



# **SLEEP MANAGEMENT WORKSHOP**

**YAMEENUDDIN AHMED**  
**CEO | TIMELENDERS**

Awaken to Better Sleep:  
Mastering Restful Nights and Productive Days

# INTRODUCE YOURSELVES

- Name
- Profession & Organization
- How long have you been with the organization?
- Graduation / Post Graduation
- Any Workshops have you done with Timelenders in the past?
- Any Sleep Management Challenges?

**ASSALAM-O-ALAIKUM WRWB**





# I'M... Yameenuddin Ahmed

- Personal & OD Trainer, Life Coach, and Organizational & Family Business Consultant
  - CEO Timelenders
  - 22+ years in training, coaching & consulting
  - Got the opportunity to facilitate multiple Fortune 500 and Forbes Global 2000 companies
  - Honored to be invited to Umm-ul-Qura University Mekkah-tul-Mukarramah in 2017
  - We have positively influenced over 100,000 people from 85+ Nationalities
  - 1000+ Organizational clients from all walks of life from Asia, Africa, ME, Europe & NA
  - Extensively Traveled to various parts of the world, including Pakistan, Southeast Asia, the Far East, the Middle East, Europe, and Africa
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# Learning objectives

1. Understanding Sleep
2. What Islam (Quran & Sunnah) tell us about Sleep
3. How much sleep is enough to sleep?
4. How can we determine the Optimal Sleep for ourselves, which is the optimum number of hours that we need to sleep per day
5. What is the quality of Sleep?
6. Factors that affect the quality of Sleep

# How Many Hours Do You Sleep?

# The Divine Measure

## Surah Ar-Ra'd; Ayah 8

اللَّهُ يَعْلَمُ مَا تَحْمِلُ كُلُّ أُنْثَىٰ وَمَا تَغِيضُ الْأَرْحَامُ وَمَا تَزْدَادُ ط وَكُلُّ شَيْءٍ عِنْدَهُ بِمِقْدَارٍ ۝

Allah knows what every female carries and what the wombs lose (prematurely) or exceed. And everything with Him is by due **measure**.

اللہ تعالیٰ کو سب کی خبر رہتی ہے جو کچھ کسی عورت کو حمل رہتا ہے اور جو کچھ رحم میں کمی بیشی ہوتی ہے اور ہر شے اللہ کے نزدیک ایک خاص انداز سے (مقرر) ہے۔

# The Divine Measure

## Surah Al Furqan; Ayah 2

الَّذِي لَهُ مُلْكُ السَّمَاوَاتِ وَالْأَرْضِ وَلَمْ يَتَّخِذْ وَلَدًا وَلَمْ يَكُنْ لَهُ شَرِيكٌ فِي  
الْمُلْكِ وَخَلَقَ كُلَّ شَيْءٍ فَقَدَرَهُ تَقْدِيرًا ۝

He to Whom belongs the dominion of the heavens and the earth, and Who has begotten no son (children or offspring) and for Whom there is no partner in the dominion. He has created everything and has **measured** it exactly according to its due **measurements**.

وہ ایسی ذات ہے جس کے لیے آسمانوں اور زمین کی حکومت ہے اور اس نے کسی کو (اپنی) اولاد قرار نہیں دیا اور نہ حکومت میں کوئی اس کا شریک ہے اور اس نے (ممکنات میں سے) ہر (موجود) چیز کو ایک معین مقدار کے ساتھ پیدا کیا پھر سب کا الگ الگ اندازہ رکھا۔



# The Divine Measure

Surah Al-Qamar; Ayah 49

إِنَّا كُلَّ شَيْءٍ خَلَقْنَاهُ بِقَدَرٍ ۝

Surely! We have created everything by [measure](#).

ہم نے ہر چیز کو (مقدار کے) اندازے سے پیدا کیا۔

# Sunrise and Sunset in Karachi In October 2024

Date Oct 2024	Sunrise (hh:mm)	Sunset (hh:mm)	Length of day		Solar noon	
			This Day (hh:mm:ss)	Difference (mm:ss)	Time / Altitude (hh:mm)	Distance (million km)
16	06:30 ↑ (100°)	18:03 ↑ (260°)	11:33:17	-1:23	12:17 (56.0°)	149.117
17	06:31 ↑ (100°)	18:02 ↑ (260°)	11:31:54	-1:22	12:17 (55.7°)	149.075
18	06:31 ↑ (100°)	18:02 ↑ (259°)	11:30:32	-1:22	12:16 (55.3°)	149.033
19	06:32 ↑ (101°)	18:01 ↑ (259°)	11:29:10	-1:22	12:16 (55.0°)	148.991
20	06:32 ↑ (101°)	18:00 ↑ (259°)	11:27:48	-1:21	12:16 (54.6°)	148.95
21	06:33 ↑ (102°)	17:59 ↑ (258°)	11:26:27	-1:21	12:16 (54.2°)	148.909
22	06:33 ↑ (102°)	17:58 ↑ (258°)	11:25:06	-1:20	12:16 (53.9°)	148.868
23	06:34 ↑ (102°)	17:57 ↑ (257°)	11:23:45	-1:20	12:16 (53.5°)	148.828

# Sunrise and Sunset in Karachi In October 2124

Date Oct 2124	Sunrise (hh:mm)	Sunset (hh:mm)	Length of day		Solar noon	
			This Day (hh:mm:ss)	Difference (mm:ss)	Time / Altitude (hh:mm)	Distance (million km)
16	06:30 ↑ (99°)	18:04 ↑ (260°)	11:33:36	-1:23	12:17 (56.1°)	149.198
17	06:30 ↑ (100°)	18:03 ↑ (260°)	11:32:13	-1:22	12:17 (55.8°)	149.155
18	06:31 ↑ (100°)	18:02 ↑ (260°)	11:30:51	-1:22	12:17 (55.4°)	149.112
19	06:31 ↑ (101°)	18:01 ↑ (259°)	11:29:29	-1:22	12:16 (55.0°)	149.069
20	06:32 ↑ (101°)	18:00 ↑ (259°)	11:28:07	-1:21	12:16 (54.7°)	149.026
21	06:32 ↑ (101°)	17:59 ↑ (258°)	11:26:46	-1:21	12:16 (54.3°)	148.984
22	06:33 ↑ (102°)	17:58 ↑ (258°)	11:25:25	-1:20	12:16 (54.0°)	148.942
23	06:33 ↑ (102°)	17:58 ↑ (258°)	11:24:05	-1:20	12:16 (53.6°)	148.901

# Devine Measurement For Everything

Consider the following things Allah (swt) has created with a measure and imagine what will happen if this measurement is disturbed.

- Distance between the Earth and the Sun and the fluctuation of this difference
- Our body temperature
- The range of cholesterol levels in our bodies
- The range of sugar level
- The range of levels for different body minerals, like iron, calcium, potassium, magnesium, etc.
- The levels of Oxygen, Carbon dioxide, carbon monoxide, nitrogen in the air

# A Million Dollar Question!

Why should sleep be any different?



# What is My Story?



# IMPACT!

- The impact I have on my life by saving 2.5 hours by cutting out on useless sleep and putting it to good use:

- Total hours saved in a week:

$$7 \times 2.5 = 17.5 \text{ hrs}$$

$$17.5 \text{ hrs} \times 52 \text{ weeks} = 910 \text{ hours/year}$$

- If my effective workday is of 8 hours:

$$910 \div 8 = 113.75 \text{ workdays}$$

- It's been 21 years I am practicing this:

$$113.75 \times 21 = 2,389 \text{ workdays}$$

- Convert this into Years:

$$2,389 \text{ workdays} \div 360 = \mathbf{6.6 \text{ Years}}$$

# What Have I Done With This Time?

- Reading the Quran with translation and tafsir.
- Spending quality time with family
- Upgrading my knowledge and skills.
- Reading an average of 20 books each year.
- Completing an average of 8 to 10 courses annually.
- Designing and managing multiple vision-oriented projects.
- Writing—Alhamdulillah, books will soon be published as a result.

