

# Lost Hours of Sleep Can Rob Years from Your Life!

If you regularly clock less than 7-8 hours of sleep each night, your longevity is taking a serious hit according to a 2007 study published in the journal *SLEEP*. And when you consider that 74% of Americans admit to being under slept—we are talking about a grave, loss-of-life issue for the vast majority of people!

In addition to the quantity of life lost, Lisa Morrone, PT in her latest book, *Sleep Well Again*, describes how *quality* of life is dramatically affected by sleep deprivation. Sleeping fewer than 7 hours a night on a consistent basis, Morrone warns, will significantly increase the risk of cardiovascular disease, type 2 diabetes, motor vehicle and work related accidents, depression and anxiety, as well as usher in unwanted obesity and premature aging.

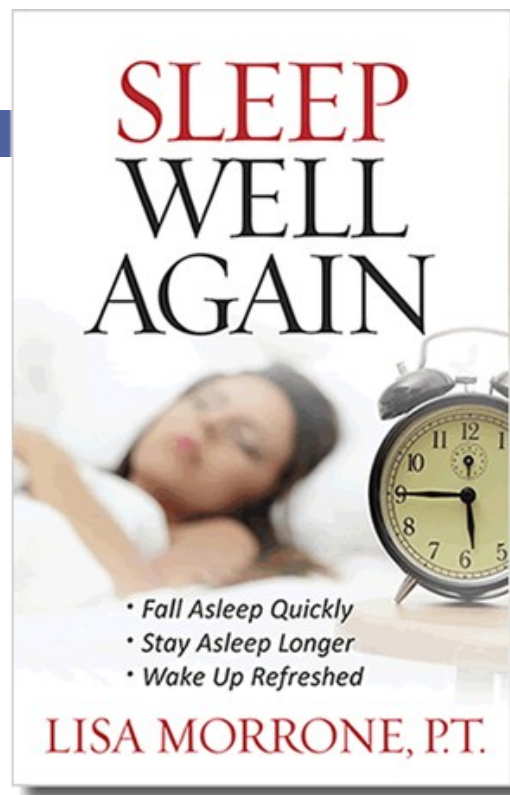
“Short sleep”, Morrone says, can stem from inaccurate beliefs about sleep, as well as behavioral, emotional, and/or physical components. In *Sleep Well Again*, Lisa aids you in identifying your particular “sleep stealer(s)” and then helps you discover how to:

- Get ready for a good night’s sleep
- Eliminate nighttime aches and pains and bathroom runs
- Identify and treat sleep apnea and restless legs syndrome
- Settle your overactive mind
- Weigh the plusses and minuses of sleep-aid medications

So whether you struggle with falling asleep, staying asleep, or putting enough time aside *to* sleep, Lisa Morrone will help you recover your “lost hours” by offering dependable advice which is easy to understand and even easier to put into practice. Soon you’ll be back to enjoying those “*Eight hours you don’t want to miss!*”



**Lisa Morrone** is a physical therapist, author, professor, and speaker. Lisa has been on *The 700 Club*, dozens of national and international radio programs, and is a regular guest on Chicago’s Moody Radio. Her message of healing has been developed through 20+ years of experience in the field of orthopedic physical rehabilitation. The author of six health books, including, *Get Healthy for Heaven’s Sake*, *Overcoming Overeating* and *Overcoming Back and Neck Pain*. Morrone graduated her university PT training magna cum laude and now practices in New York State.



# Interview Questions

1. You begin your book with the premise that most Americans are sleep deprived and that lost hours of sleep can rob *years* from your life. Before we get into all those details, can you define what you mean by “sleep deprived”?
2. You also say that sleep is not merely unconscious, “down time”, but that it is architected in a fascinating way—can you tell us about that?
3. In your book, *Sleep Well Again*, you make the case for the need to sleep 7-8 hours each night by describing all the biological processes that are taking place while we’re asleep. Would you tell us about a few of those?
4. When people don’t sleep enough at night you explain how our health can be affected. What should we be aware of if we are carrying a hefty balance of “sleep debt”?
5. In your book you talk about being on your “best bedtime behavior”. What exactly is that?
6. As people approach their fifties, it seems they must empty their bladders more often—and this is a real problem at night, you point out. What can someone do to keep their bladder alarm from ringing during the night?
7. In your book you point out that when your body hurts your sleep is hampered. Is there a tip you could give our listeners which will help ease some of their nighttime aches and pains.
8. One of the biggest sleep offenders, you say, is often undetected by the person who wakes repeated throughout the night and feels poorly rested in the morning. What problem is that?
9. Restless Legs Syndrome is an odd sounding entity—exactly what is that, and how can this problem be treated?
10. Many nights’ sleep have been lost to a busy brain—a mind that simply cannot turn off. You give some really good advice about getting your mind to settle down for the night. Can you share some tips with us?
11. There are a lot of people popping sleep aid pills these days. What are some of the more popular options on the market and what should someone be concerned about when it comes to taking these “quick fixes”?
12. Many of our listeners have zombie-like teenagers living in their homes. Do you have any advice for parents of tired teens?

