune, nervous, skeletal, and muscular systems; these are vital processes that maintain mood, memory, and cognitive function, and play a large role in the function of the endocrine and immune systems.

Preventing neck and back pain, reducing acid reflux, minimizing wrinkles, maintaining perky breasts. The scoop: Sleeping on your back makes it easy for your head, neck, and spine to maintain a neutral position. The most common sleep positions include fetal, stomach, log, starfish (back with arms up), soldier (arms to the side on the back), and yearner (side with arms more or less straight out in front). Cortisol is a very strange chemical in the body but it can do a lot of damage. When you sleep naked, it helps keep your body temperature at the optimal ranges so your body can better create cortisol. If you sleep overheated your cortisol levels tend to stay high, even after you wake up. This can lead to increased anxiety, cravings for bad food, weight gain, and more terrible things. Sleep naked so you can keep your body temperature down and sleep well so your body can properly produce and regulate cortisol.

### Biography

Dr. Sumedh Thero (Dr Suman, Banwari Lal) completed his PhD in 1997 from Indian Agricultural research Institute, New Delhi, India. He is Ex Principal Scientist Agronomy, Chief Buddhist Monk and Founder of Sumedh Bhoomi Buddha Vihar, Dr Ambedkar Park, Jhansipura, Lalitpur-284403 India. He has published 14 books (5 in English +9 in Hindi), more than 350 papers in reputed Journals seminar/symposium and popular articles.

*vensumedh12@gmail.com*