



## **David Wolfe on Sleep Health**

**Interviewed by Lucien Gauthier**



### **About David Wolfe**

With a masters' degree in nutrition and a background in science and mechanical engineering, best-selling author David Wolfe is considered one of the world's top authorities on cutting-edge natural health, nutrition, herbalism, and organic superfoods.

Leading this field with his vision, David has dedicated his life to understanding the delicate chemistry and hardcore mechanics of the human body. His research and experience has been documented in his books and interviews, and he is constantly seeking out the latest innovations in natural healing.

David travels the world each year to share with hundreds of thousands of people information on how the body is affected by the modern-day stressors of a nutrient-poor diet and unbalanced lifestyles. Using wisdom and humor in his lectures, he teaches natural alternatives for enhancing beauty, health, and longevity.

### **Sleep Health Interview**

**LG:** Welcome to this very special interview with David "Avocado" Wolfe. David is here to talk to us about sleep, the importance of getting good quality sleep, and what can happen to us over time if we fail to get it. These are tips and pieces of advice that we really need to take on board now, seeing how Western society struggles to get good quality sleep. David, thanks so much for joining and sharing with us today.

**DW:** Thanks so much, Lou. It's a pleasure to talk with you, always.

**LG:** Western society is really struggling now with the advent of the internet; we have so much communication going on, and people's to-do lists are getting really, really long. Sleep is becoming something that is, in a lot of people's minds, beginning to interfere with their normal daily life. They see sleep as a bother, or something that is interfering with their fun and their enjoyment.

Let's talk about some of the basic important facts about sleep and why we can't neglect it; and why we really need to think of sleep in the same way we think of water, or food, or other health modalities. Sleep is one of the most important things because it's what our body is doing from its own side.

**DW:** The importance of sleep is gaining more and more popularity as fewer and fewer people are getting any of it! So, no surprise there.

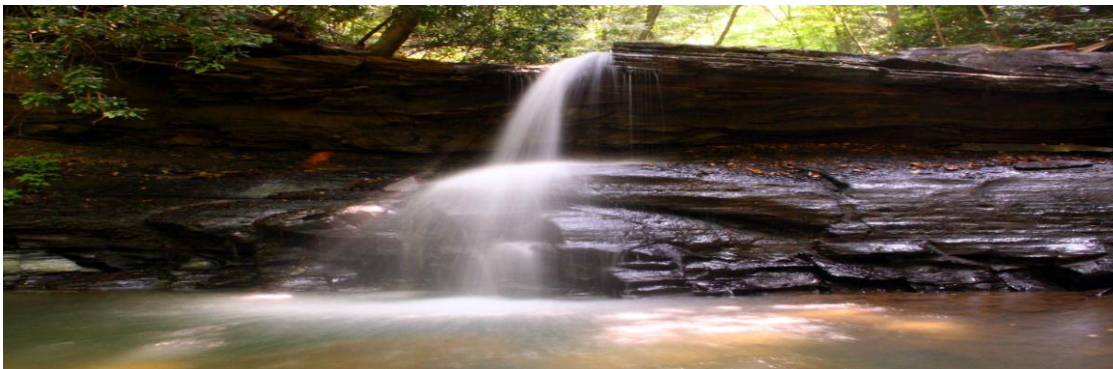
The main thing about our sleep cycle is we have to get horizontal in order for us to be vertical all day. That horizontal time is very critical for us in order to rejuvenate our adrenal system so that we can keep powering through our vertical day, standing up on our feet the whole time. That's a big consideration.

Another big consideration is immune system rejuvenation. Our immune system can break down if we don't get enough sleep. I think pretty much everybody reading this has experienced that at some point in their life.

Why is that? Well, it appears that it has to do with our hormone cascades and our melatonin. If we don't get that melatonin time – that three hours of good melatonin – our immune system can actually get thrown out of whack.

In order to deal with all the viruses, bacteria, fungi, and all the stuff that's in our world, plus the candida and our own carcinogens that we have taken in, we need to get that immune system rejuvenation, or we start getting sick. We start feeling the sore throats. We start feeling the colds, the flus, the coughs, the fevers, etc. Having the immune system response that we need is a critical secondary piece of this whole puzzle.

