

Good Sleep for Good Health

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Abstract

Sleep is a fundamental necessity for human survival, providing essential physical and mental rest. It plays a crucial role in maintaining overall well-being, allowing the brain to perform vital functions during rest. However, variations in sleep duration—either too little or too much—can have significant mental and physical consequences. Understanding the value of sleep, strategies for achieving quality rest, and the effects of sleep deprivation is essential for a balanced lifestyle. According to Vethathiri Maharishi, both the body and mind require proper rest, and sleep patterns, timing, and location influence overall health. His insights emphasize the importance of a structured approach to sleep, advocating for a quantitative method to regulate sleep cycles effectively. Maharishi's philosophy highlights that adopting correct sleep practices ensures stability in health, mood, and lifestyle. By treating sleep as a natural and necessary process akin to medicine, individuals can enhance their well-being. His teachings serve as a guide to achieving optimal sleep, reinforcing its role in sustaining mental clarity, emotional balance, and physical health. Ultimately, prioritizing proper sleep habits benefits both individuals and society by promoting overall wellness.

Keywords: Vethathiri Maharishi, Sleeping habits, physical health.

Overview

Human survival depends on sleep. For both people and animals, this type of sleep or hibernation is a normal condition of rest. The brain's innate ability to do a variety of useful tasks while getting both physical and mental rest is facilitated by sleep. It is well known that some people have a propensity of sleeping too little, while others have a habit of sleeping too much. They are all impacted, both mentally and physically. Thus, it's critical to understand the value of sleep, how to have a good night's sleep, and the consequences of sleep deprivation, according to Maharishi.

"The body requires as much food, labor, and rest as it requires." In the same way that a mother tends to her infant's sleep, nature provides sleep to heal the body and replenish its energy deficit. Thus, sleep is essential for the body. Sleep is a great treasure because of this called. (M.Th.2:p-17; Vethathiri Maharishi) This section examines:

- a) Sleeping habits
- b) Over sleeping
- c) Moderate sleep and
- d) Sleep related tips

a) Sleeping habits

Those who continue to work with labor as their primary focus will unknowingly enter a condition of rest. Happy sleep is unconscious sleep. For those in the workforce, this is a unique chance. Men should sleep on their left side, and women should sleep on their right. Your life will be longer if you sleep on your left side since your right nostril will allow your breath to pass more easily. These facilitate easy digestion of the food. A healthy diet should consist of solid foods during the day and liquid foods at night and in the evening. Bile goes into the stomach and food is quickly digested when you lie on your left side and then stand up.

sleeping in a house where someone died, sleeping in a gang, sleeping in a hospital, sleeping on a plank, sleeping on the floor, sleeping in a paddock, sleeping in a tent, Even though there are a lot of conditions like sleeping in an airless place, you should stay away from them and sleep in a natural setting with good ventilation. Additionally,

**"The human body's power
Let's assume there are one hundred tablets.
The tablets will accumulate
if the food yield is for a single day.
To the two chiropractic bunnies,
happy birthday! For a day when the deficit is two,
"Sleep and sleep"**

is appropriate if we suppose that the cost of living is six. The life magnet in the song (Jn.K.1: Pa-316) is consuming the electric energy that could be flowing throughout the body. Maharishi states that sleep is the process of balancing the costs associated with the movement of the body's organs, including the mouth, eyes, nose, and ears, as well as the costs associated with mental thinking.

Discords are more prevalent when sleep habits shift. You should take more breaks the more you work. Our bodies only release melatonin when we get a good night's sleep. Good change can come from getting enough sleep, while bad change can come from being awake. Sleep has the power to provide rest for all of the body's cells as well as the mind. Sleep is when all five senses rest. However, excessive sleep is known to impair the body's systems, including the nervous system and even intellect. (Maharishi Vethathiri, Vol. 2, pp. 7)

"Life will rise if sleep is eliminated. A guy will have slept for a thousand years if he develops the habit of sleeping for two and a half hours every day". According to Vallalar, M.B. Vallalar discovered unity in Sivajnanam (p. 122). A person who never wakes up will be intellectually uninteresting. He claims that the body will become unwell more quickly and that its organs will sustain harm.

b) Over sleeping

Sleeping too much is excessive sleep. Sleeping too much will make you lazy and prevent you from succeeding in life.

"Anandale"

(Durai Thandapani, Ne.Nu.A: Pa-31, Pa-8) In Athisudi, Olavaiyar has made reference. For the sake of your health and mind, get enough sleep. There are some persons who sleep in an unnatural way. Technical workers typically sleep during the day and remain awake at night. Their nutrition, mindset, and physical characteristics are entirely different. However, it is in nature's order to sleep at night and wake up during the day, and any action that goes against this will lead to suffering. Sleep is as vital to maintaining the body's equilibrium and health as air is. Make rising early in the morning a habit.

