Les Brown & Dr. Worden on Sleep, Brain Fog, and What Really Works Transcript

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Why Sleep Matters

They say over 46% of Americans can't get They say over 46% of Americans can't get a good night's sleep. And I'm among a good night's sleep. And I'm among those numbers and I've been taking a those numbers and I've been taking a variety of things. I want to ask you, variety of things. I want to ask you, how important is sleep for us?

how important is sleep for us? >> So, what are the most important health >> So, what are the most important health pillars that we've got, Les? I mean, if pillars that we've got, Les? I mean, if we're not sleeping, the immune system we're not sleeping, the immune system can't work, we can't repair, our brain can't work, we can't repair, our brain can't detox. It literally, it's called can't detox. It literally, it's called the glimpmphatic system. When you lay at the glimpmphatic system. When you lay at night, your brain literally leaks and night, your brain literally leaks and detoxes. So it our brain can't work, our detoxes. So it our brain can't work, our bodies can't work, immune system, we bodies can't work, immune system, we can't do without good sleep.

can't do without good sleep.

Calming the Mind to Fall Asleep

>> Listen, I play all type of calming >> Listen, I play all type of calming music, meditation music. I say, Alexa, music, meditation music. I say, Alexa, play something for me that can put me play something for me that can put me back to sleep. I get up to go pee. I back to sleep. I get up to go pee. I don't know. This is what happens when don't know.

Melatonin and Over-the-Counter Sleep Aids

This is what happens when you turn 80. Okay, I'm 80ish. And but you turn 80. Okay, I'm 80ish. And but I've been taking melatonin. I'm just I've been taking melatonin. I'm just over the counter stuff. I want to know over the counter stuff. I want to know >> the things that people are taking over >> the things that people are taking over the counter for sleep.

the counter for sleep. >> Is it helpful? >> Is it helpful? >> Is it hype? Or is it harmful? >> Is it hype? Or is it harmful? >> Right. Well, I think you always got to >> Right. Well, I think you always got to go back to why aren't you sleeping? Is go back to why aren't you sleeping? Is it an active brain? I mean, if you go to it an active brain? I mean, if you go to sleep and you're feeling like this and sleep and you're feeling like this and you're like, I need to get to sleep.

you're like, I need to get to sleep. I've got a big day tomorrow. I need to I've got a big day tomorrow. I need to get to sleep. And you just can't. GABA get to sleep. And you just can't. GABA is one of the things that could really is one of the things that could really help. It's a natural inhibitory help. It's a natural inhibitory neurotransmitter. What does that mean?

neurotransmitter. What does that mean? It's the brain chemistry that It's the brain chemistry that >> Do I need a prescription for that? >> Do I need a prescription for that?

>> Maybe. No, you can get it over the >> Maybe. No, you can get it over the counter. You get it over the GABA. G- counter. You get it over the GABA. G- ABA.

ABA. ABA.

GABA, Melatonin Deficiency, and Controlled Release

>> That if you feel like that and if it's >> That if you feel like that and if it's this kind of energy not letting you go this kind of energy not letting you go to sleep, GABA can be helpful. If you to sleep, GABA can be helpful. If you just have trouble getting to sleep, just just have trouble getting to sleep, just kind of calming, need something just to kind of calming, need something just to calm down in a different sense.

calm down in a different sense. Melatonin can help, but it only helps Melatonin can help, but it only helps for the most part if you're deficient. for the most part if you're deficient.

And we have tests to be able to say, do And we have tests to be able to say, do you have enough melatonin or not? If you have enough melatonin or not? If your body is producing its enough of its your body is producing its enough of its own melatonin, own melatonin, >> then melatonin is not going to do very >> then melatonin is not going to do very much. There's controlled release.

much. There's controlled release. Sometimes you sleep, but then you wake Sometimes you sleep, but then you wake up in the middle of the night. You need up in the middle of the night. You need melatonin then or early in the morning.

melatonin then or early in the morning. >> Yeah.

Risks of Sleep Medications

>> Yeah. >> Yeah. >> So, you need a controlled release that >> So, you need a controlled release that gives you a little bit throughout the gives you a little bit throughout the night. But it works if you're deficient.

night. But it works if you're deficient. >> Okay. Now, you talked about some of the >> Okay. Now, you talked about some of the detrimental things that people are detrimental things that people are taking for sleep that's not good for taking for sleep that's not good for them. What are some of the things that them. What are some of the things that can happen if you're not making the can happen if you're not making the right choices?

right choices? >> Well, the sleep meds have a real problem >> Well, the sleep meds have a real problem and they have and we've known about it. and they have and we've known about it.

Um, and you whatever class you want to Um, and you whatever class you want to look at, if you're looking at uh any of look at, if you're looking at uh any of the classes of bzzoazipines, the first the classes of bzzoazipines, the first class that came out, they knew there class that came out, they knew there were problems. They created another set were problems. They created another set of them. they still have the same of them. they still have the same problems. And what it does, what they problems. And what it does, what they do, they don't let you have a natural do, they don't let you have a natural sleep pattern. First of all, sleep pattern. First of all, >> it gets you to sleep, but your body's >> it gets you to sleep, but your body's not able to go into these different not able to go into these different sleep patterns that it should for all sleep patterns that it should for all the benefits it needs. But beyond that, the benefits it needs. But beyond that, it's actually damaging, physically it's actually damaging, physically damaging the brain. It's linked to damaging the brain.

Tapering Off Sleep Aids Safely

It's linked to dementia, to Alzheimer's. dementia, to Alzheimer's. >> What? Tell me those things because I've >> What? Tell me those things because I've been taking a whole lot of stuff.

been taking a whole lot of stuff. >> Yeah, we we Well, I would say we need to >> Yeah, we we Well, I would say we need to try. Now, the problem with trying to try. Now, the problem with trying to wean off, your body's become addicted to wean off, your body's become addicted to it, literally addicted to it. So, your it, literally addicted to it. So, your body will think it can't sleep without body will think it can't sleep without it. So, there's a whole program that

you it. So, there's a whole program that you would have to do to try to come off would have to do to try to come off those and you can, but it will be a those and you can, but it will be a little more difficult. You think, well, little more difficult. You think, well, I need the medicine that have to be I need the medicine that have to be prescribed by prescribed by >> Yeah, you need a doctor working with you >> Yeah, you need a doctor working with you to do it right. Or you could start to do it right. Or you could start slightly decreasing a little bit every slightly decreasing a little bit every night knowing that it's going to take a night knowing that it's going to take a while a while for your body to reset for while a while for your body to reset for it to find its way to get to sleep by it to find its way to get to sleep by itself. Right now, it's being fooled itself. Right now, it's being fooled