I referenced the hormone cascade because sleep is not just affecting melatonin; it's also affecting cortisol. Sleep affects our cortisol, which is an inflammatory response. If we get a good night sleep, our cortisol levels can come into their natural flow and their natural circadian rhythm – that's a very good word – rhythm.



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Because all these hormone cascades are in a rhythm. It's like a waterfall. It's pulsation. The sleep cycle is a key part of that pulsation. It allows the melatonin to come up – which is a tryptamine, a neurotransmitter hormone – that helps to reset our immune system.

**It is very important that the cortisol is at its appropriate level; otherwise we are going to get into anxiety and a runaway inflammatory response.**

Other sleep hormones, like serotonin and dimethyltryptamine (or DMT, which has gotten a lot of publicity recently) – and hormones in general – are part of the natural ebb and flow of life. If we want to get away with less sleep, we are going to have to pay attention to the basics and know what we're dealing with.

Some people get into the health movement and they are like, “Okay, now I can sleep three hours and get away with it!” That’s why I’m doing this particular interview. I want to make sure that we have all the basics, so we know what we’re dealing with. I want everyone to know how to reset your melatonin, how to keep your cortisol down.

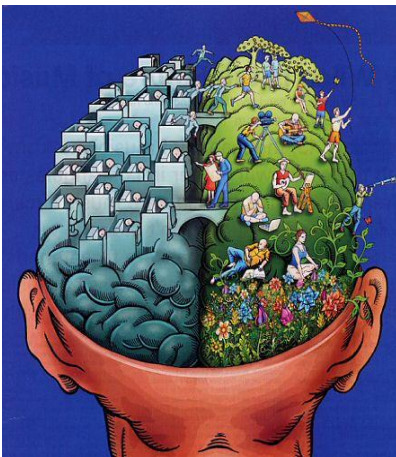
I want you to know exactly what is involved with sleep, so if you need to, you can get less of it. But in most cases of healing, we all need more of it.

**Fifteen years ago, a friend of mine said, “You can heal almost every single condition just by hiding, sleeping, being quiet, and not eating.”**

Hiding. Sleeping. Being quiet. Not eating. And another part of that is: just lying there. Just lying in a room for three days in that condition. You may not even be sleeping, but when you’re in that horizontal position, you are doing a lot of the things that sleeping does, one of those being resetting your adrenal system – because you’re not adrenalizing yourself by standing up.

There is another piece of the sleep puzzle and that has to do with our left and right brain. A couple of years ago, my friend, Tony Wright, broke the world record for staying awake. He’s a raw foodist, and a very interesting guy. He discovered with his brain research that your left brain needs to sleep, but your right brain does not. That is very, very powerful research, and he proved it – because he was able to beat the world record for staying awake.

To give you an idea of how difficult that is, the last person who attempted to do that, other than Tony, went insane. That’s how tough that is. By the way, Tony stayed awake for over 11 days straight. Isn’t that shocking!? Imagine staying awake for 11 days without drugs, without stimulants, without anything. Imagine being able to do that, and then going back to your normal life.



He did it partially while fasting, which helped a bit as well, because eating takes up a lot of energy. If you eat a lot, then you are going to have to sleep a lot. This is a very important consideration: eating causes sleeping.

Anyway, coming back to this discovery that Tony made. The left brain is your analytical brain. It’s your analytical processor. The more analytical work that you have to do, the more you need to sleep. That is something that you cannot escape in this life. If you can get into more right-brain activities, more imaginative, creative activities, then you can sleep less and get away with it.

Again, to have a proper night's sleep is very important for our left brain; but not necessarily for our right brain. If you're in that analytical work mode, you need to sleep. We need to be focused on where we are at in our life – what our reality is – and then make our sleep needs match that lifestyle.

LG: Dave, I'd like to talk a little bit about circadian rhythms. This is a subject that is fascinating, because not only do humans have a circadian rhythm, but the earth has a circadian rhythm. Also, you've mentioned before that some of the different viruses and things growing in our bodies have a circadian rhythm.

These circadian rhythms are really helpful to understand. Is there a way to bring our circadian rhythm more in line with things that are in tune with health and healing?