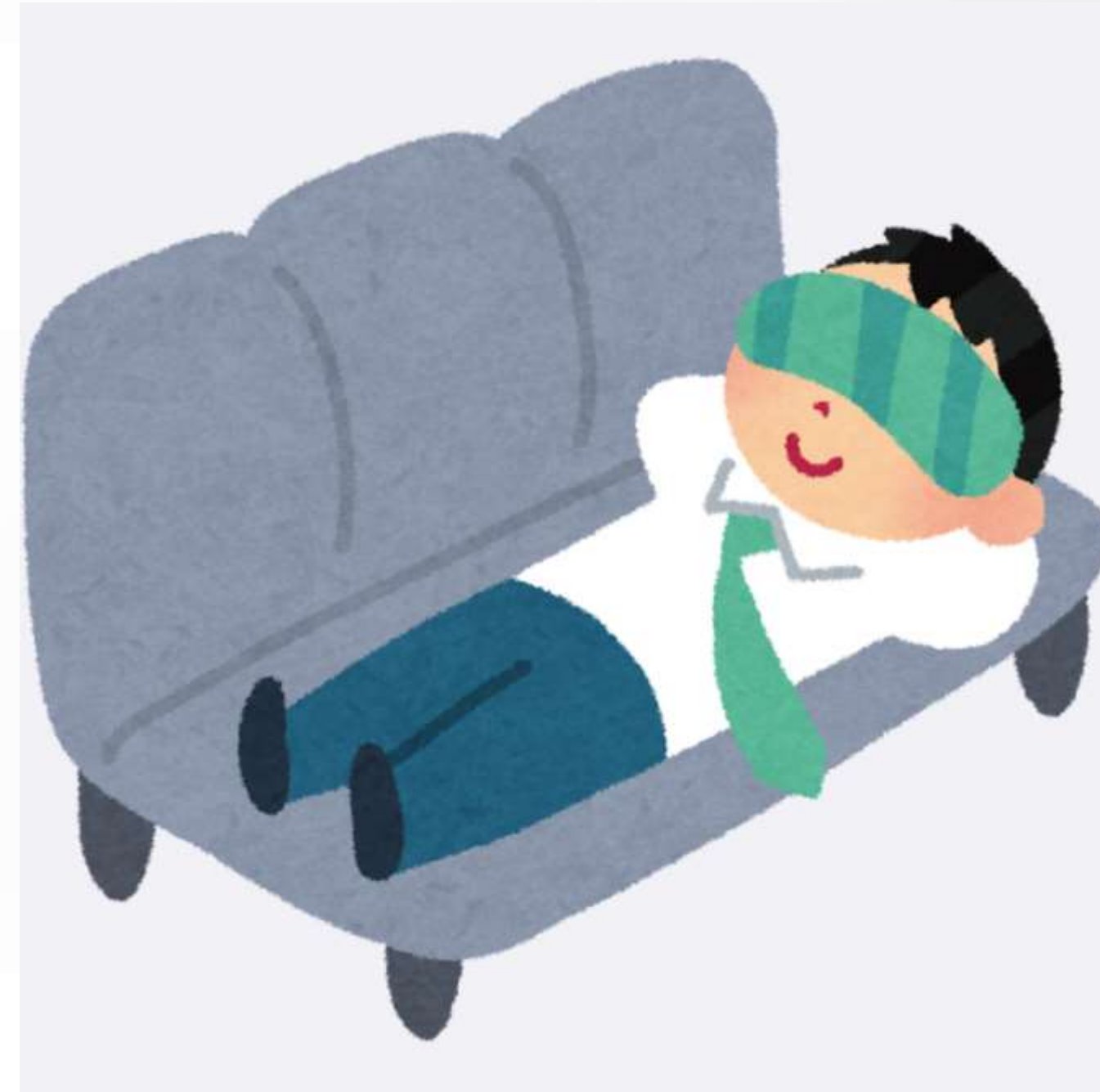




# How To Manage The Day When You Start Early?

## Qailoolah

A qailoolah is a short nap or siesta taken in the middle of the day. It was a common practice by the Prophet Muhammad (saw) and Sahaba and is considered a permanent Sunnah.



قال رسول الله ﷺ :

بُورِكَ لِمَّتِي فِي بُكُورِهَا  
(المعجم الكبير لطبراني)

میری امت کی برکت سویرے میں ہے۔

عن صخر الغامدي رضي الله عنه قال: قال رسول الله صلوات الله عليه:

اللَّهُمَّ بَارِكْ لِأُمَّتِي فِي بُكُورِهَا

(باب ما يرجي من البركة في البكور، 3، ص 346:3 ط الارنوط)

"صخر بن وداعه غامدي رضي الله عنه سے روایت ہے کہ نبی صلوات الله عليه وسلم نے فرمایا: ”اے اللہ! میری امت کو اس کے دن کے ابتدائی حصے میں برکت دے“

آپ صلوات الله عليه وسلم جب کسی سریہ یا لشکر کو روانہ کرتے تو اسے دن کے ابتدائی حصے میں روانہ کرتے۔ صخر ایک تاجر آدمی تھے۔ جب فرماتے ہیں کہ وہ تجارت کا سامان لے کر (اپنے آدمیوں کو) روانہ کرتے تو انہیں دن کے ابتدائی حصے میں روانہ کرتے چنانچہ وہ مال دار ہو گئے، اور ان کے پاس مال کی کثرت ہو گئی۔ "

قال رسول الله ﷺ:

## الصُّبْحَةُ تَمْنَعُ الرِّزْقَ

(مسند احمد)

صبح کی نیند رزق کو روک دیتی ہے۔

”صبح کے وقت“ سے کیا مراد ہے؟ اس کا تعین ایک دوسری روایت سے ہوتا ہے جس کا مفہوم یہ ہے کہ اللہ تبارک و تعالیٰ صبح صادق سے لے کر طلوع آفتاب تک مخلوق کے لیے رزق تقسیم کرتے ہیں یعنی جو لوگ اس پورے وقت میں غافل رہتے ہیں وہ رزق کی برکت سے محروم رہتے ہیں۔

اس حدیث سے یہ بات معلوم ہوئی کہ یہ ممانعت صبح صادق سے لے کر طلوع آفتاب تک پورے درمیانی وقت میں سونے میں ہے؛ لہذا اگر کوئی شخص نماز فجر کے بعد تھوڑی دیر تسبیحات وغیرہ میں لگا رہے اور سوج طلوع ہونے کے بعد کچھ دیر کے لیے سو جائے تو اس کے حق میں کوئی قباحت و کراہت نہیں رہے گی، بعض بزرگوں کا اس طرح کا معمول رہا ہے۔ لیکن یہ سونادن چڑھے تک نہ ہو ورنہ فوائد جاتے رہیں گے۔

عن فاطمة بنت محمد صلی اللہ علیہ وسلم قالت: مرّی رسول اللہ - صلی اللہ علیہ وسلم - وأنا مضطجعة متصبجة، فحمر کئی برجلہ ثم قال: یا بنیة قومی و اشہدی رزق ربک، ولا تکونی من الغافلین؛ فإن اللہ یقسم أرزاق الناس ما بین طلوع الفجر إلى طلوع الشمس“ (شعب الإیمان، ۴۴۰۵، فصل فی النوم الذی نعمت اللہ الخ)

# اقوال اکابر

- ۱۔ رزق کی برکت سے محرومی ہوتی ہے  
(حضرت عثمان)۔
- ۲۔ دن کے اول حصہ کی نیند جہالت ہے  
(حضرت خوات بن جبیر)۔
- ۳۔ کسب معاش اور قضاء حوائج میں تاخیر ہوتی ہے  
(حضرت عبداللہ بن عمرو)۔
- ۴۔ دینی ذمہ داریوں کے ضائع ہونے کا اندیشہ ہے  
(حضرت ابن زبیر)
- ۵۔ زمین بھی ناپسند کرتی ہے، اور تکلیف کا اظہار کرتی ہے  
(حضرت ابن زبیر، علقمہ)
- ۶۔ جسمانی بخار کو بڑھاتی ہے، انسان کو سست کرتی ہے اور طبیعت میں خشکی پیدا کرتی ہے  
(حضرت عمر)۔
- ۷۔ بڑھاپے کو جلدی لاتی ہے  
(حضرت ابن عباس)۔
- ۸۔ اس کی عادت لاپرواہی کو جنم دیتی ہے  
(حضرت عمر بن عبدالعزیز)۔
- ۹۔ فرشتوں کو صبح سویرے بندوں کی روزیوں کی تقسیم پر مامور کیا جاتا ہے، تو وہ سوئے ہوئے کو مستغنی سمجھ کر طالبِ رزق کی طرف توجہ کرتے ہیں  
(التنویر شرح الجامع الصغیر)۔

عَنْ عِكْرَمَةَ ، عَنِ ابْنِ عَبَّاسٍ ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ، قَالَ :  
إِسْتَعِينُوا بِطَعَامِ السَّحْرِ عَلَى صِيَامِ النَّهَارِ وَبِالْقِيلُولَةِ عَلَى قِيَامِ اللَّيْلِ

سیدنا ابن عباس رضی اللہ عنہما نبی کریم سے روایت کرتے ہیں کہ آپ صلی اللہ علیہ وسلم نے فرمایا: ”سحری کے کھانے کے ساتھ دن کے روزے میں مدد حاصل کرو اور دن کو قیلولہ کر کے رات کے قیام کے لئے مدد لے لو۔“ [صحیح ابن خزیمہ / حدیث: 1939]

قال رسول الله صلى الله عليه وسلم :

قولوا، فإن الشياطين لا تقبل

(السلسلة الصحيحة للألباني: 1647 أخرجه ابو نعيم والطبراني)

آپ صلی اللہ علیہ وسلم نے فرمایا:  
قیلولہ کرو کیونکہ شیطان قیلولہ نہیں کرتا۔

انس یقول:

"کنا نکر إلى الجمعة ثم نقیل".

سیدنا انس رضی اللہ عنہ، فرماتے تھے کہ ہم جمعہ جلد پڑھتے، اس کے بعد دوپہر کی نیند لیتے، قیلولہ کرتے تھے۔



عن سهل قال:

"كنا نصلي مع النبي صلى الله عليه وسلم الجمعة ثم تكون القائلة".

سهل بن سعد رضی اللہ عنہ نے بیان کیا، انہوں نے بتلایا کہ ہم نبی کریم صلی اللہ علیہ وسلم کے ساتھ جمعہ پڑھتے، پھر دوپہر کی نیند لیا کرتے، قیلولہ کیا کرتے تھے۔

# Significance of Qailoolah

## Surat Al-Furqan; Ayah 24

أَصْحَابُ الْجَنَّةِ يَوْمَئِذٍ خَيْرٌ مُّسْتَقَرًّا وَأَحْسَنُ مَقِيلًا ﴿٢٤﴾

The companions of Paradise, that Day, are (in) a better settlement and better resting place.

البتہ اس دن جنتیوں کا ٹھکانا بہتر ہو گا اور خواب گاہ بھی عمدہ ہو گی۔

مُسْتَقَرٌّ، مستقل جائے قیام کو کہا جاتا ہے اور مَقِيلٌ قیلولہ سے مشتق ہے۔ دوپہر کو آرام کرنے کی جگہ کو مَقِيلٌ کہتے ہیں۔ اس جگہ مَقِيلٌ کا ذکر خصوصیت سے شاید اسلئے بھی ہوا ہے کہ ایک حدیث میں آیا ہے کہ قیامت کے روز حق تعالیٰ نصف النہار کے وقت ساری مخلوقات کے حساب کتاب سے فارغ ہو جاویں گے اور دوپہر کے سونے کے وقت اہل جنت جنت میں پہنچ جائیں گے اور اہل جہنم جہنم میں۔ (قرطبی)

# Significance of Qailoolah

## Surat An-Nūr; Ayah 58

يَا أَيُّهَا الَّذِينَ آمَنُوا لِيَسْتَأْذِنَكُمْ الَّذِينَ مَلَكَتْ أَيْمَانُكُمْ وَالَّذِينَ لَمْ يَبْلُغُوا الْحُلُمَ مِنْكُمْ ثَلَاثَ مَرَّاتٍ ط مِنْ قَبْلِ صَلَاةِ الْفَجْرِ  
وَحِينَ تَضَعُونَ ثِيَابَكُمْ مِنَ الظَّهِيرَةِ وَمِنْ بَعْدِ صَلَاةِ الْعِشَاءِ ط ثَلَاثُ عَوْرَاتٍ لَكُمْ ط لَيْسَ عَلَيْكُمْ وَلَا عَلَيْهِمْ جُنَاحٌ بَعْدَ هُنَّ  
ط طَوْفُونَ عَلَيْكُمْ بَعْضُكُمْ عَلَى بَعْضٍ ط كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ الْآيَاتِ ط وَاللَّهُ عَلِيمٌ حَكِيمٌ ۝

