



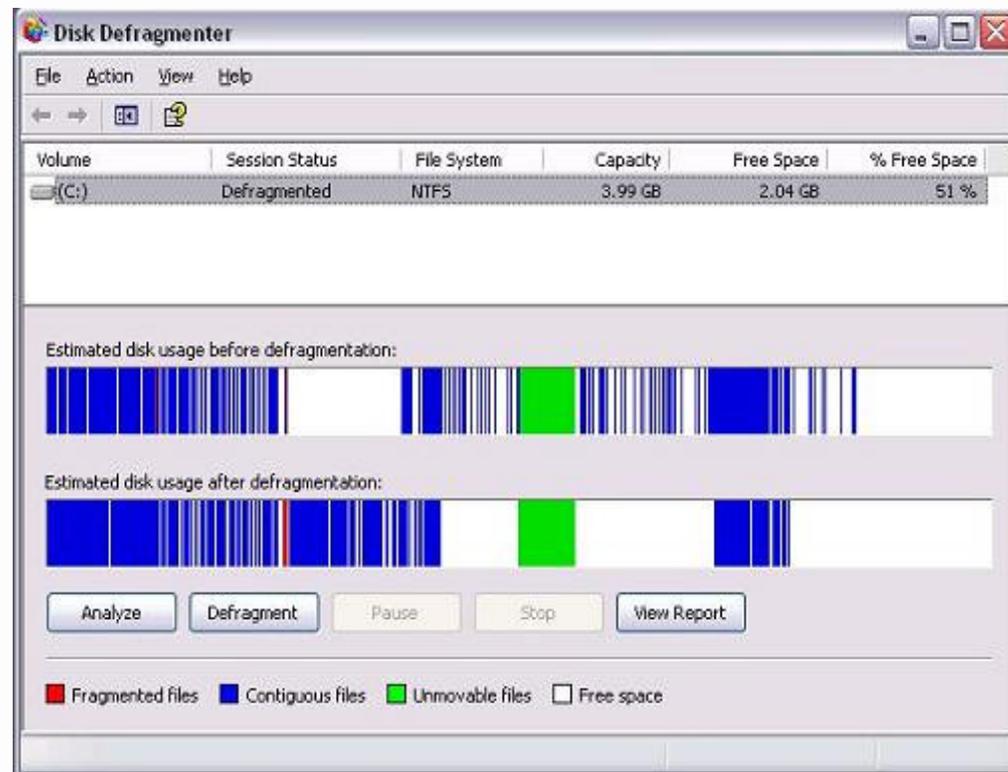
TIMELENDERS

SHAPING PASSIONS INTO A FORCE FOR GOOD



Theories

#1: Sleep allows the brain to review and consolidate all the streams of information it gathered while awake.

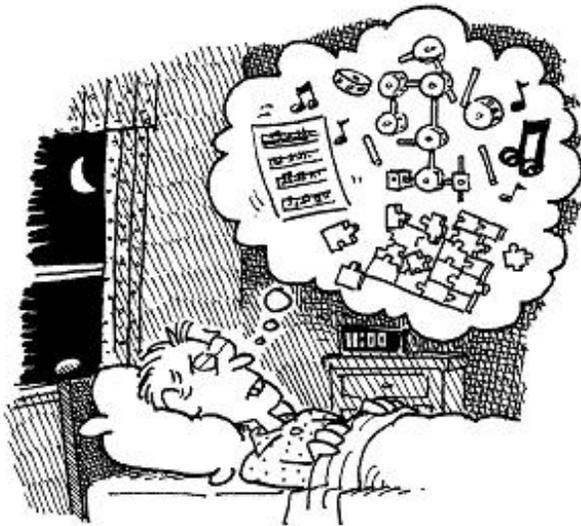


Theories

#2: We sleep in order to allow the brain to stock up on fuel and flush out wastes.

Theories

#3: Sleep operates in some mysterious ways to help you master various skills, such as how to play a piano and ride a bike.



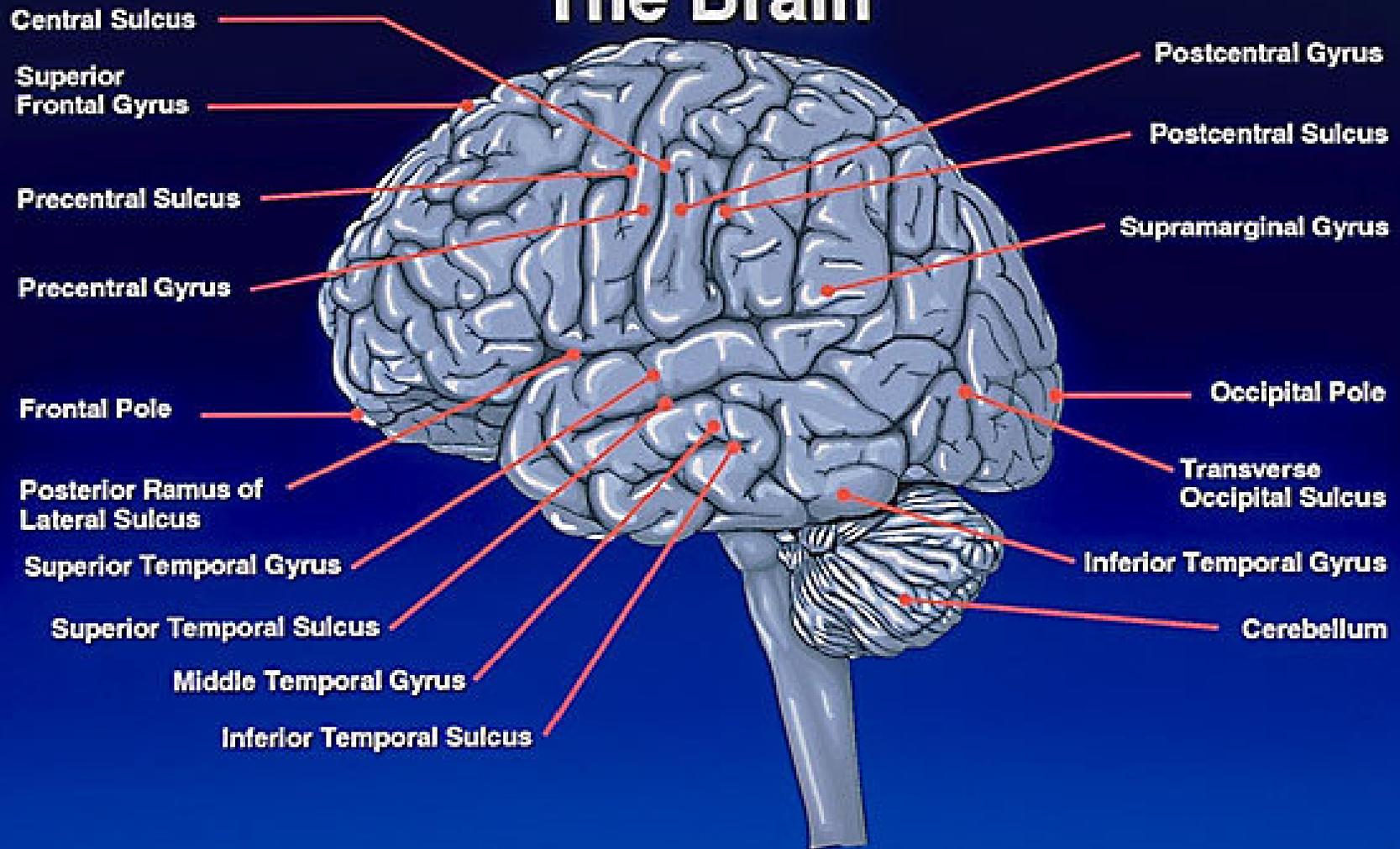
How to get a good night's sleep

- Set your body clock by keeping the same sleep schedule, seven days a week.
- Create a conducive environment - cool, dark, and uncluttered.
- No Caffeine in the p.m. Finish eating at least three hours before bedtime.
- Have hot milk at night.