And then, can we also learn to identify circadian rhythms that naturally lead to decay, aging, sickness, and eventually, death – not only in our body, but also in the coexistence between our own body and some of the organisms living in there?

DW: These are excellent questions. Basically, what we want to do is to get our circadian rhythms into their natural ebb and flow, into their natural pulsation and cycle. We really need to bring the stuff from the heavens and the stuff from the earth together.

So what the heck does that mean? Well, it means that we actually have to be connected to the earth's circadian rhythms – which, by the way, exactly match ours.

For example, we have all heard about alpha brain waves and beta brain waves; we've heard about theta states of consciousness, and all the brain waves that make up the electrical storm we call our brain. Well, guess what? Those are earth *and* human resonances. They are the same pulsations that come out of the earth.



I couldn't believe that when I found out. I was totally shocked! There is all this research on brain waves that we have all been blasted with since we were kids, and no recognition at all that we have the same waves that come out of the earth.

**If our brain waves go out of whack, if our circadian rhythms go out of whack, the earth acts as a Greenwich Mean Time to reset all of those rhythms.**

We have to actually touch the earth barefoot, or use a barefoot technology, or somehow get into a body of water that is in the earth; the ocean is great, a lake is

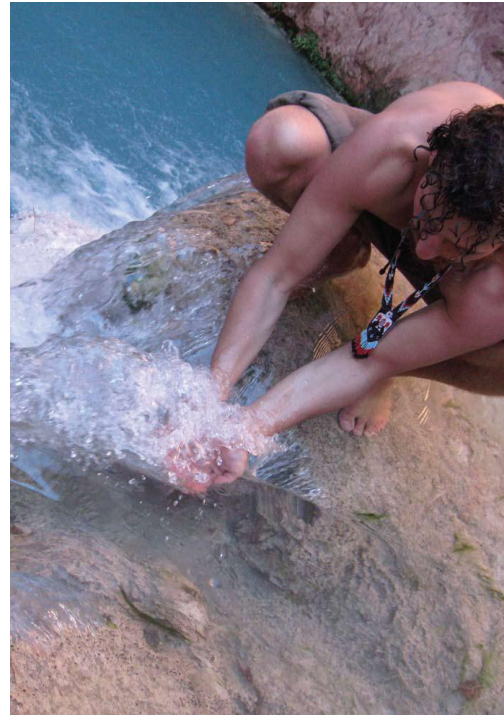
great, a river is great. Any time we touch the earth, especially when the earth is wet, we get the reset. It's actually like a "reference" to our circadian rhythm system, that's how my friend, Clint Ober, puts it.

The other piece of this is that the cosmos – the stars, the planets, the sun, the moon – are also part of the circadian rhythm system. In order to connect the two up, we have to be able to go outside and actually "air bathe" every now and then.

I do this even in the winter. You can't do this if you're in an apartment. You can't do this if you're in a city. But if you get a chance to do it, you should. What you do is walk outside with very little clothing on. You should not have a shirt on – because most of our organs are in our chest cavity – and you definitely should not have shoes on.

You've probably heard before that our organs correspond to the planets – like our gallbladder is Jupiter, and our heart is the sun – so we have to walk outside with our bare feet and get connected to the heavens.

When we have clothes on, there is some interference. We can't get around that. There is some interference and there is some change in the reset. It isn't as clean.



I like doing it at night. We call it "star bathing." There is something to it. Something happens. You can do this during the day, though, too! We've all had that experience where we're at the beach in a swimsuit, we're barefoot in the sand, and we feel amazing. Why?

Because we're actually completing the circuit. The sun is beating down on us. We're connected directly to the earth. We're bringing the heaven and the earth together. We're actually a circuit that is connecting the heaven and the earth together.

It resets and aligns our circadian rhythms, or hormone systems. It allows us to get the better quality melatonin production, serotonin production, DMT production. It allows us to get the cortisol back into the range where it is supposed to be, and get our neurotransmitters pumping and pulsing properly.

LG: Fantastic! Now let's talk about creating a sleep sanctuary. If you're reading this

particular segment, you might be the type of person who is reading this on your bed with your laptop sitting next to you, with your 42 inch flatscreen TV in at the foot of your bed. Your alarm clock is to your right, and you have a lamp there. You probably have your cellphone sitting on the nightstand, as well. I think a lot of us can relate to this type of a setup, either in our own life, or we've seen it with our parents, our family, and our friends.