"Vaikara Tuilelu"

According to Athisudi, (Durai Dandapani, Ne.Nu.A: Pa-107, Pa-25). Before the sun rises, you should get up. The universe provides all of the energy your body needs when you get up early in the morning. able to be busy all day. However, they now have a tendency to sleep late and remain up late because of their job. Adults at home and some students are using television, computers, cell phones, the internet, etc. more frequently. They also stay up later, sleep later, and wake up later in the morning. They are therefore unable to complete the tasks needed for the following day. Among other issues, physical depression, eye discomfort, indigestion, lack of interest in one's work, and dullness of thought occur.

Pleasure is the only result of using life's comforts only when absolutely necessary. Excessive use turns them into misery. A mobile phone, for instance, is a tool for instant communication and information access. However, excessive usage of these can disrupt sleep and have negative physical and mental repercussions. For this reason,

"Zombie Triel"

Athisudi is advised by (Durai Dandapani, Ne.Nu.A: Pa-54, Pa-13). If you are slackly sleeping without completing the necessary tasks, you will never advance in life. Additionally, your body's organs will malfunction and you will become sick if you are lethargic and continue to sleep. There is also a decline in mental energy. This is Maharishi's statement.

**"No one is momentarily lazy."
Hold on, let's work on bodily awareness.**

(Jn.K.1: Pa-855) He added that he ought to be motivated and work hard. For a good night's sleep, the ideal position is to lie flat three feet above the ground. Additionally, consuming liquid beverages, such as orange juice, prior to bedtime will facilitate easy digestion and promote restful sleep.

c) Moderate Sleep

This implies getting enough sleep. Vendan advises getting at least three hours of sleep, even though the work can be done at night. that you require some sleep at night. There is reference to

"Go to salvation and sleep in death"

(Durai Dandapani, Ne.Nu.Ko: Pa-33, Pa-40). The meal is digested only after that. In addition, the body receives rest. Only when the body is at rest does it receive the energy it requires. For the job of the next day, a restful night's sleep is crucial. This,

**"Typically conducting business in the morning,
providing amusement in the afternoon,
A fresh approach to raising children Pooncholai Station,
Research Forum, Who loves everything,
To participate and have fun
Anybody who goes through this will pass away.
"Sleep by nine o'clock."**

Maharishi is likewise adamant about sleeping at night and working throughout the day. They will gain when the mind and body are in balance with nature. In addition, he states that he should go to bed by nine o'clock. It will be challenging to wake up in the morning if you spend a lot of time up at night and then go to sleep. You can begin working more effectively if you get up early. He emphasized that one might participate in landscaping and art performances in the afternoon after conducting business in the morning. When doing solely business, the body and mind become exhausted. To make up for them, engaging in leisure pursuits is said to improve both mental and physical health.

d) Sleep-related tips

1. Eat in moderation before bed and choose healthy, easily digestible meals. It will be simpler to sleep.
2. The sleeping space should be clean, well-ventilated, and quiet.
3. We should be constant with the rugs we sleep on.
4. You'll get a better night's sleep if you sleep with like-minded people.
5. It's quite special to sleep after meditation.
6. Sleep by keeping the mind clear and the body relaxed.
7. Sleep in a cheerful and contented state.
8. Avoid thinking about unpleasant things like stress, rage, or problems in your life right before bed.
9. Avoid using sleeping aids.
10. At least an hour after eating, go to bed.

"Go to bed inside with Masi and Tai."

(Ne.Nu.Ko, Durai Dandapani: Pa-45, Pa-44) The climate has an impact on our bodies. There is a type of body temperature throughout the rainy, cold, and hot seasons. We sleep in breezy areas during hot weather. In a same vein, Olavaiyar has stated that you will sleep better in a thatched house during Tai and Maxi's winters. He said that sleeping on a dog pad will improve your quality of sleep by cooling your body. It is evident that getting enough sleep on a regular basis will keep the body healthy.

Illnesses brought on by sleep deprivation

Many new habits are forming and old habits are being lost in the nation that is becoming more and more scientific. And sleep in that manner. Sleep deprivation leads to a lot of issues. Because we spend more time on social media platforms like facebook, instagram, and whatsapp, we get less sleep. They lead to heart-related issues like migraines, diabetes, obesity, and a shortened lifespan.

In conclusion,

- Both the body and the mind require rest. According to physical activity, sleep is also essential. It is clear that Maharishi's theories regarding sleep patterns, timing, and location are advantageous to humanity.
- The significance and advantages of the quantitative approach to sleep have been highlighted since Vethathri Maharishi insisted on its use.
- It is recognized that when the medication known as "sleep properly" is used as directed, health, mood, and lifestyle will all remain steady.

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