How to get a good night's sleep

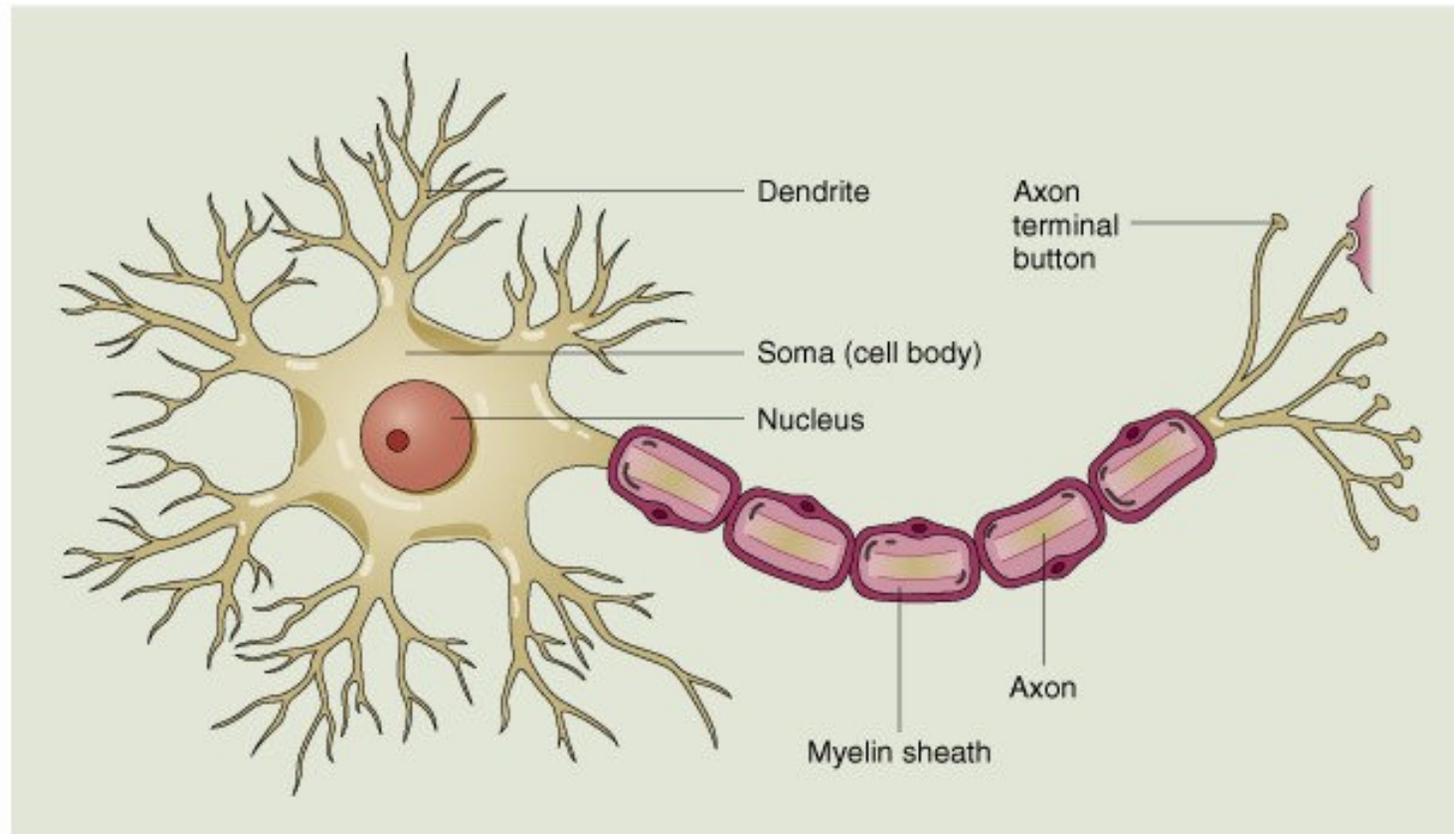
- No computers, TV or arguments half an hour before bed.
- If you're still awake after 20 minutes in bed, get up, go to another room and do some quiet activity.

The Brain



The brain is 7% of the total body mass, consuming 20% of the energy, and more.

The Neuron



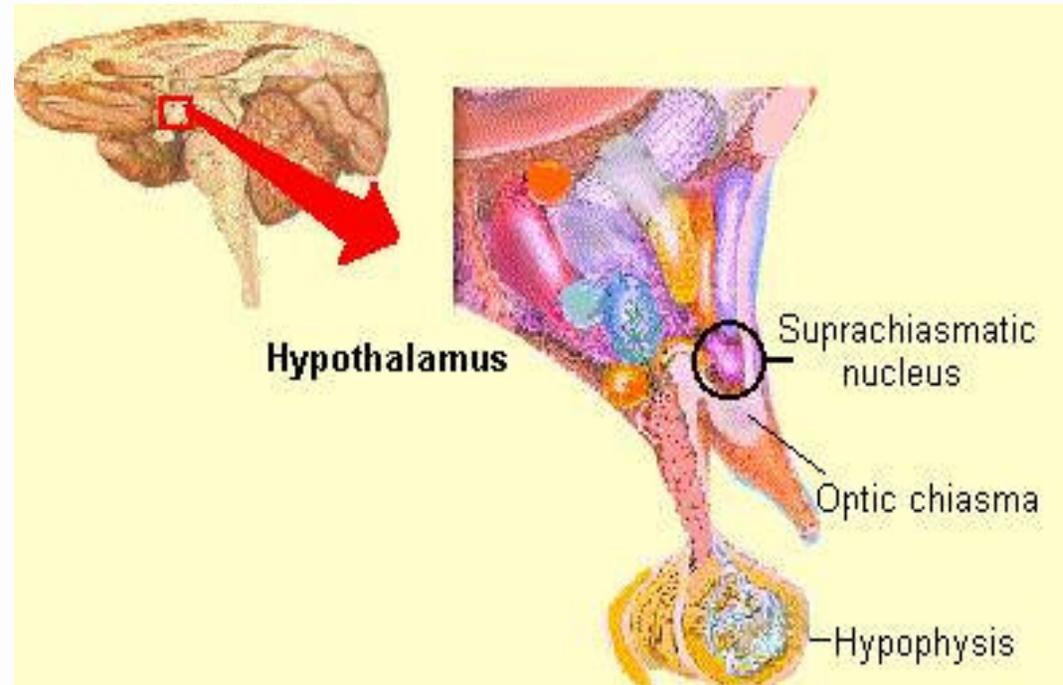
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When you fall asleep, it's like you're leaving your house and the workmen come in to renovate.



Suprachiasmatic Nucleus (SCN)

- Situated in the hypothalamus immediately above the optic chiasm, the SCN generates a circadian rhythm of neuronal and hormonal activities
- SCN regulates many different body functions over a 24-hour period.



Circadian Rhythm

- It is a roughly-24-hour cycle in the physiological processes of living beings
- Circadian rhythms are important in determining the sleeping and feeding patterns of all animals, including human beings. There are clear patterns of brain wave activity, hormone production, cell regeneration and other biological activities linked to this daily cycle.

