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## POOR QUALITY SLEEP INCREASES THE RISK OF CANCER

Many of us are aware of the fact that we spend one-third of our life sleeping, but do you know that five or more days without sleep could lead to death? That is how important sleep is to our survival.

Dr. Liang listed out the three main types of sleep disorders: lack of sleep, that is insomnia, hard to fall asleep, easily awake and so on; oversleep, that is feeling sleepy throughout the day; and irregular sleep, that is sleep walking and not aware of it.

Sleep affects our entire body and not just our immune system. Lack of sleep would lead to hyperactivity such as faster heartbeat, increase in blood pressure and irregular heartbeat, and in the long-term this would lead to increase in risk of heart disease, as well as affecting the functions of intestines and stomach, metabolism, blood sugar control and hormone secretion.

Furthermore, a normal person carries negative charge while a sick cell carries positive charge, which is also known as “heatiness” in traditional Chinese medicine. Patient with sleep disorders can balance out the positive charge in their body by using advanced bedding appliances that offers electric potential treatment, said Dr. Liang.

Body temperature of a sick person usually dropped to 35 or 36 degree Celsius compared to the normal range of 36.5 to 37 degree Celsius. If our body temperature remains in the low range for a long period of time, we would be prone to illness (such as cardiovascular diseases and cancer). Electric potential appliances provide the body with 4 to 14 micron life wave that promote blood circulation and maintain body temperature, and in turn boosting our immune system against diseases.