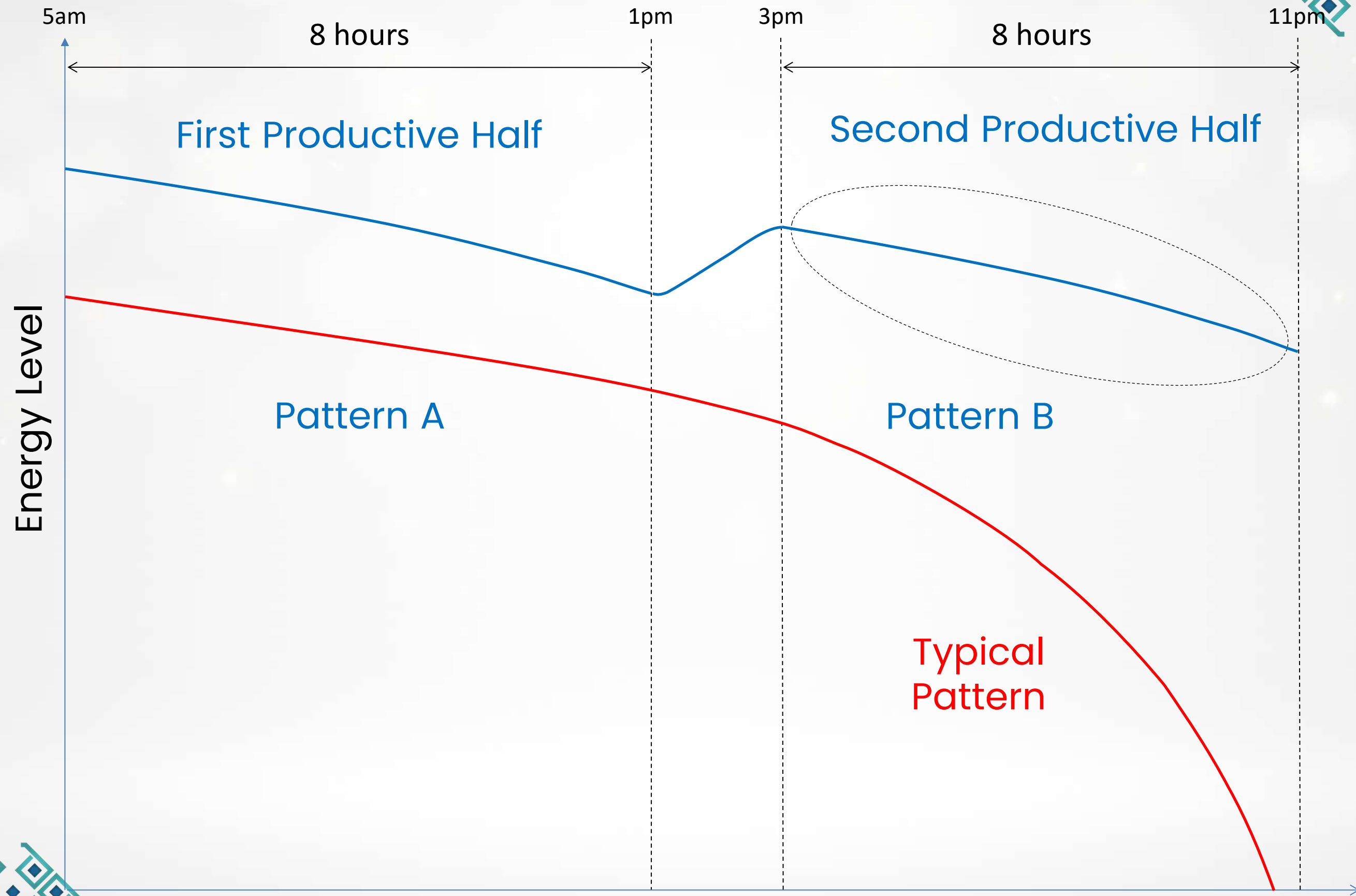
O you who have believed, let those whom your right hands possess and those who have not [yet] reached puberty among you ask permission of you [before entering] at three times: before the dawn prayer and when you put aside your clothing [for rest] at noon and after the night prayer. [These are] three times of privacy for you. There is no blame upon you nor upon them beyond these [periods], for they continually circulate among you - some of you, among others. Thus, Allah makes the verses clear to you, and Allah is Knowing and Wise.

ایمان والو! تم سے تمہاری ملکیت کے غلاموں کو اور انہیں بھی جو تم میں سے بلوغت کو نہ پہنچے ہوں (اپنے آنے کی) تین وقتوں میں اجازت حاصل کرنی ضروری ہے۔ نماز فجر سے پہلے اور ظہر کے وقت جب کہ تم اپنے کپڑے اتار رکھتے ہو اور عشا کی نماز کے بعد، یہ تینوں وقت تمہاری (خلوت) اور پردہ کے ہیں۔ ان وقتوں کے ماسوائے تو تم پر کوئی گناہ ہے نہ ان پر۔ تم سب آپس میں ایک دوسرے کے پاس بکثرت آنے جانے والے ہو (ہی)، اللہ اسی طرح کھول کھول کر اپنے احکام تم سے بیان فرما رہا ہے۔ اللہ تعالیٰ پورے علم اور کامل حکمت والا ہے۔

# Significance of Qailoolah

Surat An-Nūr; Ayah 58

(۴۲) آیات: ۲۷ تا ۲۹ میں یہ حکم دیا گیا تھا کہ کسی دوسرے کے گھر میں اجازت مانگے بغیر داخل نہیں ہونا چاہئے۔ عام طور سے مسلمان اس پر عمل کرنے لگے تھے، لیکن کسی گھر کے غلام باندیوں اور نابالغ لڑکے لڑکیوں کو چونکہ بکثرت گھروں میں آنا جانا رہتا تھا، اس لئے وہ اس کی پابندی نہیں کرتے تھے۔ چنانچہ بعض واقعات ایسے پیش آئے کہ لوگ کسی کے گھر میں ایسے وقت بلا اجازت داخل ہو گئے جو اس کے آرام اور تنہائی کا وقت تھا، جس سے نہ صرف یہ کہ اس کو تکلیف ہوئی، بلکہ بے پردگی بھی ہوئی۔ اس پر یہ آیات نازل ہوئیں، اور ان میں یہ واضح کر دیا گیا کہ کم از کم تین اوقات میں ان لوگوں کو بھی بلا اجازت گھروں میں داخل نہیں ہونا چاہئے۔ یہ تین اوقات وہ ہیں جن میں عام طور سے انسان تنہائی پسند کرتا ہے، اور بے تکلفی سے صرف ضروری کپڑوں میں رہنا چاہتا ہے، اور ایسے میں کسی کے اچانک آجانے سے بے پردگی کا بھی احتمال رہتا ہے۔ البتہ دوسرے اوقات میں چونکہ یہ خطرہ نہیں ہے، اس لئے ضرورت کی وجہ سے ان کو بلا اجازت بھی چلے جانے کی اجازت دی گئی ہے۔



