DEEP VERSUS LIGHT SLEEP HELPS TO FINE-TUNE THYROID!

I have posted a "tweet" recommending you to monitor deep sleep versus light sleep (five months ago). Thanks to the feed-back from a number of patients who have been encouraged to monitor the amount of deep sleep, I can now share critically useful findings regarding management of thyroid.

This only concerns thyroid sufferers who support the thyroid function with either prescriptive hormones or non-prescriptive glandulars of all sorts.

From these experiences reported during the last few months, it clearly appears that the duration of deep sleep becomes maximal when thyroid status is optimized. I mean that even slight trends to under-treat (under- correct with glandulars) or to over-treat (over-correct with glandulars) an initially low thyroid function will show a detrimental impact on deep sleep!

That is precisely what fascinates me: we face a typical U-curve where any departure from the optimum (U-curve's nadir) exerts a negative effect on the function. We knew that hypothyroidism as much as hyperthyroidism badly affect sleep quality. It now appears that even slight imbalances do have an impressive impact on deep sleep duration, and I remind you my findings expressed in "tweet #11", i.e. only deep sleep matters, whereas any amount of light sleep or even total sleep do not provide full recovery.

I strongly recommend to all thyroid patients on any form of treatment, would it be prescriptive or not, to monitor deep sleep with an effective device (still thinking WITHINGS° is the best – no royalties for me!). In agreement with their doctor who prescribes the treatment and only in that case, they should consider slightly tweaking their dosage(s) in order to evaluate the impact on their deep sleep. I can already forecast some dramatic improvements, which will hopefully make this innovative and cutting-edge methodology a breakthrough to further adjust frequently challenging and deceiving thyroid treatments. I wish you to feel better!