Circadian Rhythm

- There is a correlation between circadian rhythm and heart diseases.
- As cholesterol and other hormones are linked with circadian rhythm.
- Cortisol, a stress hormone is also related to light.

Negative Aspects of Caffeine

- Half-life of up to 7 hours
- Build-up of tolerance
- Gastrointestinal disturbances
- Increases restlessness
- Disrupts sleep architecture

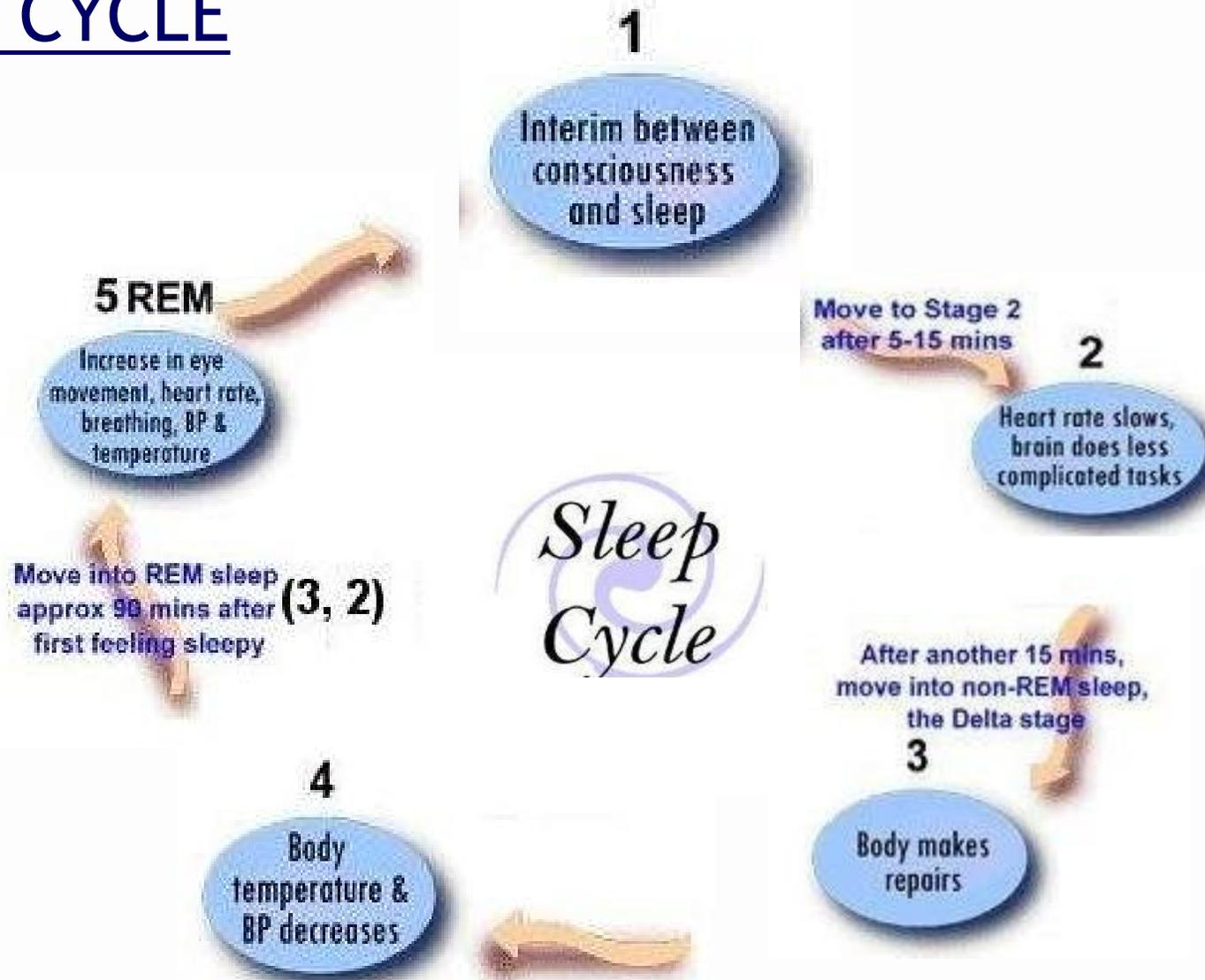
Positive aspects of Caffeine

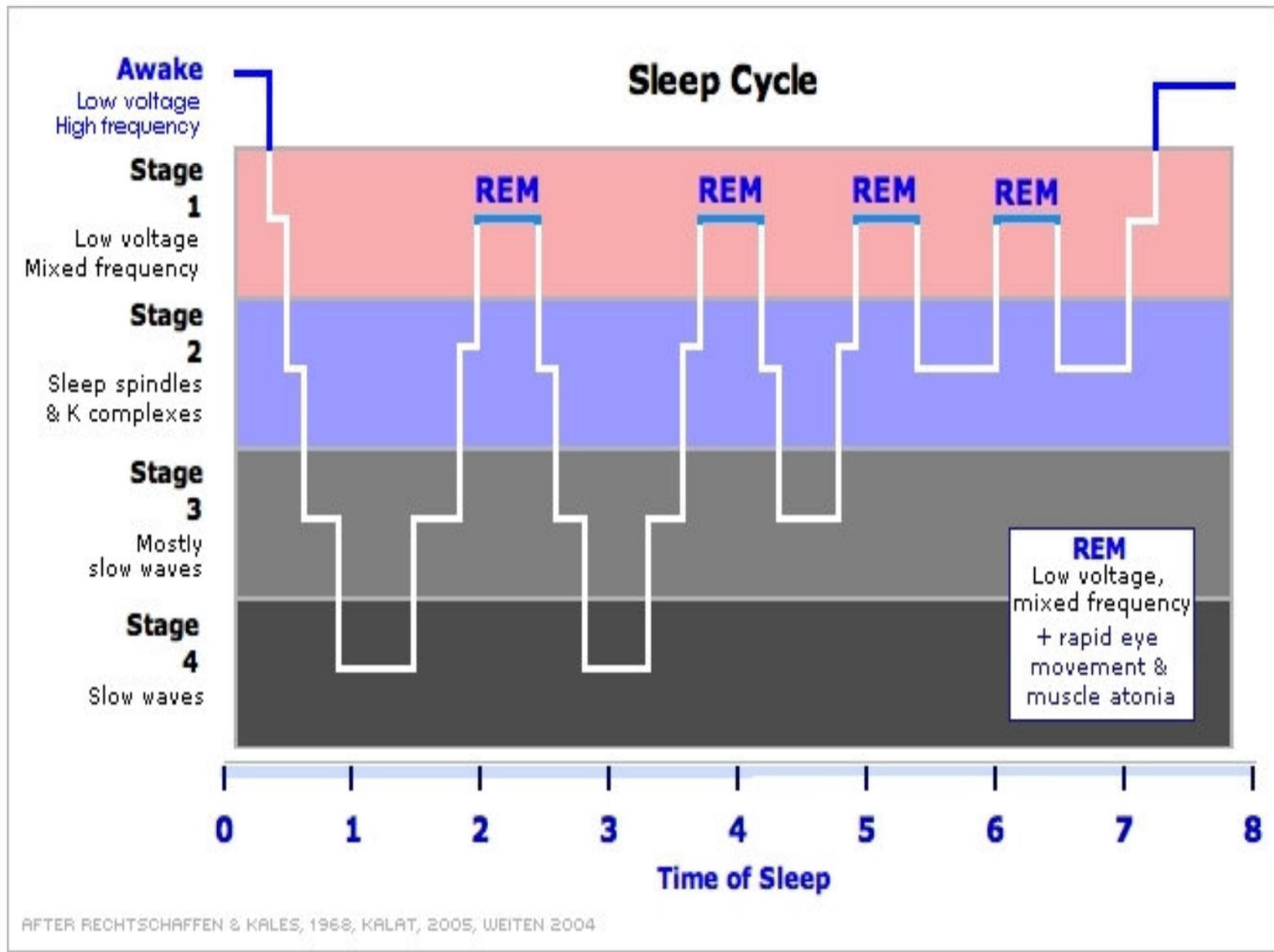
- Improves alertness
- Increases capacity for muscular work
- Improves motor-skill coordination
- Better performance on mental tasks
- Improves reaction time
- Works fast (15 - 45 minutes)