Time  
25

THE  
LAST MUGHAL



THE FALL OF A DYNASTY: DELHI, 1857

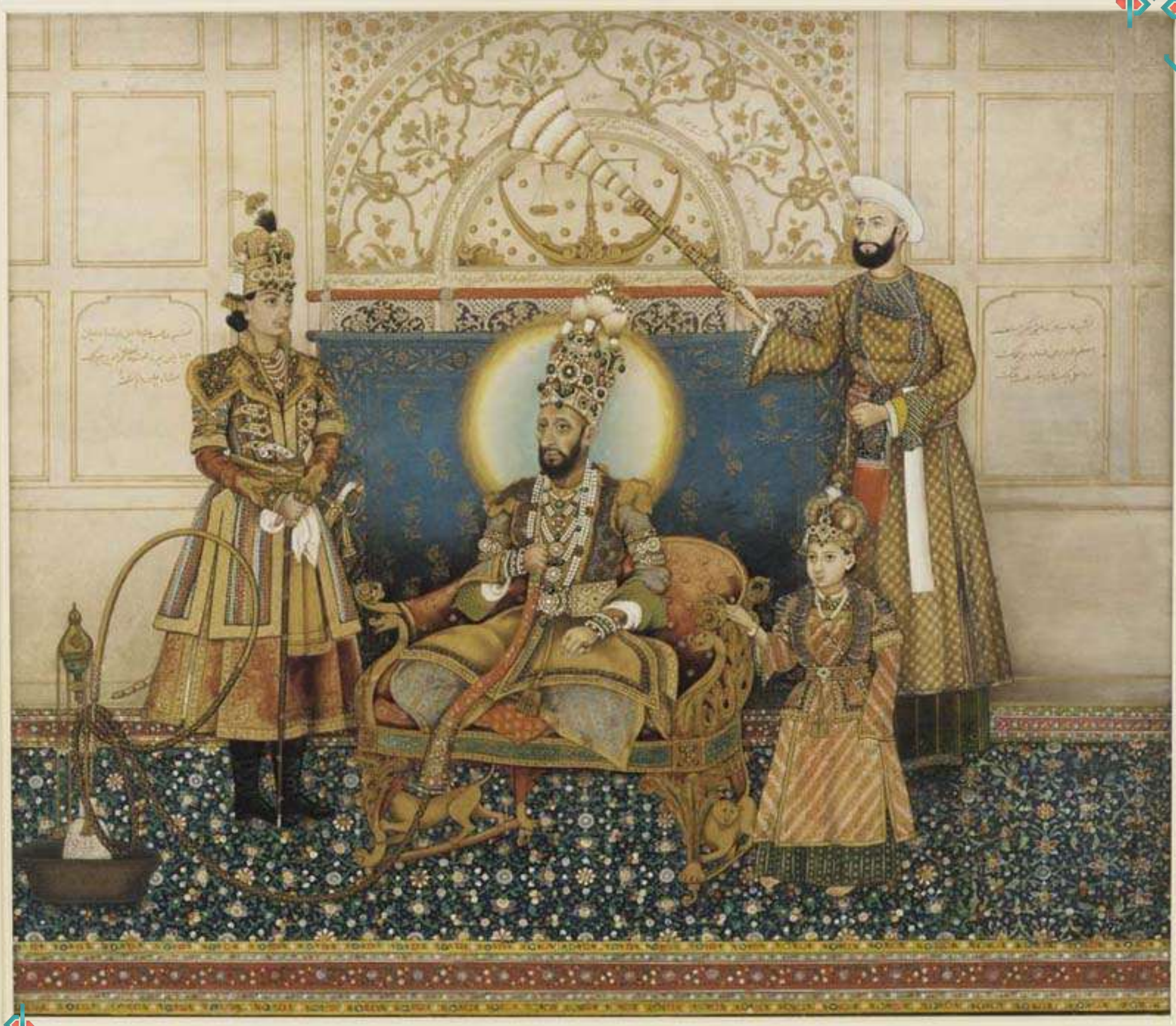
WILLIAM DALRYMPLE

The year 1857 in India, referred to as the Mutiny or the Uprising by historians, is at least agreed to have been a pitiless war. From that point of consensus, Dalrymple expands on the implacable violence that destroyed Delhi and uncounted thousands of people in the course of fighting between the British and their Indian allies, and the complex cast of insurrectionists. Dalrymple's account is an original, important contribution to the controversies of 1857, for it draws on an archive "virtually unused" by historians; it includes papers generated by the anti-British forces during their temporary control of the city. After killing most of the Europeans and Christians in reach, they rallied around Delhi's figurehead Mughal ruler, the octogenarian Bahadur Shah Zafar II. Dalrymple presents Zafar as a kindly but indecisive soul who was flummoxed by the surrounding atrocities. Surviving the bloodbath the vengeful British inflicted, Zafar, exiled to Burma with his dynasty extinguished, earns Dalrymple's sympathy. His riveting narrative will engross readers of the annals of British imperialism. *Gilbert Taylor*

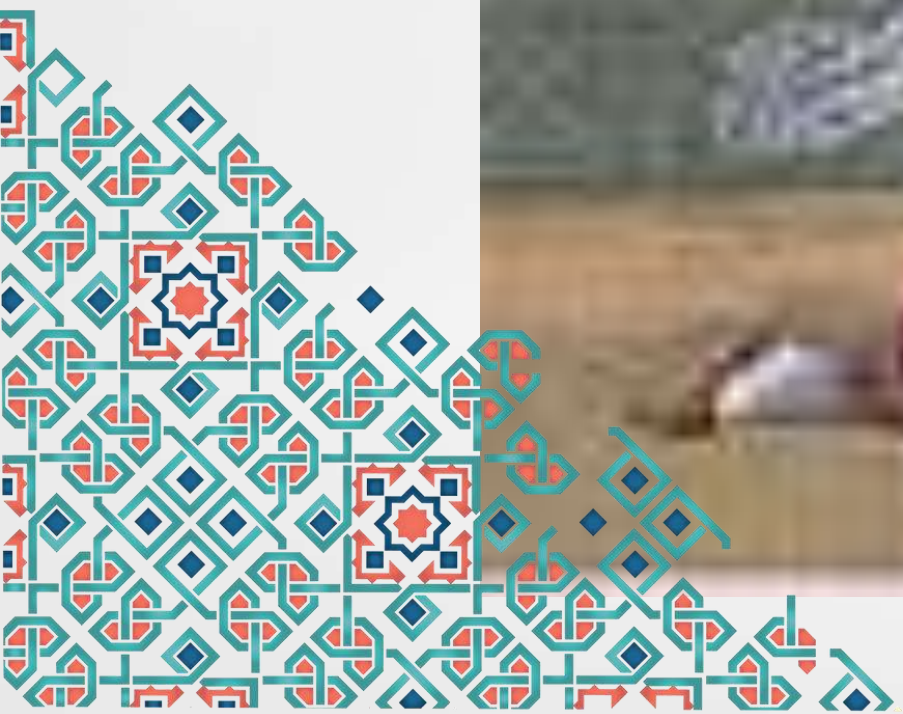
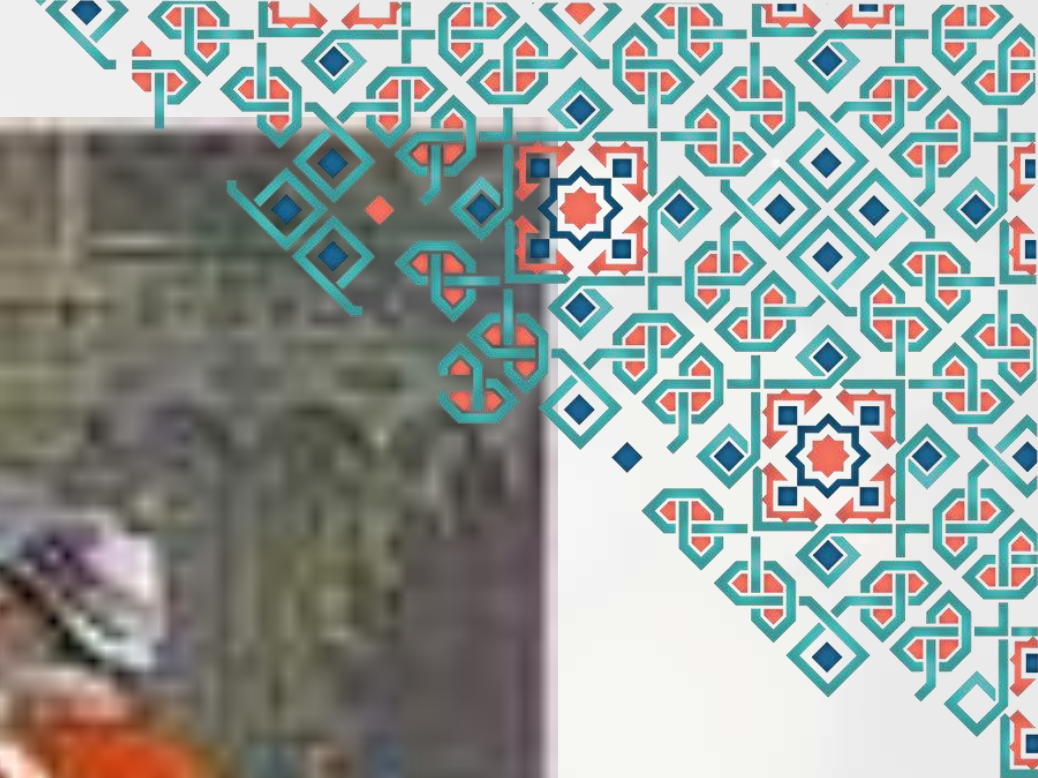
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the [Hardcover](#) edition.*

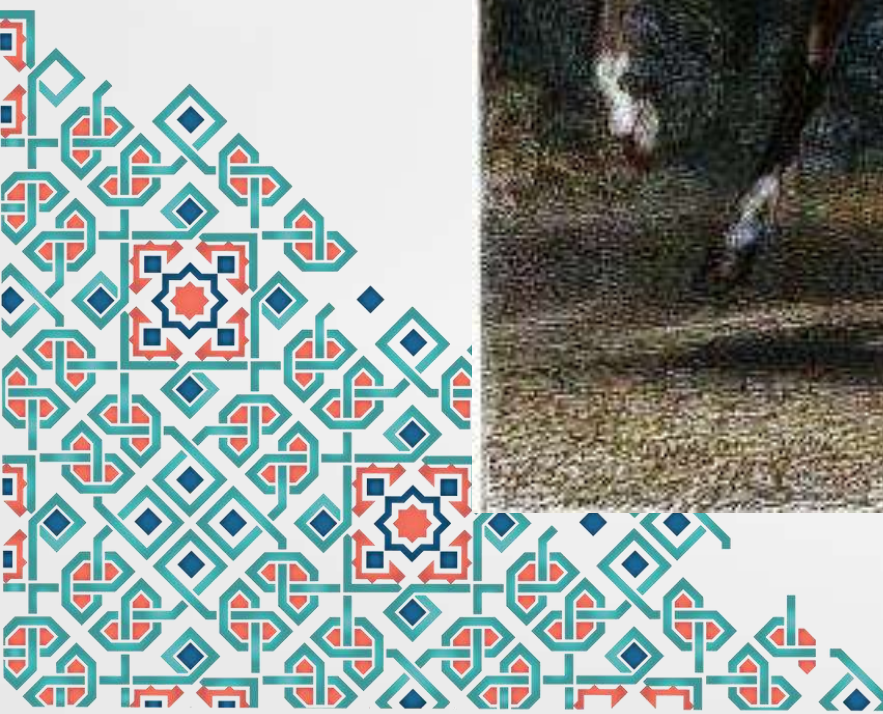
# THE LAST MUGHAL BY WILLIAM DALRYMPLE

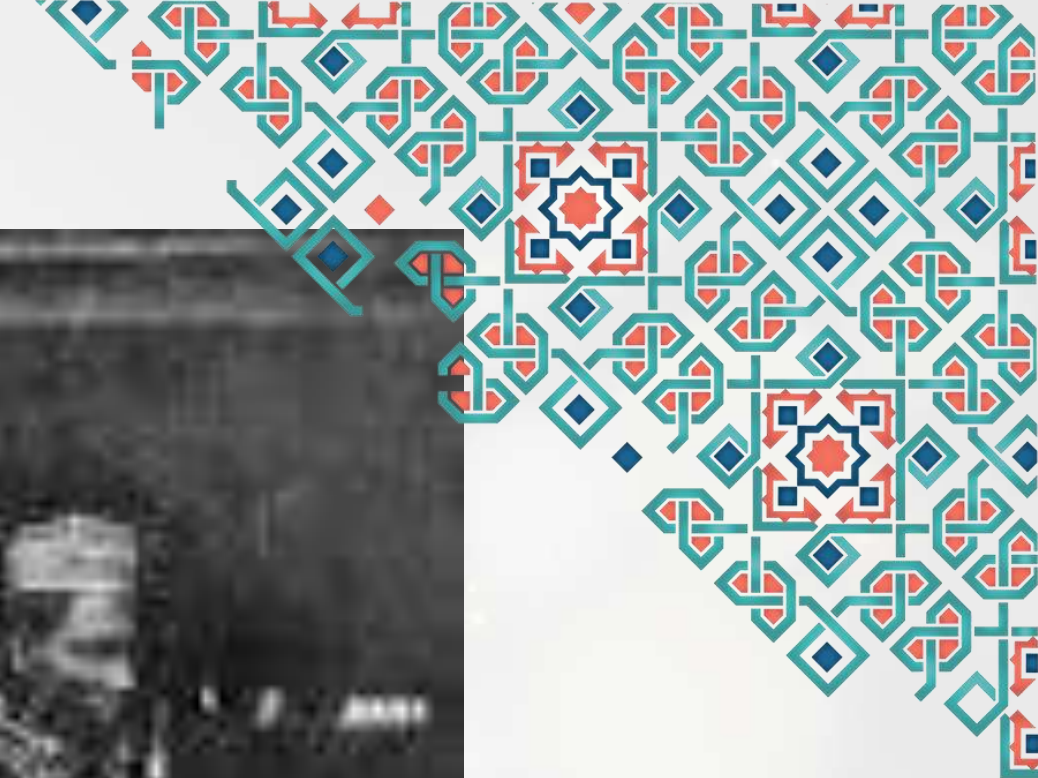
- The British were the first to get up at 3:30 am, when the poetic mushairas of the Mughals were still in full flow in the Red Fort.
- A long session of drill in the cantonment parade ground lay ahead.
- Although the manager of Delhi Bank had been at work since 9 am, it was eleven o'clock before the first shopkeepers began turning up.
- Just as Chandni Chowk was waking up, in the cantonment the working day was already drawing to a close and most of the soldierly duties were already completed.
- Soon after 1 pm, as the British was heading back with day's work completed , things were just beginning to stir in the Red Fort.















