The Importance of Sleep for Health - The 5 Non-Negotiables Series (Part 1) Transcript

(Transcripts are generated by AI and may contain errors)

Podcast intro and listener appreciation

Welcome to The Sibling RX Podcast. I'm Dr. Yas. Dr Roddy. And today we're going to talk about our top five non-negotiables. But before we do that, we just want to take a quick minute to thank our viewers, our supporters, and everyone that's been watching and listening.

This is super fun for us because our weeks are so busy that as brother and sister, We don't really get a lot of time to connect. So this is like a standing meeting that we have.

It's like community service. Yeah. It's like service work. For the special, right? Yeah, yeah. Yeah it's been really cool to see people and I mean we've provided a little bit of content but I don't think we have done a lot of real content yet but so you know people have obviously employees have mentioned it, friends, family, people I see at the gym.

So that's pretty cool but you now I definitely appreciate that support. Um it is fun like you said it something that we are passionate about in different various aspects of health, but it's just.

been very humbling to see how many people have viewed us being silly and talking and informative, too. And that's pretty cool. Yeah, that was pretty fun.

So and it gives us time to kind of chat about things. Because a lot of things you say, I don't know. A lot things I say you don' know, so we're learning.

There's a of the things that I said that you do know so let's be clear. It's so much information, it's overwhelming. I go to bed at night just stressed out.

That's why your sleep score sucks and that why we are talking about sleep today.

Top five health non-negotiables

Okay, so today we're going to talk about our top five non-negotiables for health, which includes sleep, movement and strength, protein, probiotics, and the last one was?

Hydration. Yeah, what are you drinking right now? I'm drinking an herbamate lemon original energy brew. Nice. It's really good. I gave you one. Did you like it?

Yeah. Actually, I still have to drink it. I like it because it's not hydrating, but it gives me a little caffeine boost. And your Belmonte is so good for you.

Some of them taste funky, this one actually tastes good. That one's good, yeah. Alright, so let's talk about sleep. So there's so many things that go into sleep, I know what I do that probably drives my husband Chris crazy, what do you do on a daily basis to optimize your sleep?

I think that the only consistent thing that I do, unfortunately, right now is measure my sleep. I track my sleeping. And I know we're going to talk about that in a minute.

We try to go to bed around the same time, but every night's a little bit different based on what's going on or if I have. you know, a late meeting or if we've got volleyball late or things like that.

Sleep habits and nighttime routine

If your schedule changes, it's like, I can't always be in bed by 9 p.m. Sometimes it is 9.30, sometimes it might be 11. And you kind of go to bed knowing that I'm going to pay for this tomorrow.

You know what I mean? Because you're morning routine, my morning I feel like I am a little bit more consistent with in my night routine. My morning routine's like boom, boom boom.

But yeah, just unwind. And we watch a little TV. Once I hit my head on the pillow, I'm out. It doesn't take me long. You guys have a TV in your room, right?

Yeah. I take a sleep support. We'll talk about that today, which I think is helpful. Helps me get more restful sleep. Um, I try not to drink a lot of water after like eight o'clock or so, which is hard because when it's so dang hot, like it is here, drinking water all day long.

But then you do that, then your up all night. You know, it s interesting, um, over the last couple of years, since I've been tracking my sleep and I'm a really good sleeper, so my average sleep score is about 95. Which is not normal at all.

I've never been in the 90s. I was 84 last night. Yeah, I'm in 80s when I am sick. But one thing I think that I do that really helps, and I have learned this recently, they've done a lot of studies on it, is your morning routine not only helps your nighttime circadian rhythm, but what you do in morning can actually affect how well and efficient you sleep at night, So, one thing to do in the morning, they say, is to, within 15 minutes of getting up, go outside.

So I take my coffee, I go out and I do movement when I'm outside because you want to make sure that you're getting the sunlight in your eyes with no sunglasses.

As the sun is rising, if you catch that in you eyes, it helps increase your melatonin production later. So once the sun sets, your melatonin goes up, you're able to unwind and relax at night.

So I think that's something that I've incorporated the last two years. It's really helped my sleep score stay in the 90s. But again, there's a lot of things you can do at nights, like my husband likes to sleep, Chris likes watch TV a and I don't like to watch TV.

So at night I try to, I wear an eye mask, so when he's watching TV in our room, it's not disrupting my… Yeah, just the glare and all that stuff. Yeah.

