

Healthy Home Sleep Gallery
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Measuring Healthy Sleep

Our brainwave patterns tell us a lot about the depth of sleep, and therefore, the quality of our sleep can be measured.

Sleep is Important!

Equipment that measures heart rate, blood pressure, brain waves, temperature, deep breathing and all manner of human activity during sleep is telling a very important story. Quality sleep time means more to our health and well being than almost anything else.

Sleep disorders affect the lives of millions of people world wide and many are unaware they are suffering from sleep related illness.

Disruptions to Deep Sleep are the most debilitating and harmful. Be they breathing maladies, shift work, noise or comfort issues they need to be addressed and resolved. Your health and quality of Life depend on it!

Sleep Stages - Recorded Brain Wave Patterns

Brain Wave readings tell us quite a lot about the stage or depth of sleep. Polysomnograph devices also measures blood pressure, heart rate, temperature and breathing patterns that help science to see many facets of the sleep cycle.

"Awakenings" during the night, by any number of intrusions – from breathing discomfort, noise, restless partners, or bad dreams...can be monitored in sleep clinics and labs by scientist. Through detailed study, serious sleep disorders of all kinds, from severe sleep apnea to chronic insomnia, can realize dramatic improvements, even cures.

The sleeping cycle that nature has developed for human kind is quite different than that say for owls, mice, cats or giraffes!

Our ideal human sleep patterns can and do vary by individual but an overall healthy restoration of body and mind for adults, averages between 7 and 8 hours per 24 hour period.

This natural rest is a mixture of important stages of sleep that we cycle through, moving from light sleep to deep sleep, and back again. If sleep were an ocean, it might be said we cycle back toward the surface during the night and in this way stay in touch with the goings on in our environment. Solid prolonged deep sleep, in other words, might allow us to fall easy prey to predators that continually prowl the night!

A good night's sleep is nature's rest a balance of quality sleep time in all stages.