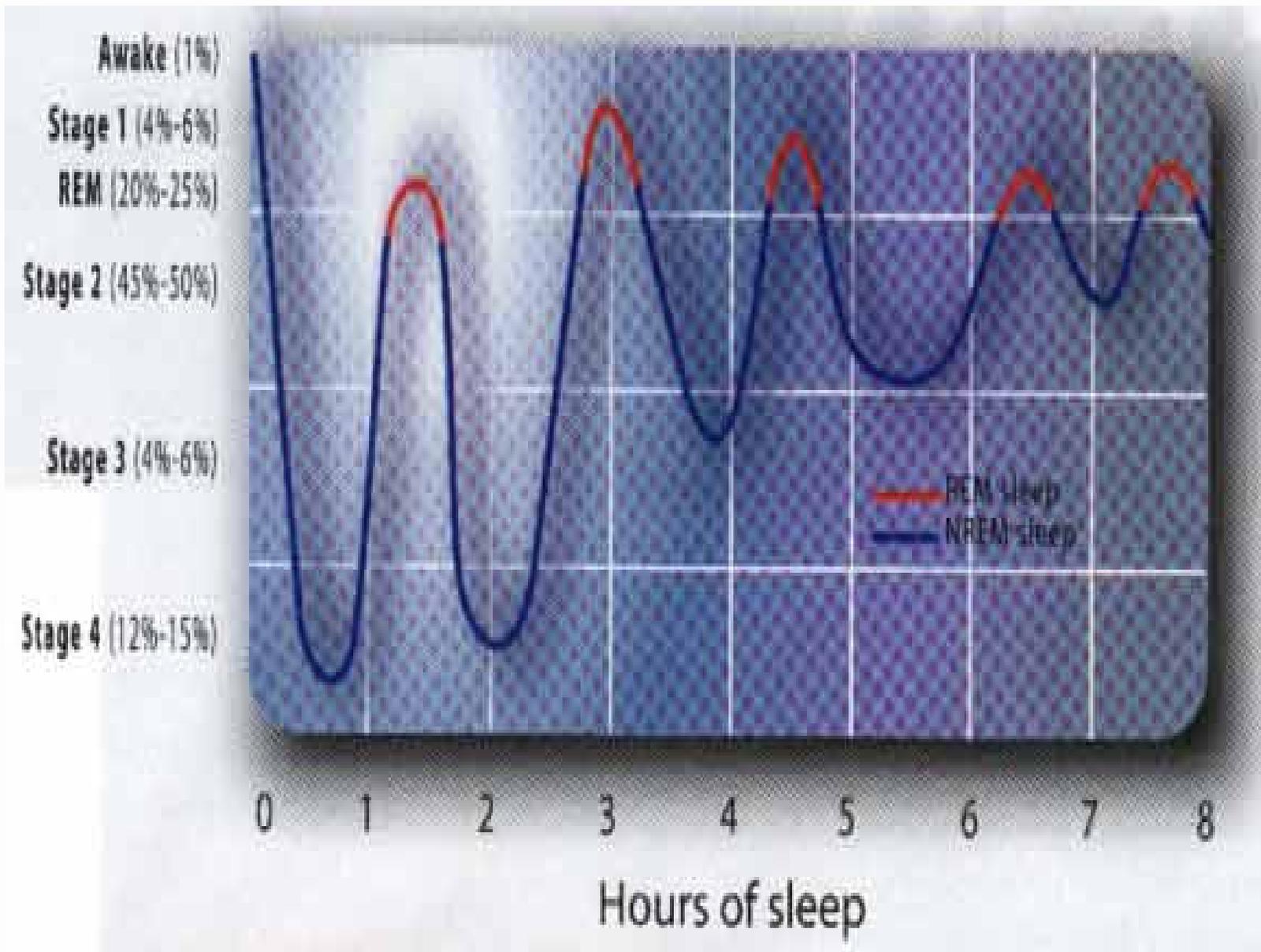
Stages of Sleep Management

- Drowsy (Alpha Sleep)
- Stage 1 (Theta Sleep)
- Stage 2 (Complex Sleep)
- Stage 3 & 4 (Delta or Slow wave)
- Rapid Eye Movement (REM)