You know, there's certain things like, you know don t drink water before bed. Don't use any devices an hour or two even before bedtime. try not to eat so much, um, at least two hours before bed don't eat anything.

So these are all little, little tips you can do to help your, your sleep stay deep, right? Cause you want to have deep sleep. You want have REM sleep, which is the rapid eye movement sleep as well.

But let's talk about some of the supplements that, that you like to take to get good sleep? Um, I was doing the mushroom cocoa, for a while from Rise.

It was really good. I liked it. But you have to mix it with hot water. And right now, when it's 117, I don't want to drink something hot before I go to bed because I want my temperature to be low and all that stuff.

So I started taking that gummy that you gave me the other day. I took it three times this week in each of those times. I wasn't in the nineties, but I was like, sleep score was 88, 86, 84. And then I ran out, Man, it's really good, and it is easy.

And does it make you groggy in the morning? No, not at all. That's good. But Claudia felt grogy. She did? Yeah, she felt a groggie. I kind of felt like I was kind loopy.

Loopy? I'm like, maybe you just take one. Does she have a better, on average, does she sleep better than you?

Not at, all not right now, especially with menopause, pre-menopausal.

So this morning, I took it last night. My alarm is at 505 every day, same thing. Let's go. How much longer? I have like eight more minutes. Like, I was ready to get up, you know?

So I'm like, OK, eight minutes to like get out, enjoy my coffee, and get ready for the gym, type of thing. So that helps me a lot, for sure. Yeah. That's been good.

One supplement that's really good for women that are going through menopause, perimenopausal for sleep is, well, there's two. Magnesium glycinate and glycein.

Both of those things? Do you want me to put her, let me put away. Hey, good thing we restarted because she hit the mute button. We're talking about a good supplement for women that are going through menopause, magnesium glycinate, you said?

Right, Magnesium glycinate and then glycein, and also magnesium theronate, because magnesium thoronate is good for… any sort of anxiety and daytime stress.

It just kind of puts you in like a sense of Zen. And I love taking that even during the day, I take that. Um, and then magnesium glycinate is really good for relaxing your muscles, just calming your mind nervous system.

Yeah. Then the glycein really helps cut out that chatter in your brain because a lot of people, they, They can fall asleep, but then they can't stop their brain.

So then, they wake up. And they just start thinking again. Yeah. They ruminate. Then they're awake, and they cannot stay asleep.

Supplements for better sleep

The glycine really helps. Obviously, men can take all those things, too. But those really help. I know that there are certain formulas that have all the different types of magnesium in them.

and those are great because then you don't have to worry about all the different supplements. There's a lot of people, I mean my wife's one of them, she is not very diligent about taking supplements because she's just, oh it's this big or oh my gosh.

So the more all-in-one for people and there's A lot of people do that way, but the more all-in-one, then you're more consistent in taking it. Glycine also, I read, helps lower your core body temperature when you sleep as an amino acid.

So women going through menopause or going to all those hot flashes, which at nighttime. You know, it's like you wake up and you're almost not wearing any clothes because you've been just hot all night, you know?

Yeah, I know. And stuff. So glycine definitely helps get your body temperature a little bit lower so you are more comfortable. Yeah. Let's talk about that.

What do you, let's about the ideas of what temperature, what happens to your when you sleeping, or what should happen to you body when your sleeping? And what's the benefit, pros and cons of sleeping in a cold room?

Right. So in order for your body to stay asleep, it has to be cooled down. Your body naturally cools itself down, so ideally it's good to have your thermostat between 67 and 69 degrees.

I know that seems cold, but you really do want to The colder it is in your room, the more your body temperature will lower and the deeper sleep you'll get.

So it's kind of like, you know, when you have a fever, your bodies so hot and you can never sleep, right? You just can't sleep. And that's how menopause feels when your having a hot flash, like you're just so- Chills.

You can do anything. I can imagine, yeah. So it's really good to have your temperature in your room lowered. And if you need extra blankets, put extra blanket on.

But it really does make a big difference. Isn't it funny that I know sometimes when we'll travel, like if we go somewhere and we're staying in a hotel, you don't control, the air is always cold in your room and you're like, gosh, I slept so well last night.

Cause you crank the down or it was cranked down and in these nice pillows and blankets and, and all that stuff. And I know, especially anytime I traveled to Vegas, always feel I remember my, that remind myself.