These are the conditions that a lot of people are sleeping in. When we sleep, it's almost like going back to the womb, except that we've brought all of this stuff into the womb with us, on a subtle level. But maybe, on a gross level it really interferes with good quality sleep. So, can you talk a little bit about creating a sleep sanctuary?

DW: Excellent question! There are so many things that come to mind with that question.

First and foremost, if you can, always try to sleep on the first floor, the ground floor (the first floor is different in Europe.) You want the ground floor, where the ground is, or in a basement, or somewhere close to – or *in* the earth – because then you are closer to the natural pulsations of the earth. That's an important consideration.

I have noticed that when people have a whole bunch of syndrome X symptoms coming up – can't sleep, immune system breaking down, chronic inflammation, pre-diabetic, hypoglycemia, it just goes on and on – that they are usually sleeping on the 5<sup>th</sup> floor, the 10<sup>th</sup> floor, the 23<sup>rd</sup> floor of an apartment building.



Photo by Matthieu Aubry

The further you are up off the ground, the bigger the problems are, so that's a very important consideration for creating a sleep sanctuary. Get on the ground floor. Get close to the earth, because the earth itself is your natural hibernation chamber.

What do the bears do? They burrow into the earth. They burrow into a cave. They get completely into the earth. What does a yogi do? He or she gets right into the cave, right? What does a Taoist immortal do? Live in a cave, completely surrounded by those earth energies. And it makes for better sleep.

Another thing is that we want to be aware of is the plug arrangement in our room. Every EMF plug system – you know, where you see plugs sticking out of the wall – is emitting a charge. We don't see it, just like we don't see a cellphone or Wi-Fi or radio signal; but it's emitting a signal. If our head is close to that signal, it's going to disrupt

our sympathetic nervous system and our parasympathetic nervous system. It will make us irritable. It can irritate our cells; and in the worst case scenario, it can actually cause cancer by mutating cells.

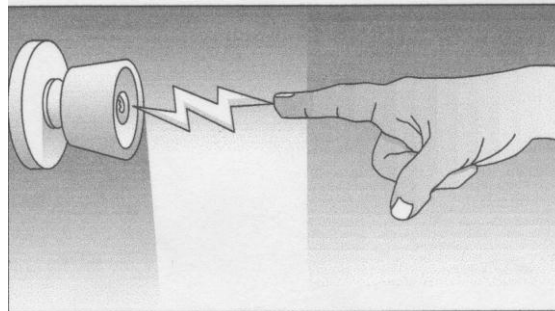
So we want to look at where the plug arrangement is, and put our head and our bed away from active plugs. In my room, what I did was I put my bed up high so it's well away from those plugs, so I'm not close to them. I use Amazonian foam core rubber; that's my actual sleeping mattress. I got out of using mattresses and box springs.

I've mentioned this to you before, that box springs are a series of iron wires. They are arranged like satellite dishes, like a capacitor. It's a whole electrical contraption. If you've ever burned a box spring and the metal has been left over, you know what I'm talking about. It accumulates a charge, like an electrical ship.

If the box spring is near any plug – and in almost every case, when someone has a box spring, it's pushed right up against a plug on one side of their wall – it picks up a charge and it emits it like a capacitor.

So, what a capacitor is is something that picks up a charge and then emits it differently. That's exactly what a box spring does. When we accumulate that charge that is being emitted upon us, (especially if we're sleeping on a mattress which is usually contaminated with static electricity on top of the box spring) we have a recipe for an unhealthy night's sleep.

I got away from using mattresses because they have too much static electricity, which is terrible for sleep. We want a negative charge, not a positive, static electricity charge. You know what static electricity is, right? When you get that shock? That's the worst thing for our immune system.



I got rid of the box spring and mattress and went to a natural futon, which was fine. That worked for me for years. I slept on the floor away from electrical plugs. That's a great solution for you, too.

I eventually got my bed up high on an Amazonian Foam core rubber. It's an amazing material, and I have a grounding sheet on top of that.