س کے دم واپسی میں ساتھ ہیں۔ آفتاب ابھی غروب نہ ہوا تھا کہ اس بادشاہ نے فانی دنیا کو اپنی غسرت کی تصویر دکھا کر دنیا سے کوچ کیا

شاہ جہاں آباد کا یہ گویا ہر آبدار رنگوں کی خاک میں ابدی نیند سو گیا۔ فاعْتَابِرُوا أَوْلَى الْأَبْصَالِ  
چو وہ جمادی الاولین، ہمد کار روز وقت عصر: حالت قید و بے کسی تھی یہ گھنٹری بہت کٹھن  
تاریخ وفات: موت نے شاہ ہند سے عرض کیا وطن سے دور: غلہ ہے آپ کا وطن آئے لطف جلا وطن

**BAHADUR SHAH, EX-KING OF DELHI,**

**DIED AT RANGOON, NOVEMBER 7<sup>TH</sup> 1862.**

**AND WAS BURIED NEAR THIS SPOT.**

**ZINATH MAHAL WIFE OF BAHADUR SHAH**

**WHO DIED ON THE 17<sup>TH</sup> JULY 1886**

**WAS ALSO BURIED NEAR THIS SPOT**

ملکہ نواب زینت محل! علی اللہ مقامہا تاریخ وفات - ۱۳ شوال الحکم ۱۲۸۲ھ بمطابق، جولائی ۱۸۸۶ء  
ملکہ زینت محل! علی اللہ مقامہا تاریخ وفات - ۳۰ ربيعہ ۱۳۰۳ھ بمطابق، اپریل ۱۹۳۰ء

முஹம்மது ஜாபர் ஜிாராஜுதின்  
பஹதூர் பாத்துலா இறந்த தினம் ۷

◀ 7-11-1862. வருஷம். ▶

منفرد کوش  
۱۳۰۳ھ

شاہ جہاں آباد کا یہ گورہ آباد رانگون کی خاک میں ابدی نیند سو گیا ہے۔ فاعتبرو یا اولی الابصار  
چو ذہ جمادی الاولین، جمدہ کار و ز وقت عصر ہے۔ حالت قید و بے کسی تھی یہ گھسری بہت کٹھن  
تاریخ وفات ہے۔ موت نے شاہ ہند سے، عرض کیا وطن سے دور ہے۔ خلد ہے آپ کا وطن آئے نطفہ جلا وطن

**BAHADUR SHAH. EX-KING OF DELHI,**

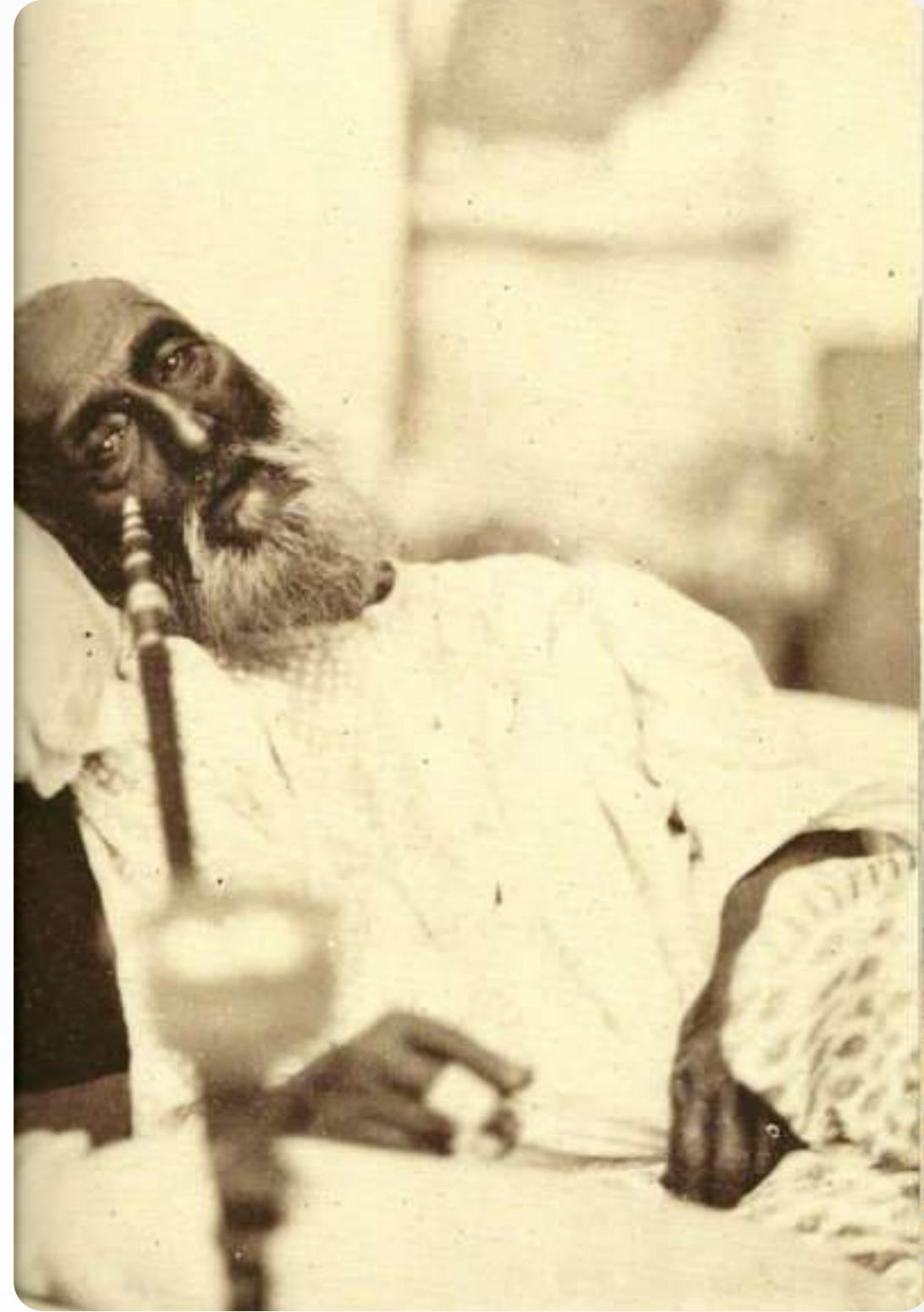
**DIED AT RANGOON, NOVEMBER 7<sup>TH</sup> 1862,**

**AND WAS BURIED NEAR THIS SPOT.**

**ZINATH MAHAL WIFE OF BAHADUR SHAH**

# Bahadur Shah Zafar's Miserable Last Days

لگتا نہیں ہے دل مرا اجڑے دیار میں  
کس کی بنی ہے عالم ناپائیدار میں  
ان حسرتوں سے کہہ دو کہیں اور جا بسیں  
اتنی جگہ کہاں ہے دل داغدار میں  
کانٹوں کو مت نکال چمن سے او باغباں  
یہ بھی گلوں کے ساتھ پلے ہیں بہار میں  
بلبل کو باغباں سے نہ صیاد سے گلہ  
قسمت میں قید لکھی تھی فصل بہار میں  
کتنا ہے بد نصیب ظفرِ دُفن کے لیے  
دو گرزین بھی نہ ملی کوئے یار میں

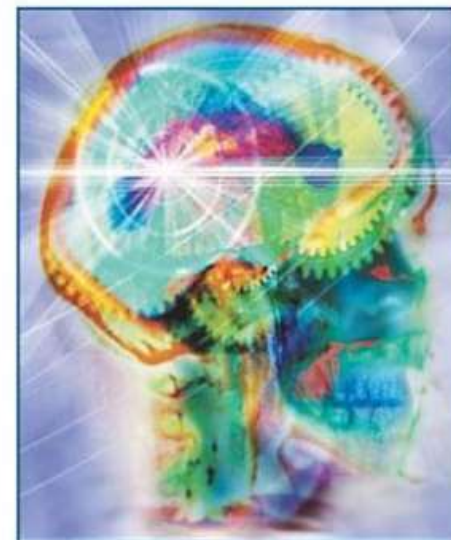




# Understanding the Brain

- ◆ **A lobe-by-lobe tour** of the brain and its biology
- ◆ **Fascinating facts** about the brain's many functions
- ◆ **Brain boosting suggestions** for measuring and increasing your intelligence

**Arthur S. Bard, M.D. and  
Mitchell G. Bard, Ph.D.**



Almost everything you read in the newspapers, and particularly the tabloids, is either old news in the medical community or unproven. As you can see from this handful of examples, stories about the brain range from the wildly optimistic to the depressing to the downright dangerous. You should always check with a physician concerning anything that sounds like an extraordinary development or medical cure.

## The Great Unknown

The brain is complex, and over the centuries that complexity has been translated to knowledge about the structure and function of the brain. Still, we know remarkably little about the brain. In the next few chapters, we're going to share with you a good deal of what is known.



### Gray Matter

"The brain is a world consisting of a number of unexplored continents and great stretches of unknown territory."

—Santiago Ramon y Cajal

Some of your questions may be left unanswered because scientists and physicians have been searching for centuries to find answers to those same questions. No one truly understands the miraculous functioning of the brain, but you're going to be a whole lot closer in about 300 pages or so.

