



- Medical doctor graduated from India in 2017.
- Working experience since 2017 in Sabah government hospital.
- Work in psychiatric department from 2019-2022.
- Able to provide accurate diagnosis and comfortable treatment to patients with mental disorders and insomnia.
- Currently practising as medical consultant in AlphaCell clinic.
- Passionate about wellness and helping people achieve youth and healthy lifestyle through stem cells.

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# Regenerative Sleep: The Key to Agelessness

## **Sleep: A Key to Mental and Physical Well-Being**

Sleep is essential to our health, and insufficient sleep can lead to numerous physical and mental health problems. One of the most active parts of the body during sleep is the brain.

## **What Happens to Your Brain Without Enough Sleep?**

### **Impact on Brain Function**

When the brain doesn't get enough sleep, it struggles to function properly. Sleep deprivation impacts memory, emotional balance, and decision-making abilities. Prolonged lack of sleep can lead to serious mental health concerns, including anxiety, depression, and impaired cognitive functions.

### **Mental Health Risks**

Insufficient sleep increases the risk of depression, creating a vicious cycle where depression itself further disrupts sleep. Research highlights a strong link between sleep quality and mood stability, underscoring the importance of rest for mental well-being.

### **Alzheimer's Disease Risk**

Lack of sleep is increasingly linked to a higher risk of Alzheimer's disease due to its effect on the brain's waste-clearing system, known as the glymphatic system. This system activates during deep sleep to remove toxins like beta-amyloid and tau proteins, which, when accumulated, are associated with Alzheimer's. Insufficient sleep hampers this clearance process, leading to a buildup of these proteins over time, damaging neurons and increasing the risk of Alzheimer's disease.

### **Increase Impulsive Behavior**

Sleep deprivation also affects behavior. Studies show that individuals who get less than 7 hours of sleep per night are more likely to make impulsive and risky decisions, such as in gambling. This highlights how essential sleep is for good decision-making and impulse control.

### **Behavioral problems in Sleep Deprived Children**

Research finds that children who had insufficient sleep, less than nine hours per night, faced more mental and behavioral challenges, including increased impulsivity, stress, depression, and poorer academic performance, compared to those with adequate sleep. Quality sleep is crucial for their physical and mental development, and ensuring they get adequate rest, with nine hours of sleep is essential for healthy growth.

## **Tips for Better Sleep**

- Set a regular sleep schedule.
- Create a relaxing bedtime routine.
- Avoid stimulants (alcohol, caffeine, smoking) after 2 p.m.
- Ensure a comfortable sleeping environment.
- Limit fluid intake before bed.

## **Electric Potential Therapy (EPT)**

In addition to these sleep tips, you can try Electric Potential Therapy (EPT). EPT was developed in Japan in 1928, backed by 90 years of scientific research, and was recognized as a medical device by the Ministry of Health and Welfare of Japan in 1968.

EPT promotes deep sleep and supports the regeneration of cells. It helps balance the body's ions, potentially improving sleep quality, reducing fatigue, and alleviating insomnia.