SLEEP CYCLE

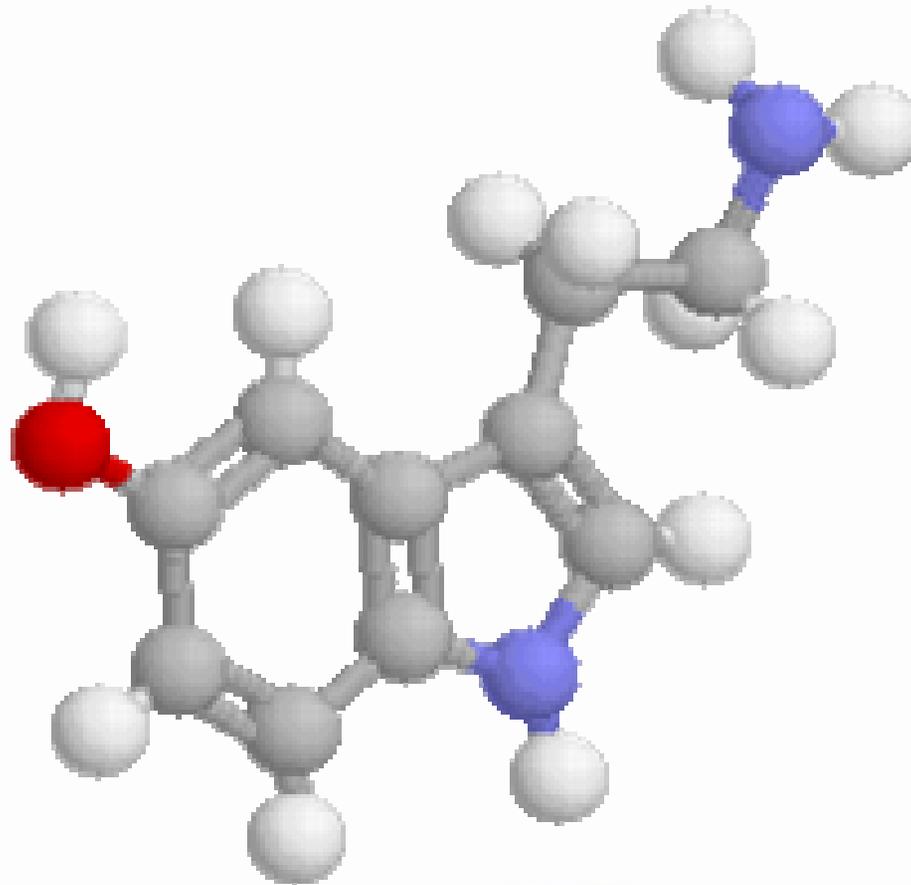




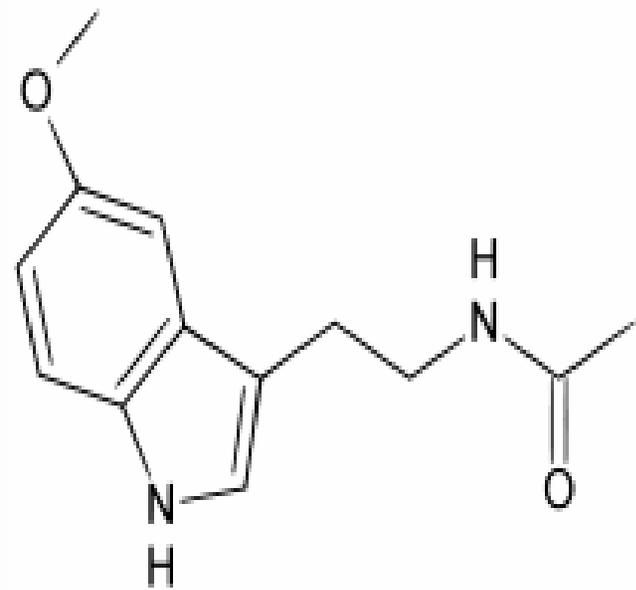
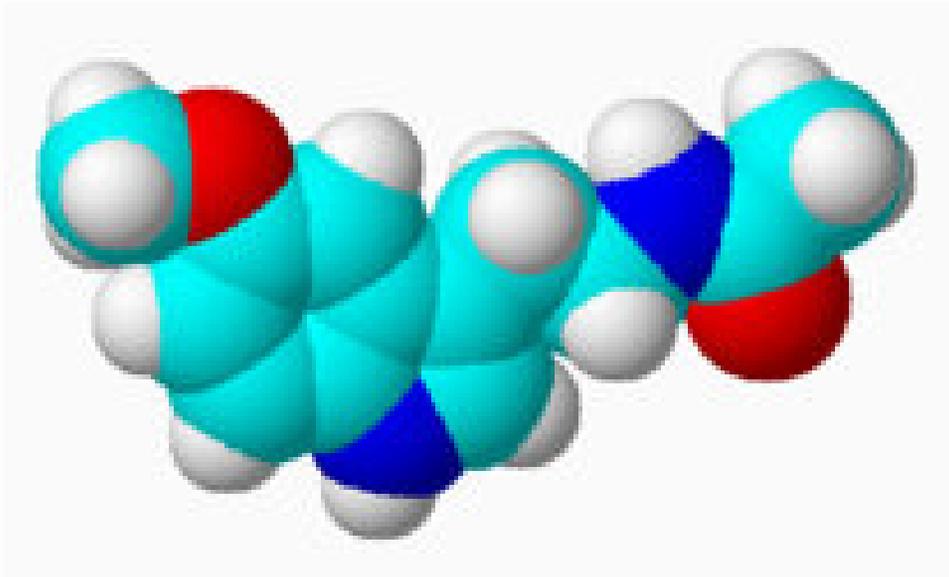


Serotonin

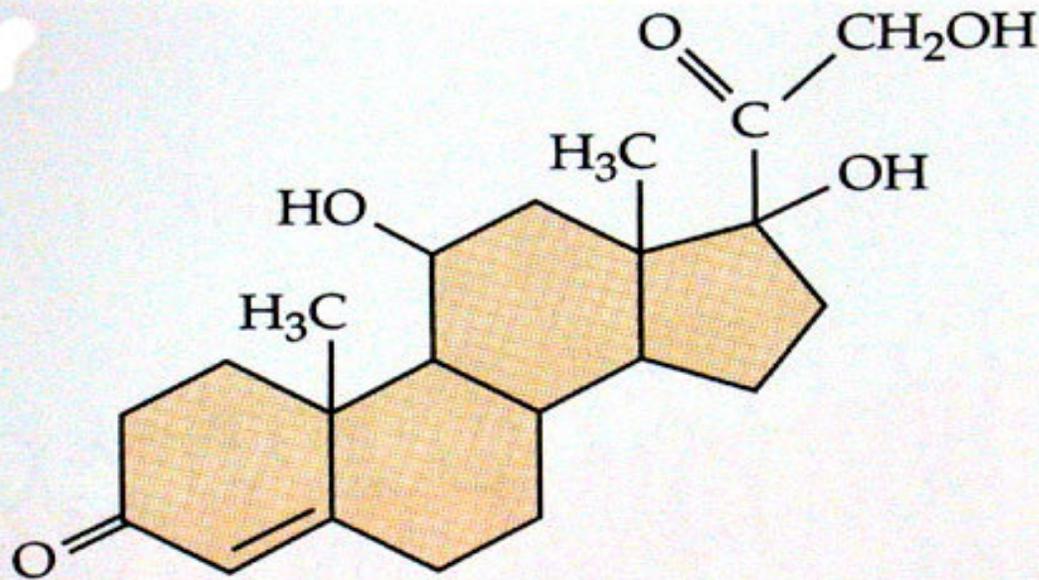
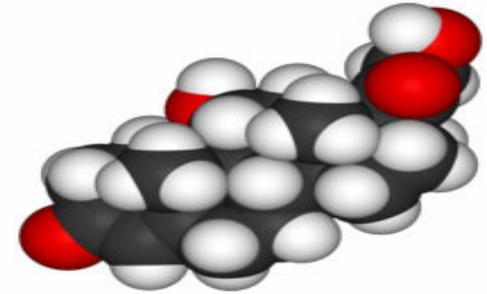
“A molecule of happiness”