## The Least You Need to Know

- ◆ Your brain is small and squishy; it is comprised mostly of water and uses one fifth of your body's blood and 20 percent of its energy.
- ◆ Darwin discovered that the fittest species survive and that related organisms descended from common ancestors.
- ◆ Most human brain development occurs in the womb and in the first two years of life. By age five, the brain is roughly the size and weight it will be for life.
- ◆ The brain is often compared to a computer, but it is far more complex than any machine.
- ◆ Don't believe everything you read in the paper. Medical news is often old or unproven. There is still more we don't know about the human brain than we do know.

Excerpt from the book:  
**Understanding the Brain**  
by *Arthur S. Bard, M.D.*  
*Mitchell G. Bard, Ph.D.*

*"Don't believe everything you read in the paper. Medical news is often old or unproven. There is still more we don't know about the human brain than we do know".*

# Why do we sleep?



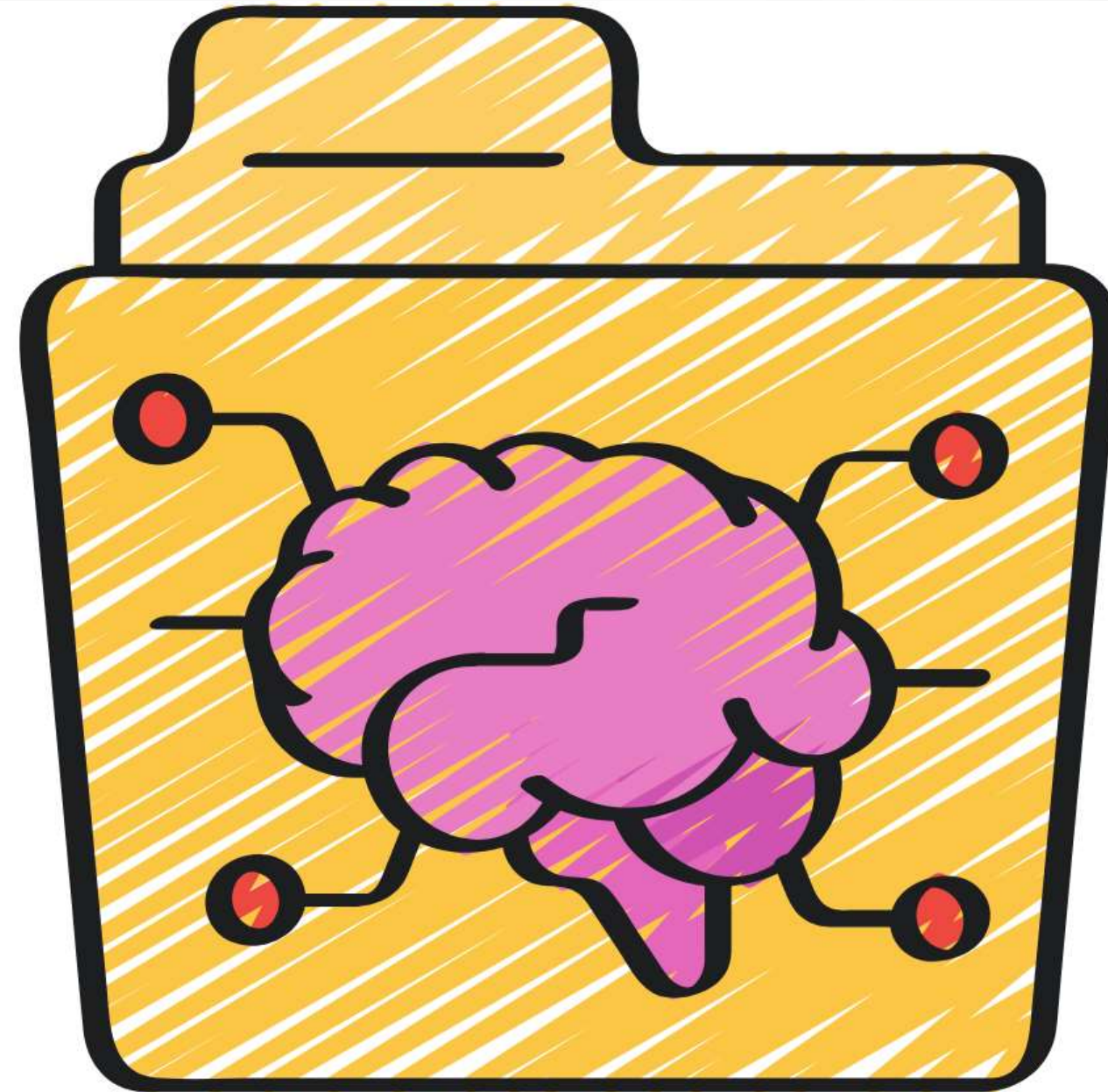
Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep—and getting enough of it at the right times—is as essential to survival as food and water. Without sleep, you can't form or maintain the pathways in your brain that let you learn and create new memories. Lack of sleep makes it harder to concentrate and respond quickly.

Sleep is essential to several brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role in removing toxins in your brain that build up while you are awake.

Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body—from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of health problems like high blood pressure, cardiovascular disease, diabetes, depression, and obesity.

Far from being a simple, passive activity, sleep is a complex and dynamic process. It affects how you function in ways that scientists are now beginning to understand, with ongoing research shedding light on its many roles and functions.

# #1: Information Consolidation Theory



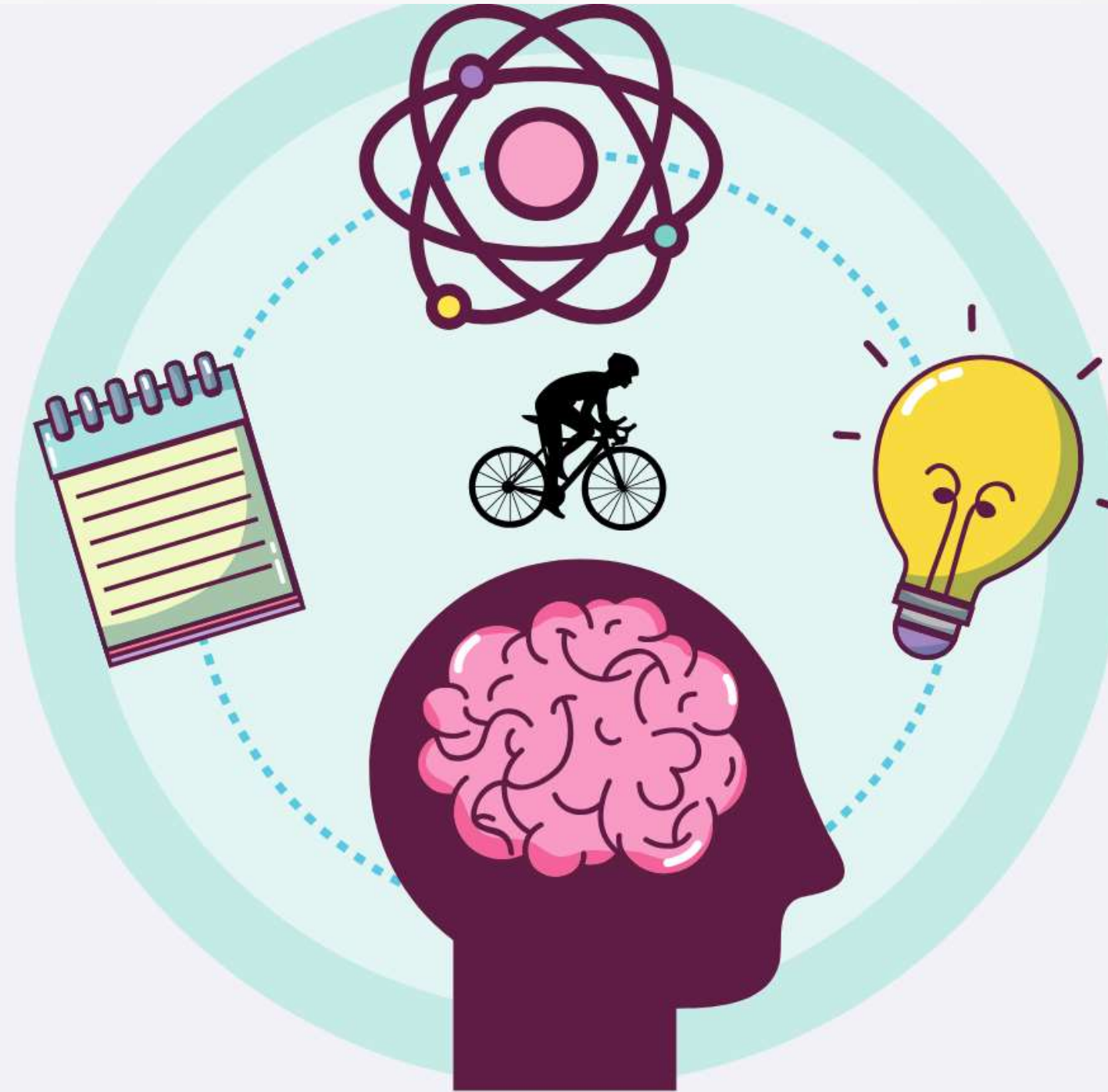
Sleep helps our brain process, organize, and store information gathered during the day. It's like filing away memories and lessons so that we can retrieve them later. This helps in learning and decision-making.

# #2: Brain Detox and Refueling Theory



While we sleep, our brain cleanses itself of toxic waste products that build up during the day. It also recharges by restoring energy, making sure we are mentally ready for the next day.

# #3: Skill Mastery Theory



Sleep helps in mastering new skills, whether physical (like riding a bike) or mental (like solving puzzles). It's as if the brain practices while we are asleep, refining skills for future use.

# #4: Body Restoration and Growth Theory



During sleep, the body focuses on repair and growth. It releases growth hormones that heal tissues, build muscle, and promote overall health, making sleep essential for physical recovery.

