"Can’t Sleep at 3AM? Your Calcium Rhythm May Be Off" #sleep #sleepsolutions Transcript

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<Untitled Chapter 1>

It's 3:00 a.m. and you are [music] still It's 3:00 a.m. and you are [music] still half awake. You turn over and your heart half awake. You turn over and your heart feels too alert. Your legs won't fully feels too alert. Your legs won't fully [music] settle. Your stomach feels tense [music] settle. Your stomach feels tense for no clear reason. Then morning for no clear reason. Then morning [music] comes and the rush starts early.

[music] comes and the rush starts early.

Introduction to Circadian Rhythm

If this pattern owns your week, stay If this pattern owns your week, stay with me. Today I want to talk about with me. Today I want to talk about circadian rhythm [music] inside the cell circadian rhythm [music] inside the cell not just screens melatonin or bedtime not just screens melatonin or bedtime [music] habits.

[music] habits. We are going deeper into calcium timing We are going deeper into calcium timing and how it shapes sleep, heart signals and how it shapes sleep, heart signals and daily energy. By the end of this you and daily energy.

Point One: Your Body Keeps Time with Calcium Pulses

By the end of this you will have three clear [music] points you will have three clear [music] points you can actually test this week. pulse clear can actually test this week. pulse clear align. Point one, your body [music] align. Point one, your body [music] keeps time with calcium pulses. Calcium keeps time with calcium pulses. Calcium has a clock inside your cells. Calcium has a clock inside your cells. Calcium rises [music] sharply when tissues need rises [music] sharply when tissues need action. Then it's supposed to drop low action. Then it's supposed to drop low enough for recovery [music] chemistry to enough for recovery [music] chemistry to take over. That rise and fall is not take over. That rise and fall is not random. It's meant [music] to look random. It's meant [music] to look different into day and at night. Daytime different into day and at night. Daytime should have sharper pulses and night should have sharper pulses and night should have a real [music] low face.

should have a real [music] low face. That contrast is how your tissues That contrast is how your tissues separate effort from repair. separate effort from repair.

Think about a normal weekday. Think about a normal weekday. You wake up and start [music] moving. You wake up and start [music] moving. Your brain, muscles, and blood vessels Your brain, muscles, and blood vessels need fast signals, and [music] calcium need fast signals, and [music] calcium pulses help deliver them. You eat, you pulses help deliver them. You eat, you work, and you respond to stress. The work, and you respond to stress. The pulses [music] pulses [music] continue, but they should still cleanly.

continue, but they should still cleanly. Then night arrives. If the low phase Then night arrives. If the low phase shows up [music] on time, the body can shows up [music] on time, the body can switch into a real recovery. When that switch into a real recovery. When that contrast stays clear, people often contrast stays clear, people often notice calmer nights, less inner notice calmer nights, less inner struggle falling asleep, struggle falling asleep, clearer mornings, and fewer sharp swings clearer mornings, and fewer sharp swings during the day. Not perfect, but during the day. Not perfect, but steadier.

steadier. steadier. That can include fewer pressure swings That can include fewer pressure swings and fewer glucose swings. and fewer glucose swings. The whole week just feels more stable.

The whole week just feels more stable. When that compressed flattens, [music] When that compressed flattens, [music] the body acts like it's off schedule.

the body acts like it's off schedule. That time feels [music] wired. Morning That time feels [music] wired. Morning feels heavy and jumpy at the same time.

feels heavy and jumpy at the same time. You feel jetlagged inside [music] your You feel jetlagged inside [music] your own week. You might get energy at the own week. You might get energy at the wrong time and fatigue when [music] you wrong time and fatigue when [music] you should feel clear. Eventually, you start should feel clear. Eventually, you start blaming yourself for habits that aren't blaming yourself for habits that aren't the full story. One of the strongest the full story. One of the strongest reset cues is light. Morning light tells reset cues is light. Morning light tells the brain this is daytime.

the brain this is daytime. That signal [music] That signal [music] helps guide timing across the body. It helps guide timing across the body. It keeps daytime sharp and nighttime keeps daytime sharp and nighttime genuinely low. When timing drifts, genuinely low. When timing drifts, symptoms often cluster by clock time, symptoms often cluster by clock time, early pressure spikes, palpitations on early pressure spikes, palpitations on [music] waking, restless legs at night, [music] waking, restless legs at night, gut cramps at night, [music] and racing gut cramps at night, [music] and racing thoughts in bed. That clustering is a thoughts in bed. That clustering is a clue that the timing system is involved.

clue that the timing system is involved. Here is an important detail. Here is an important detail. The tools your [music] cells use are not The tools your [music] cells use are not the same all day. Channels, pumps, and the same all day. Channels, pumps, and [music] regulators shift with the clock.

[music] regulators shift with the clock. So, the same trigger can land very So, the same trigger can land very differently at different hours. That's differently at different hours. That's why you might feel fine [music] at noon why you might feel fine [music] at noon and fragile at bedtime. Not because you and fragile at bedtime.