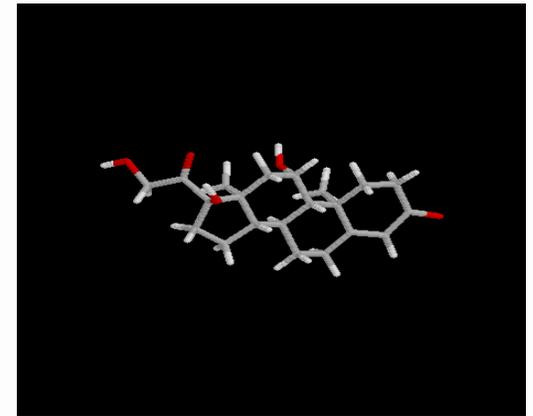
Melatonin



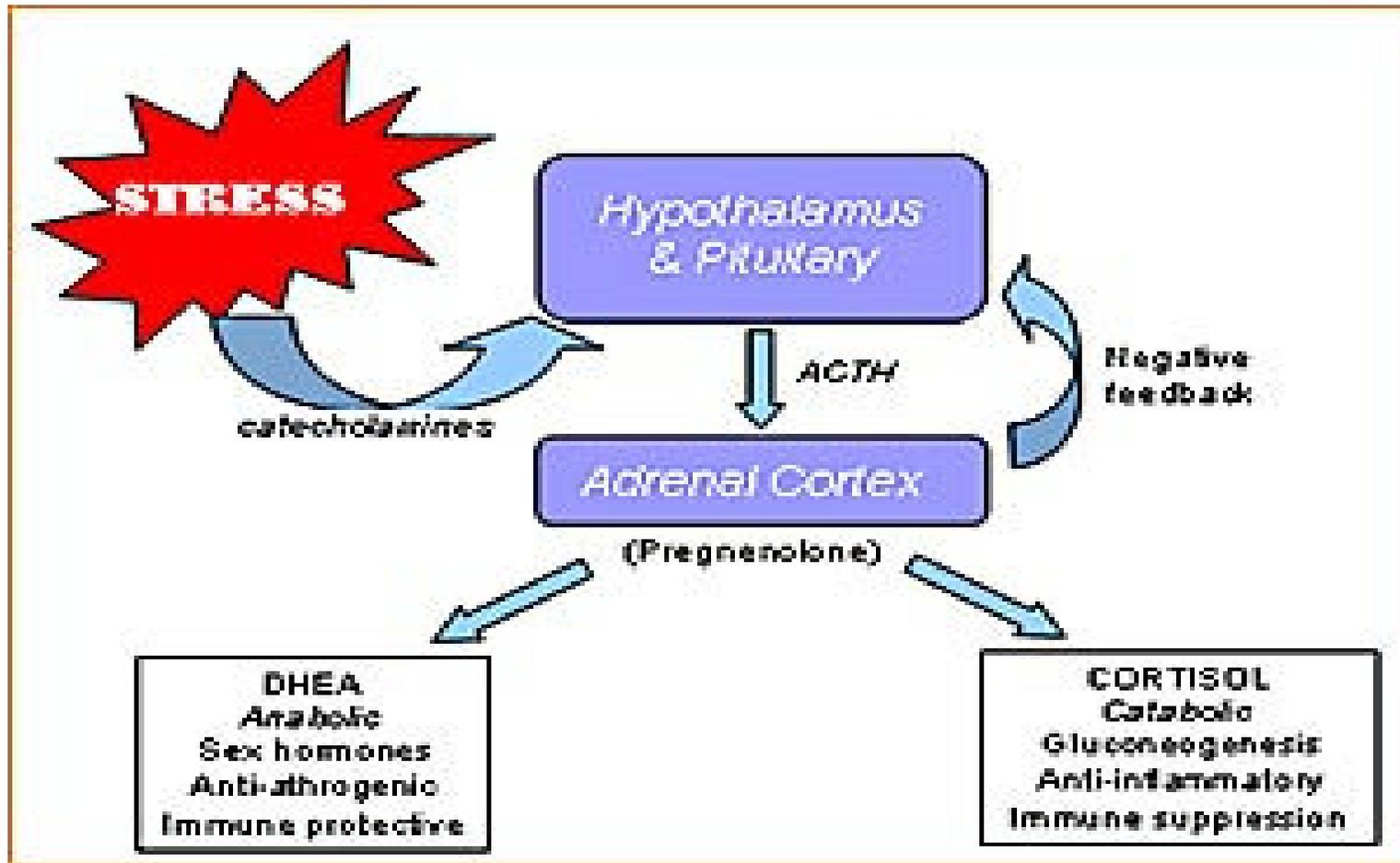
Cortisol



Cortisol is a hormone secreted by the adrenal glands.



Cortisol



Relationship between Light and Neurotransmitters

Light

Melatonin

Mood Swing Neurotransmitter. These are linked with each other.

Serotonin

Mood Swing Neurotransmitter

Melatonin and Serotonin go down in light and up in night.

قال رسول الله صلى الله عليه وسلم:

بورك لامتى فى بكورها

المعجم الكبير لطبرانى

عن صخر الغامدى رضى الله عنه قال: قال رسول الله صلى الله عليه وسلم: اللهم بارك لامتى فى بكورها.

حضرت صخر غامدىؓ فرماتے ہیں کہ رسول اللہ ﷺ نے یہ دعا کی: اے اللہ! میری امت کے سویرے کے وقت میں برکت عطا فرما۔

(جامع ترمذی)

قال رسول الله صلى الله عليه وسلم: الصبيحة تمنع الرزق

مسند احمد

قال رسول الله صلى الله عليه وسلم: استعينوا بطعام السحر على صيام النهار وبالقيولة على قيام الليل

ابن ماجه

Vienna-Koblenz



Koblenz



Gora and Cock





Chinese People exercising in the morning



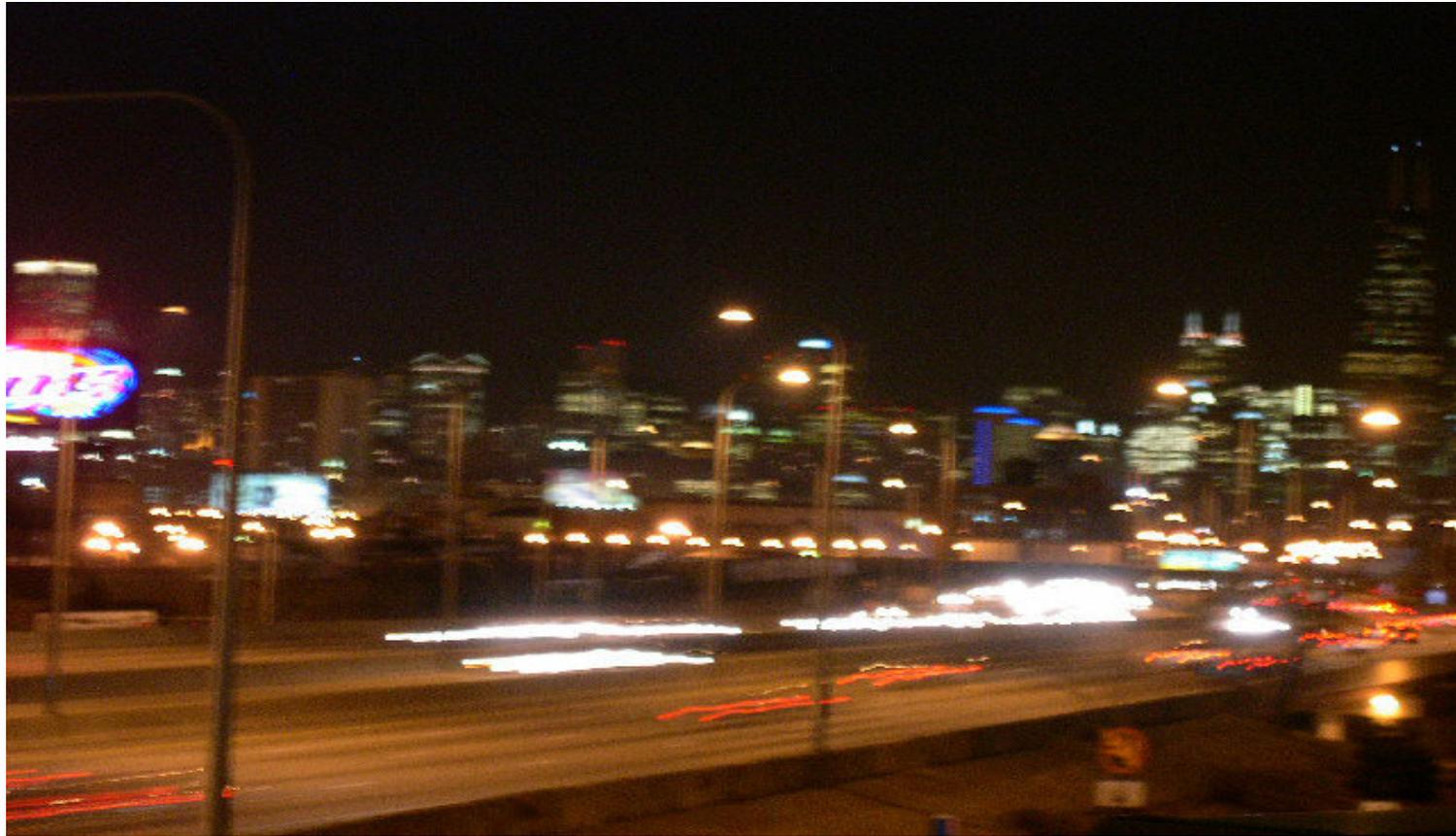
Chinese People exercising in the morning



