

# February Webinar: The Sleep Rx!

**The February Webinar:** The Sleep Rx

**One of the most common disease-promoting conditions we face in western culture is the inability to sleep well.** Many, many people report sleep problems that include:

- Not being able to fall asleep
- Excessive daytime tiredness
- Waking frequently to use the restroom
- Awakening in the morning, feeling exhausted
- Bad cognitive function – not thinking well or clearly or deeply; fuzzy brain
- Personality changes – “You don’t seem your normal self.”

By the time we’re **having trouble sleeping**, the train has already gone off the rails—a sign that our circadian biology is really jacked. **Many people have accepted poor sleep as a reality of life**, or don’t realize how their poor sleep is a major contributing to things like:

- Schizophrenia
- Type 2 Diabetes
- Psoriasis
- Eczema
- Acne
- Adrenal Fatigue
- Restless Leg Syndrome
- Diabetic Neuropathy
- Migraine Headaches
- Perimenopause
- Anger issues and more

There are a few main reasons our sleep begins to deteriorate in the first place, and during this webinar, we are going to explore how **artificial light; non-thermal, pulsed EMF; eating carbs in the winter; concussions; traumatic head / brain**

**injury; and surgery or radiation to the head (including things like CT scans)** all can create circadian chaos that interferes with the body's ability to sleep. Dr Kruse is also going to offer alternative treatments for sleep apnea, the most common sleep disorder, besides the CPAP machine and oral devices. Dr. Kruse reviews his 16-point plan that makes up his Sleep Prescription, including how to improve sleep and **when to seek medical treatment**. He explores all sorts of sleep-related topics, including:

- Common circadian sleep disorders
- Test that doctors use to diagnose sleep issues
- Narcolepsy
- Sleep hygiene, latency, efficiency, value

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