Point Two: The Struggle is Often Slow Clearing.

Not because you are weak but because your tissues are weak but because your tissues [music] [music] [music] are in a different timing state. Point are in a different timing state. Point two, the struggle [music] is often slow two, the struggle [music] is often slow clearing. Calcium pulses are meant to be clearing. Calcium pulses are meant to be brief. After each [music] burst, the brief. After each [music] burst, the cell should settle. Membranes should cell should settle. Membranes should reset. Mitochondria should handle a reset. Mitochondria should handle a short load, then let go. When clearing short load, then let go. When clearing is slow, tissues don't fully reset. The is slow, tissues don't fully reset. The body stays half on even when you want body stays half on even when you want full rest. This is where outside ionic full rest. This is where outside ionic calcium matters.

calcium matters. Cells live in an external fluid Cells live in an external fluid environment. environment. environment. If free calcium levels [music] drift too If free calcium levels [music] drift too high or too low, channels can hover near high or too low, channels can hover near open, not fully open and not [music] open, not fully open and not [music] fully closed, just close enough to keep fully closed, just close enough to keep tissues reactive. Mitochondria can also tissues reactive. Mitochondria can also hold calcium longer than [music] they hold calcium longer than [music] they should.

should. should. When that happens, the 24-hour contrast When that happens, the 24-hour contrast fades. Night is no longer truly [music] fades. Night is no longer truly [music] low and energy cost builds quietly in low and energy cost builds quietly in the background. Now connect that to your the background. Now connect that to your night. You are lying still but nothing night. You are lying still but nothing feels quiet. Thoughts loop. Muscles feel feels quiet. Thoughts loop. Muscles feel jumpy. [music] Your gut cramps when it jumpy. [music] Your gut cramps when it should relax. Your legs feel restless.

should relax. Your legs feel restless. You may fall asleep but wake too easily. You may fall asleep but wake too

easily. And when you wake, you're alert [music] And when you wake, you're alert [music] in the wrong way. Not refreshed, alert, in the wrong way. Not refreshed, alert, but [music] strained. Now connect it to but [music] strained. Now connect it to your morning.

your morning. Some people notice palpitations Some people notice palpitations right on waking. Some notice early right on waking. Some notice early pressure spikes.

pressure spikes. Some wake with a headache or neck Some wake with a headache or neck tightness. tightness. tightness. It can feel like the day starts with a It can feel like the day starts with a push before you even stand up. Slow push before you even stand up. Slow clearing also [music] affects pain. Pain clearing also [music] affects pain. Pain flares last longer. Autoostatic swings flares last longer. Autoostatic swings feel sharper. [music] Small emotional feel sharper. [music] Small emotional triggers create whole body reactions triggers create whole body reactions that feel bigger than the moment. And that feel bigger than the moment. And the timing repeats, predictable and the timing repeats, predictable and [music] frustrating.

[music] frustrating. Many people arrive after years of Many people arrive after years of stacking symptom fixes, something for stacking symptom fixes, something for sleep, something for gut cramps, sleep, something for gut cramps, something for pain, something for mood.

something for pain, something for mood. But the underlying timing pattern never But the underlying timing pattern never [music] changes because the timing [music] changes because the timing problem keeps beating the cycle. So ask problem keeps beating the cycle. So ask yourself this tonight and tomorrow yourself this tonight and tomorrow morning. After a trigger, how fast do morning. After a trigger, how fast do you settle? After waking, how fast does you settle? After waking, how fast does your heart calm? At bedtime, how fast do your heart calm? At bedtime, how fast do your thoughts slow? [music] If the your thoughts slow? [music] If the answer is slow, your system may be answer is slow, your system may be clearing signals too slowly. There is clearing signals too slowly. There is also a cognitive cost. A blurred calcium also a cognitive cost. A blurred calcium schedule can feel like brain fog, schedule can feel like brain fog, irritability, [music] and mornings that irritability, [music] and mornings that never fully lift. Mitochondria need a never fully lift. Mitochondria need a true low phase to refile [music] ATP.

true low phase to refile [music] ATP. When that low face is stolen, the brain When that low face is stolen, the brain keeps [music] paying for it over time.

keeps [music] paying for it over time. Mood and mental sharpness suffer [music] Mood and mental sharpness suffer [music] even during an ordinary week.

Point Three: Track the Zone, then Align the Cues.

Point even during an ordinary week. Point three, track the zone, then align three, track the zone, then align [music] [music] [music] the cues start with one simple question.

the cues start with one simple question. Which tissues complain first and when? Which tissues complain first and when? You already live with the pattern.