Chinese People exercising in the morning



Chicago morning commute



Chicago morning commute



Chicago morning commute



Chicago morning commute

Everything is Relative



Corolla- Rs. 11,00,000

Everything is Relative



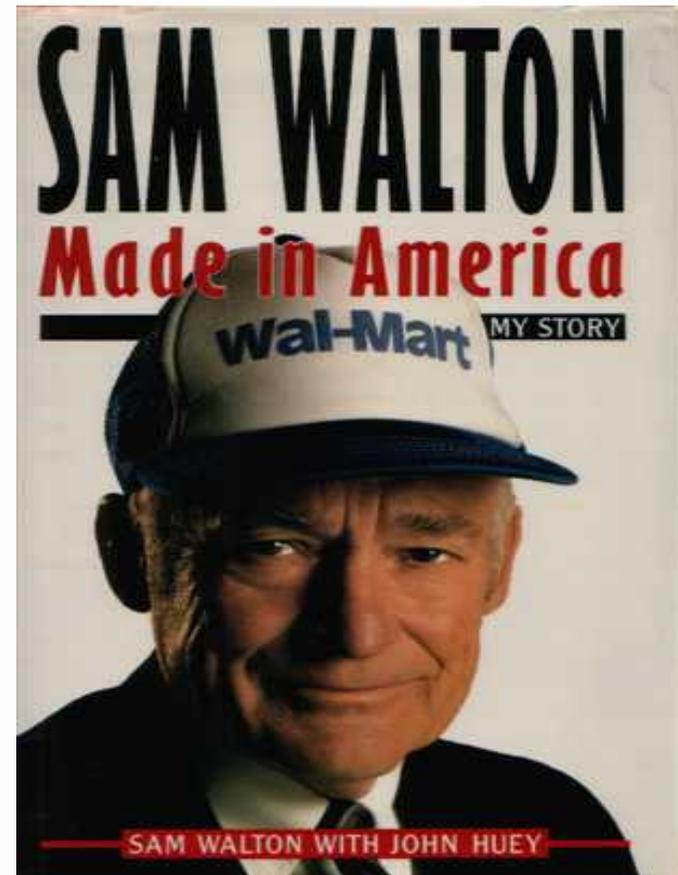
Mercedes- Rs. 1 Crore

Everything is Relative



SPYKER - Rs. 4 Crore

SAM WALTON



WALMART



Hakeem Saeed Sahib



MORAIN VALLEY

C O M M U N I T Y C O L L E G E



BUSINESS
@
THE SPEED
OF THOUGHT

USING A DIGITAL NERVOUS SYSTEM

BILL GATES

WITH COLLINS HEMINGWAY

Stimulant

- Stimulants are drugs that temporarily increase alertness and wakefulness. They usually have increased side-effects with increased effectiveness, and the more powerful variants are therefore often prescription medicines or illegal drugs.

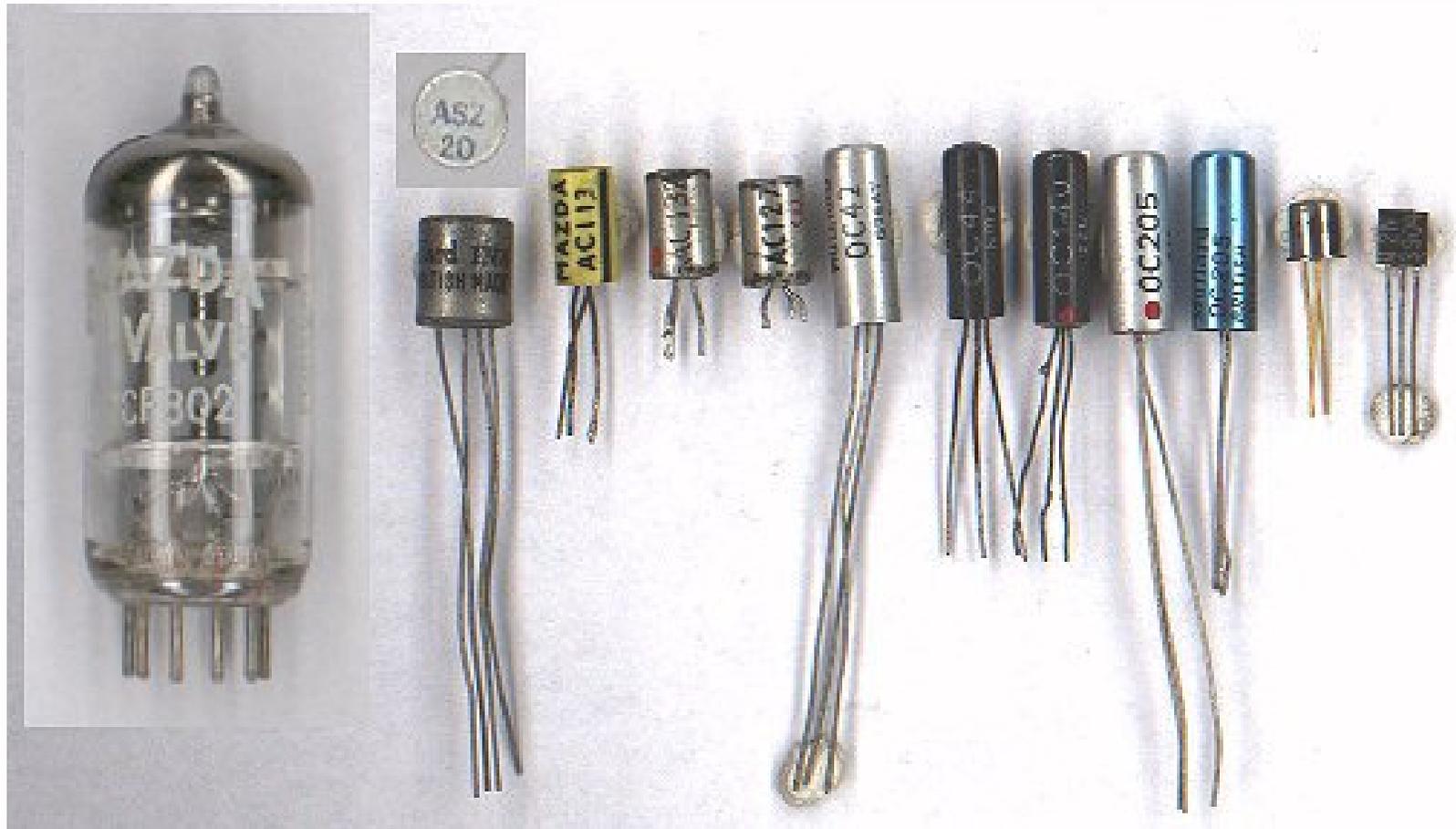
Function

Stimulants increase the activity of either [sympathetic nervous system](#), the [central nervous system \(CNS\)](#) or both. Some stimulants produce a sense of [euphoria](#), in particular the stimulants which exert influence on the [CNS](#). Stimulants are used therapeutically to increase or maintain alertness, to counteract fatigue in situations where sleep is not practical (e.g. while operating vehicles), to counteract abnormal states that diminish alertness consciousness, (such as in [narcolepsy](#)), to promote weight loss ([phentermine](#)) as well as to enhance the ability to concentrate in people diagnosed with attentional disruptions (especially [ADHD](#)). Occasionally, they are also used to treat depression. Stimulants are sometimes abused to boost endurance and productivity as well as to [suppress appetite](#). The euphoria produced by some stimulants leads to their recreational use, although this is illegal in the majority of jurisdictions.

