



Dr Georges MOUTON MD

Functional Medicine

TWEET GM #11

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Title

Created

I RECOMMEND MONITORING DEEP VERSUS LIGHT SLEEP!

Good sleep represents one of the most powerful tools to improve health or recover from illness, including addressing many chronic conditions that plague our modern societies. From my personal experience completed by anecdotal reports from increasing number of patients equipped with such devices, I feel that monitoring balance between deep sleep and light sleep shows paramount. I personally use a WITHINGS° watch that connects to my smartphone through specific application: I feel it is pretty accurate...

My findings clearly demonstrate that efficacy of sleep to refresh and erase previous day fatigue strictly depends on amount of **deep sleep**. It is not at all linked to how much **light sleep** and therefore **total sleep** we had!

This approach will allow everyone to optimize balance between deep sleep and light sleep, even when keeping the same total sleep duration. Multiple parameters should be experimented: adapting the bedroom (no light, cool temperature, less noise); avoiding blue light from screens in the evening; going to bed before 11pm; having an earlier dinner; not drinking too much alcohol; exercising well (not in the evening, not in excessive intensity or quantity); not taking sleeping pills (more light sleep!); rather preferring **magnesium** ([QUOTE #11](#)), **melatonin**, **GABA**, **theanine**, **calming herbs**.

All these different types of natural compounds designed to improve deep sleep can be combined together within customized programmes based on functional testing (especially regarding magnesium and melatonin levels).