# Sleep: A Means for Rest

Surat An-Naba; Ayah 9

وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا ۝

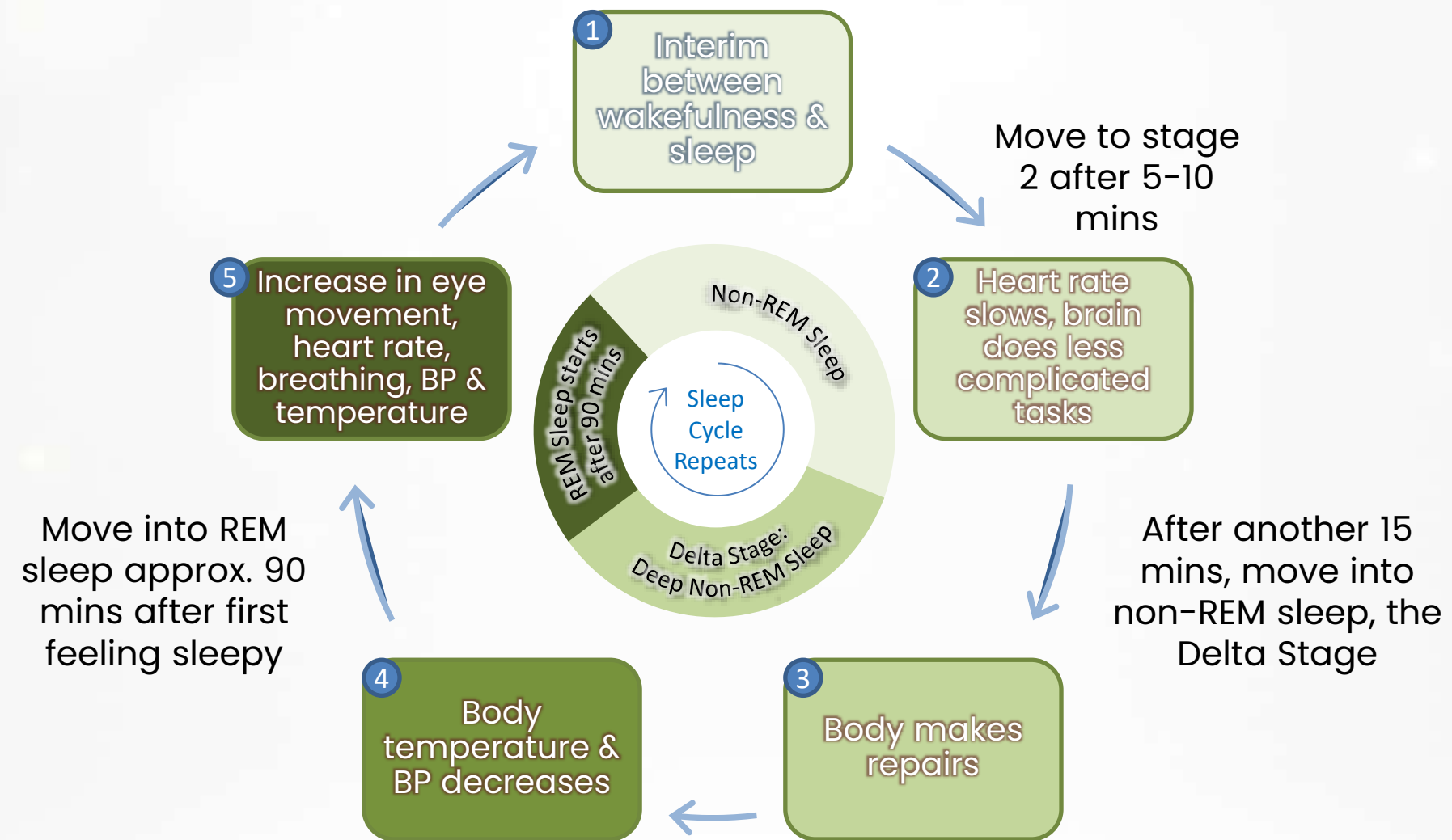
And made your sleep [a means for] rest.

اور ہم نے تمہاری نیند کو آرام کا سبب بنایا۔

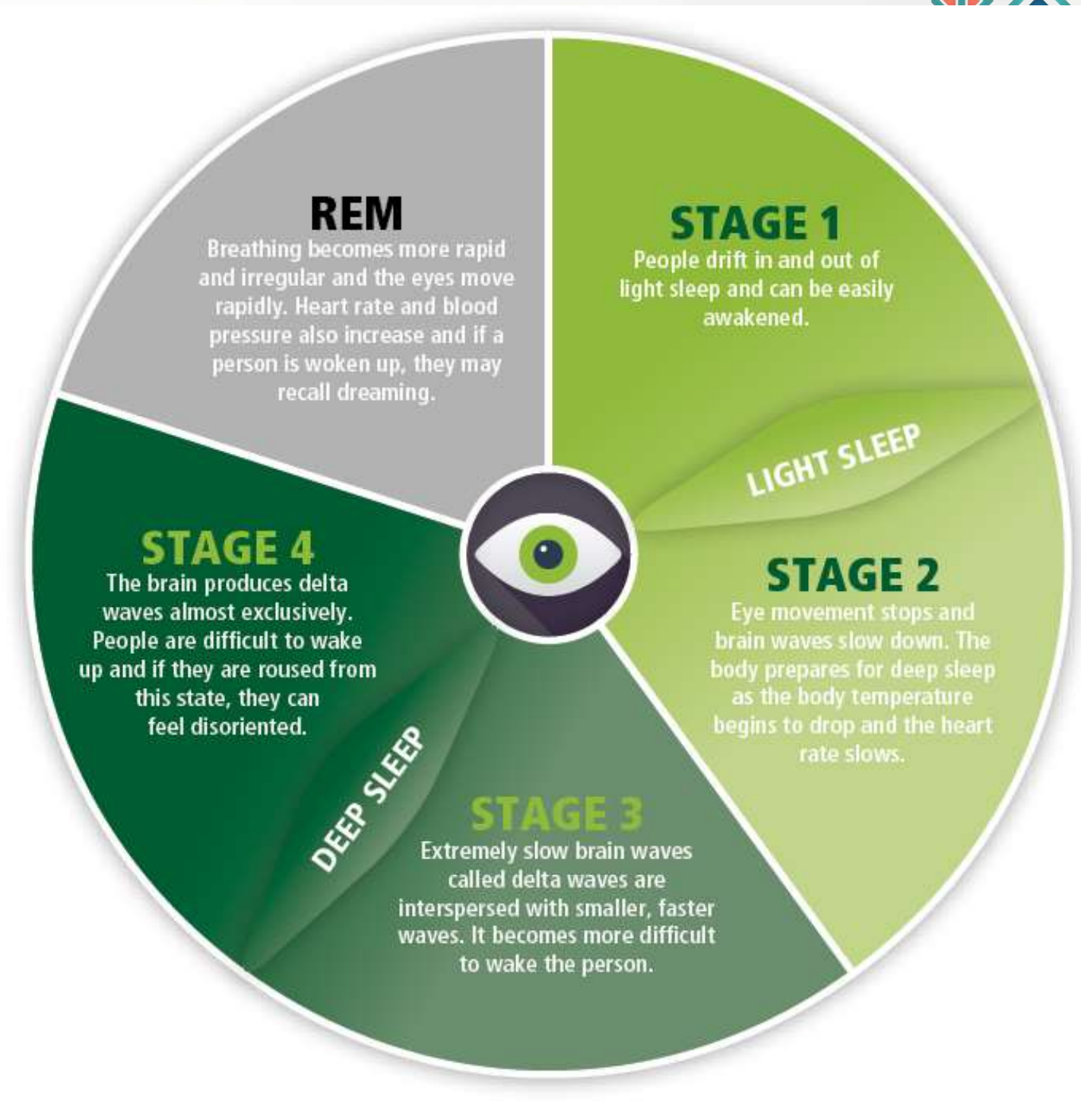
پھر انسان کی راحت اور کاروبار کے لئے سازگار حالات پیدا کرنے کا ذکر فرمایا، اسمیں ایک یہ ارشاد ہے: **جَعَلْنَا نَوْمَكُمْ سُبَاتًا**، **سُبَات** سبت سے مشتق ہے جس کے معنی مونڈنے اور قطع کرنے کے ہیں، نیند کو حق تعالیٰ نے ایسی چیز بنایا ہے کہ وہ انسان کے تمام ہموم و غموم اور افکار کو قطع کر کے اسکے قلب و دماغ کو ایسی راحت دیتی ہے کہ دنیا کی کوئی راحت اسکا بدل نہیں ہو سکتی، اسی لئے **سُبَات** کا ترجمہ بعض حضرات نے راحت سے بھی کیا ہے۔