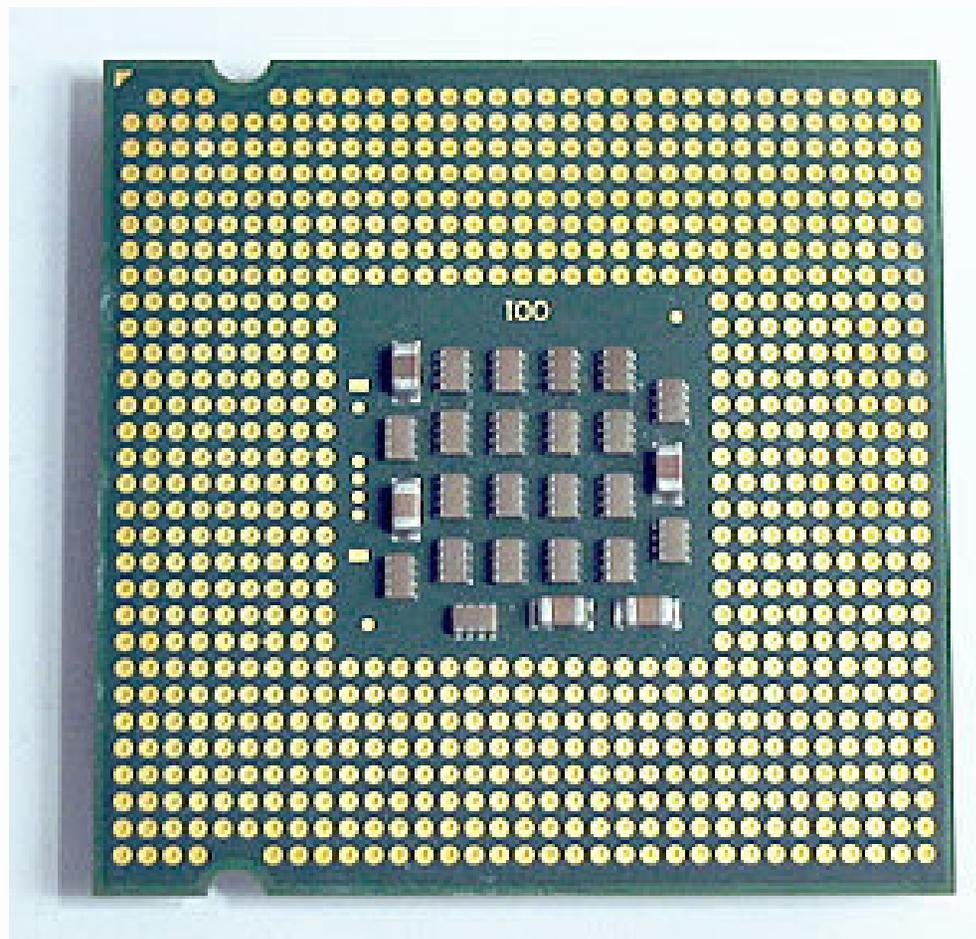
- [Caffeine](#), found in beverages such as [coffee](#) and [soft drinks](#), as well as [nicotine](#), which is found in [tobacco](#), are among some of the world's most commonly used stimulants. Examples of other well known stimulants include [ephedrine](#), [amphetamines](#), [cocaine](#), [methylphenidate](#), [MDMA](#), and [modafinil](#). Stimulants are commonly referred in slang as "uppers". Stimulants with significant abuse potential are mostly carefully controlled substances in America and most other jurisdictions. Some may be legally available only by prescription (e.g. [methamphetamine](#), brand name [Desoxyn](#), mixed [amphetamine](#) salts, brand name [Adderall](#), [dexamphetamine](#), brand name [Dexedrine](#)) or not at all (e.g. [methcathinone](#)).

“Sleep Muscle Atonia”

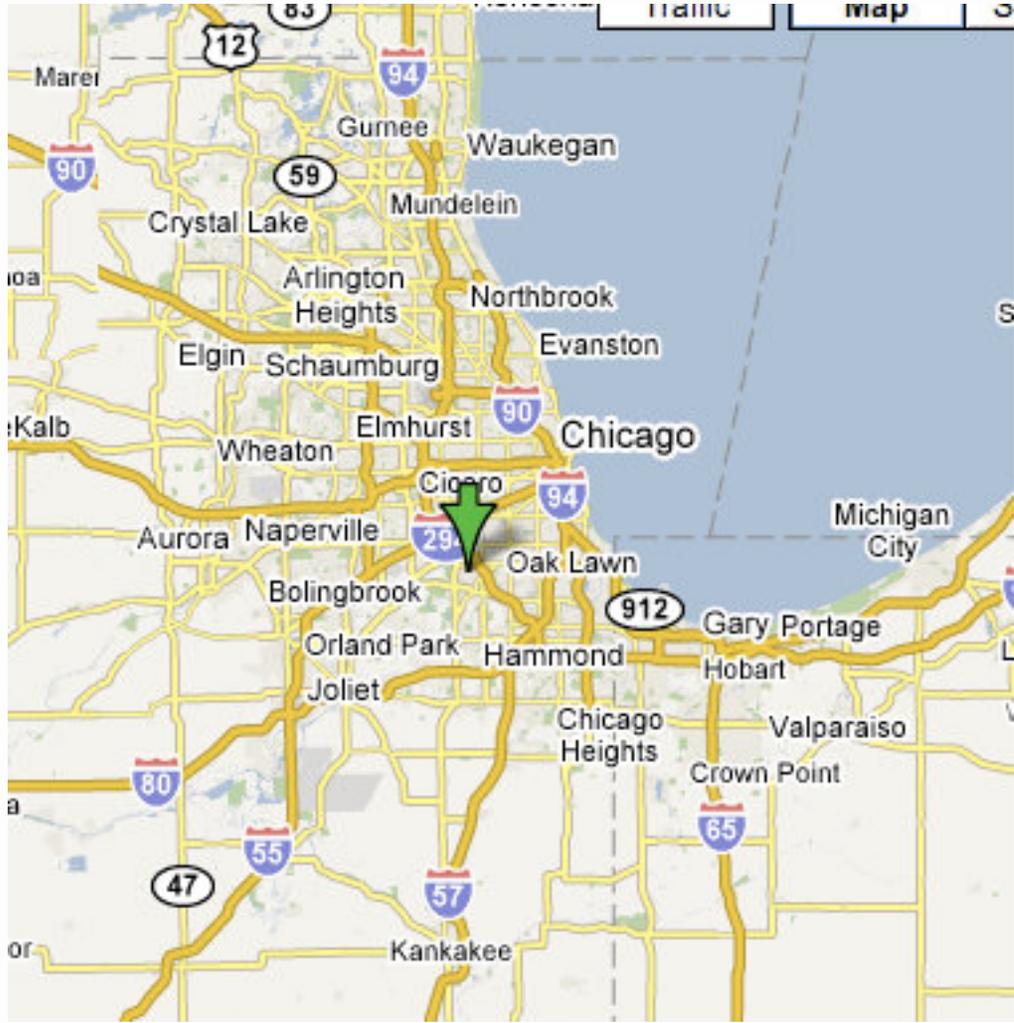
- Muscle atonia is triggered by cholinergic stimulation of the basal forebrain: implication for the pathophysiology of canine narcolepsy



Transistors



Integrated Circuit



قال اللہ تعالیٰ: یا ایہا الذین امنوا اتقوا اللہ وقلوا لا سمعنا
قال اللہ تعالیٰ: یا ایہا الذین امنوا اتقوا اللہ وقلوا لا سمعنا

سورہ احزاب: آیت ۷۷

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C O M M U N I T Y C O L L E G E