I'm like wow. So well here because it's like 62 degrees freezing. Yeah. A few years ago too, got this chili pad. Remember when I had the chili pad? So it was like a pad you put over the mattress.

You still use that? I don't. It's kind of, there's more easier versions of it. it's a mat, it'a pad. you'd put it over your mattress, you have to fill this thing with water next to you.

So not very aesthetically pleasing in your room. And it is a little loud, so like my wife didn't like it because it sounded like generator while I'm sleeping cold and comfortably.

She's like. has her fingers in her ears, you know. But it really did lower the temperature of your mattress. And I just got it on my side, and no, I don't use it anymore.

Now they have the actual mattress that goes down. That's cool. The 8 Sleep, have you heard of that? The Eight Sleep. They have a mattress and then they had the pad too.

It makes a big difference. Yeah, it does. It's something that either you're going to pay for in your electric bill if you were in Arizona, or you going pay forward to the mattress.

So which one do you do? We just got a comforter a few months ago, four or five months. It was one of those early morning or late night Instagram buys.

You're like, I want to get this. And it was a Comforters made out of bamboo. and it guaranteed to decrease your body temperature low. That thing is always cold to touch.

It's amazing. I don't know what's inside of it, but it's bamboo. It is awesome. So I just purchased some bamboo sheets and they were said to do the same thing.

Yeah, it supposed to keep your bed cooler.

Room temperature, bedding, and sleep environment

And I feel like it does help. I love that. Yeah, it does help. Also, earplugs are always good to wear. I know when we travel, I always have my ear plugs just because you don't know where you're going to be, especially in a hotel.

But going back though to air conditioning, we were just in London and our Airbnb didn't have any air-conditioning because nowhere has air condition in london.

and we were going through a heat wave there. Oh my gosh. And it was the worst sleep for all four of us because there was no draft, the windows were open, there were no draughts.

No air circulating. Nothing. It was hot. Terrible. But we got through it. Yeah, but it affected your sleep. It did. It affected our sleep. And then, you know, the kids were really cranky the next day because none of us slept well.

That's weird. Cranky kids. I know. Teens, too. Yeah. So what other things do you do that helps your sleep? That about it. things I should do or do do, you know, trying to go to bed at the same time.

That's, like I said, it changes. We don't have an issue with eating late. Whenever we eat late, if you go out, to like a late dinner and you're eating dinner, I know it's but you sleep terribly.

You have a food hangover because you just don' sleep well. So do you what I do when we do that? because this kind of sounds crazy, but it, it works is when we go out to dinner because we have to go to a dinner late, I will come home and you know, unwind and get ready for bed.

And then before I get into bed, do four rounds of 10 air squats. Just to get your body moving? Just because if you just do a little bit of that glucose push out, then your bodies able to fall asleep.

Because it's just really hard when you have all that food in your system to to falling asleep and have good deep sleep. You're digesting. That's why going for a walk or just moving, if get out of your routine.

I do that. Even here in our neighborhood, just going to walks at night before you go to bed, I sleep way better when I that too. So that's another thing that helps me.

But that's about it. I can't think of anything else. Obviously, like tracking it, so in the morning, the first thing I do when I get up, I'm just like curious what my sleep score is, you know?

But I think that it's good. It doesn't have to be an Aura ring. There's millions of different devices people can use to track their sleep. But like anything, if you measure it then you're going to hopefully do things to impact it positively to improve it?

Yeah. And the one thing that I like about the Aure app is it gives you resources on how to prove different things, whether it sleep or movement or whatever.

But it does give you different links on how you can improve those things. I'm telling you, the thing that really, really I feel like is the most effective is getting first sunlight in the day.

In your eyes. The first 15 minutes you wake up, it really sets your melatonin production for later. And melotonin, for those that may not know, because people know the name meletonin but they don't know what it does.

Melotonins, obviously it's a sleep aid, but it impacts your circadian rhythm. It's the hormone that your body naturally produces. get your body ready for sleep.

So once the sun sets, melatonin production goes up and that decreases your heart rate, gets your muscles relaxed, it gets you mind into a state of like, okay, I have to get ready to sleep now, so let's unwind.

You can take exogenous melatonin with droppers or whatever. But some people, just like the mushroom gummies for Claudia, some feel a little groggy with melotonin in the morning.

And then they also say, if you supplement too much with Melatonine, then your body won't produce the tonic. That's what I was going to ask. What's the thoughts on people that do do sleep aids regularly, and let's say you don't do them for some reason or you run out, does it impact you to be able to go to bed naturally?