Many people reading this might not know what a grounding sheet is. It's a sheet that is stitched with silver wire; and then that silver wire is attached to a cable that runs to

the ground wire of your home, or is just literally put into the ground of the earth, itself, with a grounding rod.

**The “ground” of the earth allows us to get into the same electrical potential as the earth. Being in this potential is critical for sleeping.**

I now travel with a system like that. Right now, where I’m staying in Miami, I have a ground wire system that I can, literally, push right into the earth. It runs right to a sheet that I wrap around me when I sleep at night. That sheet has silver wire in it, so it makes a connection to the earth’s rhythms and the ground, and conducts the energy of the earth around me – so I have less “noise” hitting me.

It gives me the ability to push that Wi-Fi, and the cellphones, and the radio, and the plugs, and all that positive electricity off of me. Much like when you push two negative sides of a magnet together there is a push – or two positive sides of a magnet together – there is a push. So it pushes it off of you.

Another consideration is the overall Feng Shui of your room. Where is the appropriate place to have a bed in your room? If you’ve never heard of Feng Shui, the idea is that when you open the door to your bedroom, the bed isn’t right there. If it is, that creates a disturbance, an energetic disturbance.

You always want to have your bed away from the direct path of how somebody would walk into your room. You should have it around the corner or around the curve if possible, so there’s a more natural flow into a sleeping area.



photo by Cathy McGee

Every mammal, from a mouse to a deer to a bear, always creates a nice, comfy little sleeping environment for themselves, whether it is from leaves, or pine needles, or whatever they use.

In the case of a mouse, it’s similar to what we would use, because we like a warm, comfy, cozy environment. They will accumulate wool and pieces of cotton and stuff to create a cozy little environment for themselves. They do it

in a place that is off the beaten path, that’s kind of off to the side, around a curve kind of a thing. That’s what we want our bedroom to look like.

We also want to be aware of our appliances. You mentioned television. Geez – I mean, television blaring in your face? Keep the television far, far away from you if you’re



going to have it! The further it is away from you, the better.

The EMF that comes off of plugs – that comes off your Vitamix, that comes off the television, that comes off the toaster, that comes off the microwave – creates electromagnetic pollution.

As you move away from an appliance, the electromagnetic field decreases by the square of the distance. So if you're right next to it, you have big problems. The further you are away from it, the dramatically less powerful the EMF. It decreases by the square. So if you're five feet away from it versus one foot away from it, you are 25 times safer. It's that big a difference. That's something to consider when thinking about all the appliances in our bedroom.

If possible, – and this is something I'm learning more about in my house, just to figure out how to do this – shut the power off at night in your whole house. There is a breaker, usually, for the whole house. If you can, shut it down so the whole house powers down, and all the EMF coming off the plugs goes off. That's another consideration for creating a sleep sanctuary.

Having said all that, I haven't even talked about crystals, or gems, or the ideal layout of a sleeping room. By the way, a square room with a metal roof is a very poor layout for proper sleep. The more natural the shape of the room, and the more natural and fractal the patterns are of the materials that make up your room, – for example wood or a natural stucco or adobe – the better quality sleep you will get in that case, as well.

LG: I remember there was a phrase you used at one of the last conferences that we did, where you said that we are electrical way before we are chemical. That phrase stuck with me. Hearing you speak now about sleep, and better quality sleep, there are a lot of things being mentioned that are strictly around electrical fields and electricity. Is sleep, in your opinion, a sort of electrical recharge for the human body?



DW: It should be, if we can access the electricity.

That's a big statement, "We're electrical way before we're chemical." Almost all our physics today – in the fields of nutrition and medicine and pharmacology – is all about

chemistry. This is how you deal with this kind of disorder – you take this kind of pill, and you take these chemicals. But we're electrical way before we're chemical. We've got to be able to access some of the natural electricity of the earth if we're going to recharge our system at night, while we're sleeping.

Originally, in our original incarnation on this earth – or in our ancestors' original incarnation – we weren't separated from the earth, because we didn't have any technology. We were directly connected to the earth always, because we didn't have sleeping bags, we didn't have houses, we didn't have dry wood floors, we didn't have carpets. In that incarnation, we were electrically recharged every time we touched the earth. It was constant. Every time we slept, we slept on the earth. So we felt that immediate charge up from the earth.

