



## Improving Your Physical and Emotional Health through Sleep Enhancement

Sleep deprivation can jeopardize our brain's ability to affect logical reasoning, judgment, remembering facts or details, eye coordination and other regular tasks. In a way, sleep deprivation is a serious life dampening disorder. In medical terms, [sleep disorders](#) are called insomnia. There are various types of insomnia that are classified based on the duration of sleep deprivation, quantity of sleep loss and physical activity of the individual during sleeping hours. Depending on the severity of the disorder the person may have to undergo suitable medical treatment in order to prevent further deterioration of physical and spiritual health.

Insomnia usually kicks in as a side effect of excess stress or worry. When a person exerts too much of mental strength thinking of something negative or bad that might happen in the future, it triggers in their body a set of



chemicals which interfere with the sleep system. Further, such [sleeping disorders](#) have the dangerous potential to weaken the immune system of an individual. It can also trigger various other health disorders like migraine, drowsiness, panic attacks, etc. all of which have additional health and personal traumatic effects.

[Sleeping disorders](#) can be easily rectified with personal interest and dedication. Quite often, when there are no other symptoms of sleep apnea a person may have trouble falling

asleep due to lack of activity. A person who does not engage in regular activities that require movement of the body will result in the lack of ability to fall asleep naturally. Hence, regular exercise holds the key to a good night's sleep.

The thoughts that you think when we go to bed also determine our quality of sleep. If you have the habit of thinking or worrying about the next day and what it has in store for you, you will end disrupting your sleep mechanism that will result in sleep deprivation. Hence, it is very important to think good and pleasant thoughts that will enrich your brain with proper sleeping. Medication like sleeping pills becomes necessary only in extreme cases where the individual has lost control over their physical health. Hence, for an average individual little personal effort is more than enough to overcome sleeping disorders to save their life from further damage.

[The Trivedi Effect](#)<sup>®</sup> as an Energy Transmission process has been effective in imparting emotional wellness in millions of people. The process that is based on the concept of spiritual healing has [unlimited potential](#) to awaken the inner spiritual strength of an individual through which they become more tranquil and serene. It also has the [human potential](#) to reduce the symptoms of sleep deprivation in an individual. [Trivedi Effect reviews](#) confirm that individuals were able to enhance their life to a health level through the application of the Energy Transmission process.