Are you too dependent on it? Then you should be.

Tracking sleep and circadian rhythm

Anything that your body naturally makes on its own, you do not want to overdo it because then your will adapt and say, I do need to make this anymore on my own because you are going to take the dropper or the pill.

You don't really want to overdo that. That's why I always recommend the mushroom gummies, like the Mycoclinic ones. It has some melatonin, but the whole thing is not melotonin.

Yeah, because it relies more on the cordyceps and the lion's mane. And then I like to the magnesium because 90% of Americans are deficient in magnesium and magnesium is linked to so many comorbidities So many different diseases and disabilities and just problems.

So it's just really good to get on a good complete magnesium supplement. Um, so I think it always good start with that. Yeah. What about, um, we talked about the aura ring, what about measuring sleep or monitoring sleep?

I know you use an aura Ring as well. There's a lot of different things. You don't have to just use it. No, there's the whoop now, which I really like the wristband.

Yeah, it's a wristband. The reason why I don't have one, but I like those because I find sometimes I can't wear my aura ring when I work out. Oh, I never do.

Yeah. But if I wear gloves, then I'm okay. If I forget my gloves I gotta take my ring off or whatever. They need to make aura rings with the rubber. Well, I know you can get like a cover for it.

Yeah. I don't know how the thing that I noticed though, because I've had my aura ring for like four years now, i've noticed the battery life is shortening.

So it used to last four days. Now it's like two days so. Maybe because you're sleeping too much and it is measuring your sleep. And they're like, hey, sleep in the 80s.

You're over, you're draining the battery. What about red light at nighttime? Like, while you sleep? While I sleep. Well, there's a bunch of different companies now that have redlight panels.

I love my red-light panel that I use when I work out. When I workout at home, I leave it on because it helps with more than just your circadian rhythm, but it also helps your skin collagen, your joints.

just rejuvenating and renewing all of those cells. And it's kind of like almost like a cellular cleanse when you're in front of it. But the red light is really good.

There's a company that actually has bulbs you can put in your house. So once you are ready for, you getting your you're turning down your home for nighttime once it sets, the red light comes on and it creates a dim, very nice atmosphere to just…

Because once the light goes into your irises, it's like you've got this… connection with your brain that tells your body that it's time to unwind and go to bed.

So then it increases melatonin production. I've seen that. And red light, like you just said, redlight really impacts your melotonin in production, it is not going to help all the other things.

But I have seen those as a nightlight too, where you can put it next to your bed stand and it just literally illuminates your whole room and then somehow, I don't know how, but somehow it monitors where your sleep, And it basically shuts down.

It'll turn off after a certain period of time. That's interesting. I haven't seen that one. Yeah, I've seen those as well. Those are lots of different things people can do.

But I think more importantly is just consistency, right? Whatever it is that you do, your morning routine or evening routine for sleep, just trying to stay consistent.

Because I like any habit, you can't just do it for a day or two or a week and say, oh my gosh, this stuff didn't work or

this didn' work. And there's some just lifestyle changes like we mentioned about.

eating and hydration and things that you have to monitor before you go to bed so you can get a restful night of sleep. So yeah, there's a lot of things you could do to improve your sleep, but it's really important to track it so sleep is such an important part of health span and longevity and all that.

And if anyone has any questions, feel free to message us on you know, any of the platforms and we can get back to you.

Wrap-up and next episode on movement

Or if you're doing anything that helps you, let us know what you do helps because there's a ton of information. We know we do that works for us. And if other people are doing things, we love to hear about it and see if there are some other pearls that we could share with other listeners and viewers and stuff like that.

So our next episode, our topic is going to be movement. Yeah. Our second non-negotiable. Second non negotiable on the list is movement What happened? Did I just have a stroke?

Okay, so the second non-negotiable is movement. So we're going to talk about that next. Please stay tuned and make sure that you do what? Like us, subscribe, follow, comment, whatever.

Only if it's good comments, not bad comments. All right, until next time. Thank you. The information provided in this podcast is for educational and informational purposes only and is not intended as medical advice.

While we may be licensed healthcare professionals, this content should not be used to diagnose or treat any medical condition or to replace the advice of your personal healthcare provider.

Always consult your doctor or a qualified health professional with any questions you may have regarding a medical condition. Listening to this podcast does not create a doctor-patient relationship.

Reliance on any information provided is solely at your own risk.