We are missing it now. That's really where the barefoot technology comes in. That grounding technology allows us to access some of the electricity from the earth naturally – even if we live in New York City, even if we're on the 20<sup>th</sup> floor. It doesn't matter. It's available to us through the ground wiring system of our building, and we're able to get some of that free, available energy to improve our negative charge, or more specifically, to improve our alkalinity while we sleep.

LG: That's fantastic. I know you've been a champion of grounding for quite a few years now, so for everyone's knowledge, all the grounding products are actually available at [www.longevitywarehouse.com](http://www.longevitywarehouse.com).

The grounding products are something that has really revolutionized sleep in the last two to three years for a lot of people who previously had a lot of complaints about sleeping problems. Getting grounded is probably one of the most important things they have done, relating back to what you said regarding circadian rhythms. Getting our circadian rhythm in line with the earth's circadian rhythm is a really huge step forward.

Just as a final piece of advice for people David, would you talk about some of the things that you would or would not do just before going to bed?

So for example, even if someone didn't have a TV in their room, to get better quality sleep, would you or would you not use a computer? Would you or would you not use the TV? Would you or would you not eat or drink? What are some kinds of things we should look at in our sleep routine, in terms of dos and don'ts?



Photo by Logan Ingalis

DW: The number one thing that comes to mind is that we want to start bringing the light levels down throughout the evening. The brighter the lights are, the more screwed up our circadian rhythms are going to get. We know this, for example, from the research that was done on office buildings and how the fluorescent lights at night throw people's sleep cycles out of whack. They also throw their melatonin out of whack and their hormonal cycles out of whack. Even female menstrual cycles – thrown out of whack.

So, into the evening, in your home, you want to start bringing the light levels down so that you're not disturbing your circadian rhythms so much. Sure, they're going to be disturbed because the lights are on at night, which is not really a natural situation; but we don't want to go to that fluorescent light reality that we see in supermarkets, or in office buildings.



When we go to sleep, the best situation is always to have the least amount of light shining on us. That research is based on the study of sleep cycles and high REM sleep, where you have a lot of production of DMT in the brain, which occurs best with no light at all – when it's completely black. So you don't even want to sleep with a nightlight.

By the way, nightlights are a tremendous hazard, in terms of fire. They are probably the biggest house fire hazard there is. I would always recommend avoiding nightlights. If you have nightlights in your house, for your kids or whatever, throw them away. Get rid of them. They are too dangerous to have around. They cause a lot of fires.

Another thing, which may seem obvious, is to avoid eating right before going to sleep. This can cause a whole bunch of trouble. A lot of people don't really have any

firepower left when they go to sleep, but imagine if you have a big meal sitting in there! Avoid snacks even late at night, unless it's something very simple, like fruit, which digests pretty much immediately.



What else? Noise and noise pollution. It's probably a good idea if you live in the city to try to bring down the noise pollution by using some kind of an ear plug, or something like that, to try to get some sleep. Some people have to do that in order to sleep.

We know, by the way, that loud snoring and sleep apnea can be decreased by sleeping grounded.

That's pretty interesting research. That may decrease the noise you are dealing with if your husband, for example, is snoring like crazy and you're wondering how the heck you are going to deal with it. Just grounding him can decrease his snoring and sleep apnea. Sleep apnea is that kind of almost choking sound you hear sometimes when people stop breathing while they sleep. It can actually become dangerous for people.

Before I go to bed, I never drink anything that is very sweet, and I never drink anything that is very stimulating. I like to use a lot of water before I go to bed – that helps me to stay hydrated. Generally, I will drink the most water when I get up in the morning. Towards the end of the day, I try to drink a glass of water – not too much – literally, a glass. 4-6 oz. of water, just to get a nice little blast of water in. It's the easiest time to get hydrated.

LG: David, thank you so much for your expert advice on sleep strategies. We hope that everyone who reads this will find it very beneficial. Improving our sleep every night with some of these tips would be fantastic!

DW: Thanks so much, Lou. Have the best day ever!

***For more information on David Wolfe and Longevity Now, please visit the following websites:***

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