You already live with the pattern. Morning headache, neck tightness, and Morning headache, neck tightness, and early pressure spikes often point to early pressure spikes often point to [music] vascular zones. Palputations on [music] vascular zones. Palputations on waking fit the same cluster. Night gut waking fit the same cluster. Night gut cramps point [music] toward gut nerves.

cramps point [music] toward gut nerves. Restless legs point toward muscle Restless legs point toward muscle excitability. excitability. excitability. Racing thoughts [music] in bed point Racing thoughts [music] in bed point toward brain circuits that are slow to toward brain circuits that are slow to settle. Now look for what pushes those settle. Now look for what pushes those zones.

zones. zones. Medication history matters. Acidbased Medication history matters. Acidbased balance [music]

matters. Magnesium balance [music] matters. Magnesium matters. Lowgrade inflammation matters.

matters. Lowgrade inflammation matters. Caffeine can push excitability. Caffeine can push excitability. Alcohol [music] Alcohol [music] fragments the night pattern.

fragments the night pattern. Irregular meals blur dayight signals. Irregular meals blur dayight signals. Here is the [music] hopeful part. Timing Here is the [music] hopeful part. Timing still works and it's simple. Morning still works and it's simple. Morning light soon after waking. Regular sleep light soon after waking. Regular sleep and wake [music] times define meal and wake [music] times define meal windows and gentle movement spread windows and gentle movement spread across the day. Not [music] one intense across the day. Not [music] one intense burst at night. Small steady inputs help burst at night. Small steady inputs help restore [music] a real day and a real restore [music] a real day and a real night. Muscles settle. The gut quits night. Muscles settle. The gut quits that slow. Sleep comes and [music] that slow. Sleep comes and [music] stays. On farther nights, the low phase stays. On farther nights, the low phase never fully arrives. Everything feels never fully arrives. Everything feels almost on. Sleep [music] stays light.

almost on. Sleep [music] stays light. You wake too easily and that strained You wake too easily and that strained alertness takes over. alertness takes over.

AIC therapy can be used as an essential AIC therapy can be used as an essential part of this plan. In this setting, it's part of this plan. In this setting, it's used as a focused calcium preparation, used as a focused calcium preparation, not as an acute rescue, but as not as an acute rescue, but as background sport over time. The goal is background sport over time. The goal is to trigger [music] endogenous to trigger [music] endogenous calcetonine and steadier calcium calcetonine and steadier calcium handling. So excitable [music] handling. So excitable [music] tissues and mitochondria carry less tissues and mitochondria carry less chronic load.

chronic load. When pulses clear faster, membranes When pulses clear faster, membranes reset more fully. Mitochondria regain reset more fully. Mitochondria regain through low calcium time. ATP refiles through low calcium time. ATP refiles properly and day night contrast properly and day night contrast rebuilds.

rebuilds. rebuilds. That shows in very human [music] ways. That shows in very human [music] ways. Fewer wired nights, Fewer wired nights, easier sleep onset, cleaner mornings, easier sleep onset, cleaner mornings, fewer early surges, fewer early surges, more stable cognition, more stable cognition, fewer cancelled plans, and better fewer cancelled plans, and better tolerance for everyday tasks. Small wins tolerance for everyday tasks. Small wins repeated until the week [music] feels repeated until the week [music] feels predictable again. One last timing predictable again. One last timing insight. Many biological targets rise insight. Many biological targets rise and [music] fall by time of day. So when and [music] fall by time of day. So when you do something can matter as much as you do something can matter as much as what you do. The core message is simple.

what you do. The core message is simple. Timing is biology, not just behavior. Timing is biology, not just behavior. So, let's return to [music] 3:00 a.m.

So, let's return to [music] 3:00 a.m.

The Goal is Real Low Phase at Night.

The goal is a real low phase at night. The goal is a real low phase at night. When it returns, sleep becomes easier. When it returns, sleep becomes easier.

In the morning, the goal is [music] to In the morning, the goal is [music] to reduce that early internal rush. So, you reduce that early internal rush. So, you wake [music] wake [music] into a calmer signal state. If you tried into a calmer signal state. If you tried just one experiment this week, track just one experiment this week, track [music] the clock time of your worst [music] the clock time of your worst symptoms, morning, afternoon, or [music] symptoms, morning, afternoon, or [music] bad time. Then anchor morning light.

bad time. Then anchor morning light. Keep a steady wake time. Define meal Keep a steady wake time. Define meal [music] timing for 7 days and add gentle [music] timing for 7 days and add gentle movement across the day. Give your movement across the day. Give your system consistent cues.

system consistent cues. Many people are surprised how much their Many people are surprised how much their week shifts when timing stabilizes. week shifts when timing stabilizes.

Nights get quieter, mornings get Nights get quieter, mornings get cleaner, the day feels less cleaner, the day feels less unpredictable. unpredictable.

unpredictable. That's the outcome we are aiming for. A That's the outcome we are aiming for.

Closing Remarks

A steadier rhythm. If this helped, like steadier rhythm. If this helped, like [music] and subscribe. Share it with [music] and subscribe. Share it with someone whose daily rhythm feels flipped someone whose daily rhythm feels flipped and comment with the time of day you and comment with the time of day you