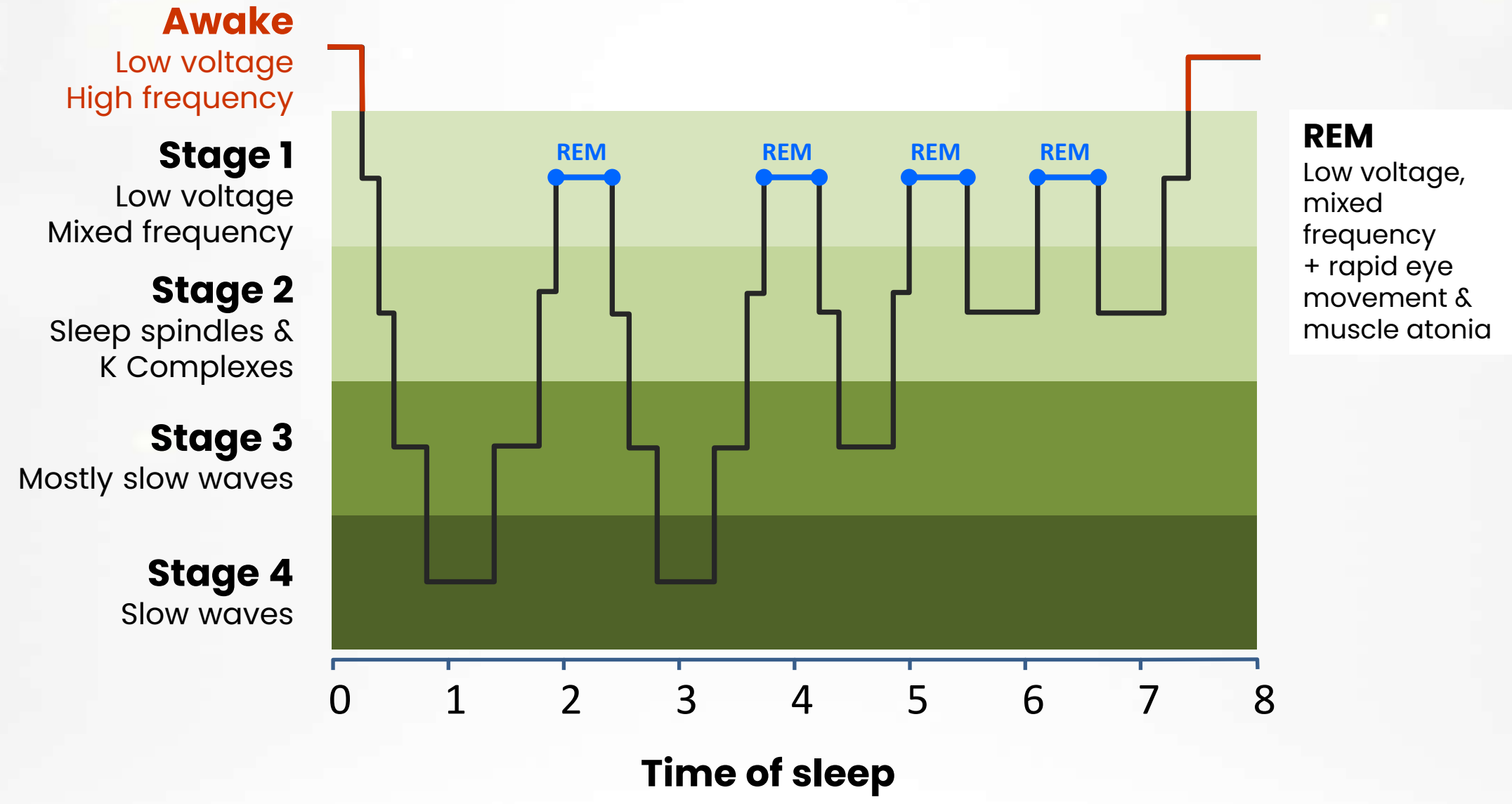
# Sleep Cycle



# Sleep Cycle



# Sleep Cycle



# Sleep Duration & Quality

	Person A	Person B
Sleeps	8 Hours	6 Hours
REM	2 Hours	3 Hours

# Circadian Rhythm (The Biological Clock)



Circadian Rhythm is the natural, internal clock that regulates the sleep-wake cycle over a 24-hour period. It helps control when we feel awake and when we feel sleepy based on environmental cues like light and darkness.

# Circadian Rhythm (The Biological Clock)

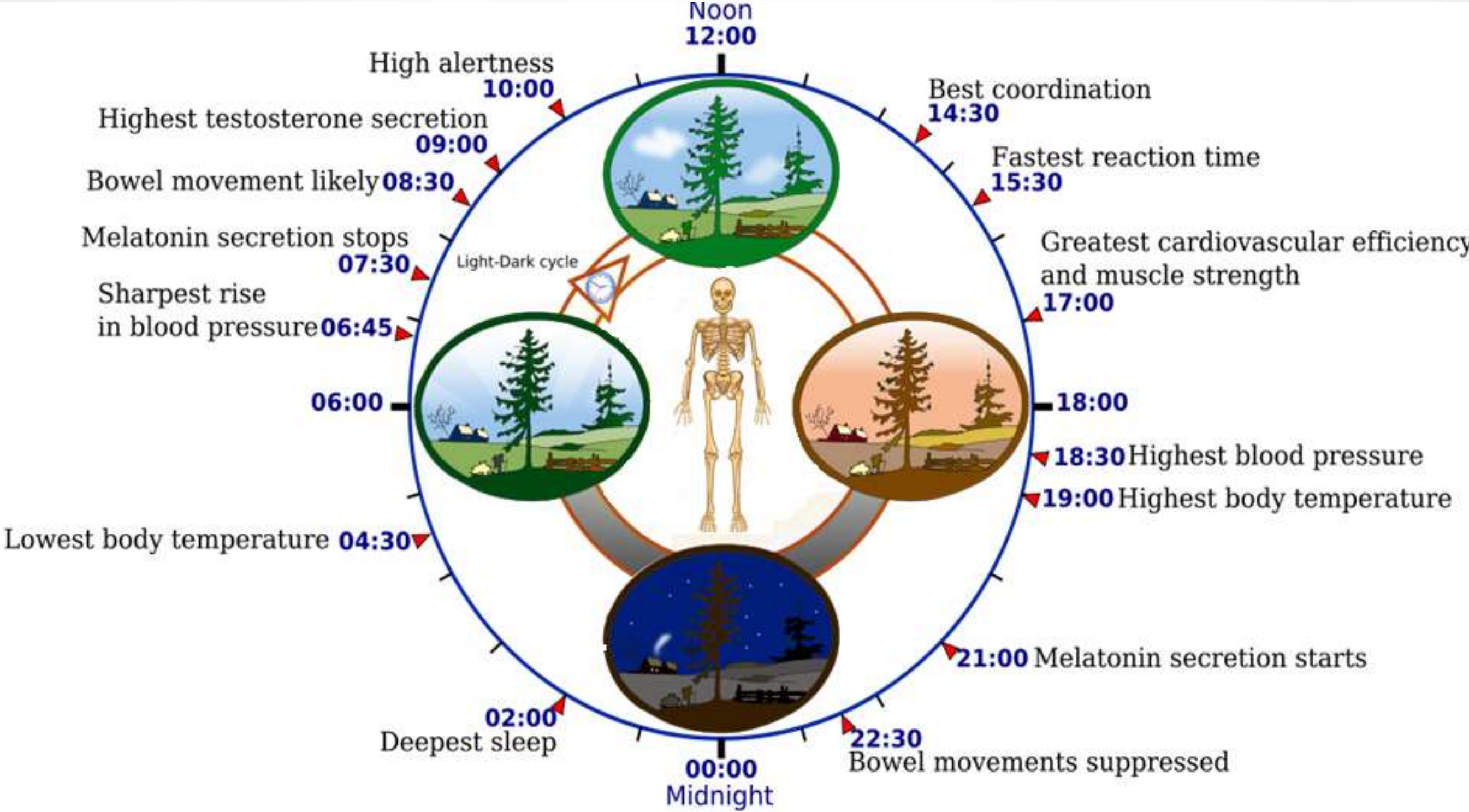
- There is a correlation between circadian rhythm and heart disease, as cholesterol and other hormones are linked to circadian rhythm.
- Cortisol, a stress hormone, is also related to light.
- When one's circadian rhythm is disrupted, sleeping and eating patterns can run amok.<sup>1</sup>
- A disrupted circadian rhythm can have effects like increasing the chances of cardiovascular issues, obesity, and a correlation with neurological problems like depression and bipolar disorder.<sup>1</sup>

<sup>1</sup> – <https://www.psychologytoday.com/basics/circadian-rhythm>



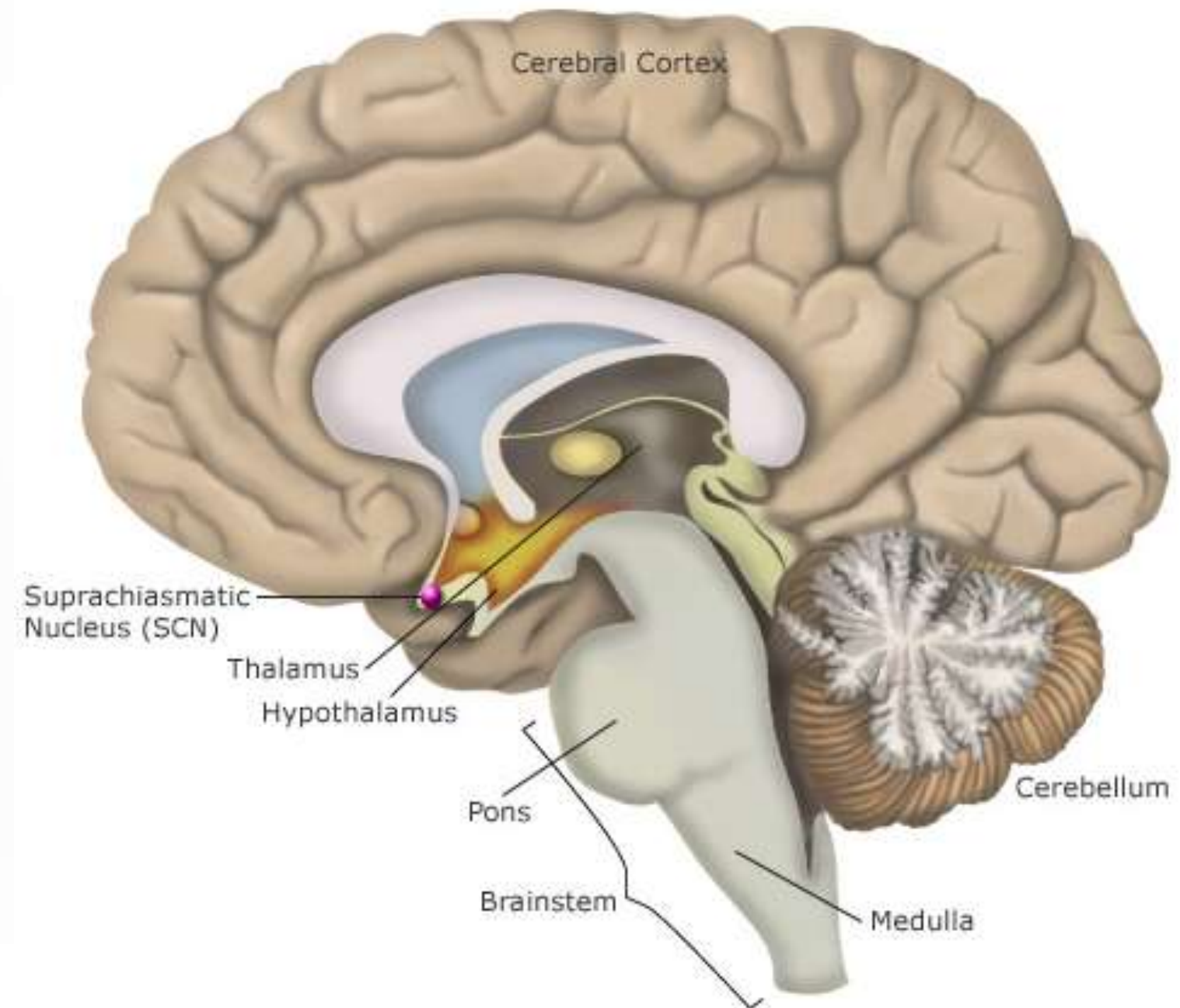
## Circadian Rhythm

# Circadian Rhythm



# 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.





# Serotonin – “A chemical of happiness”

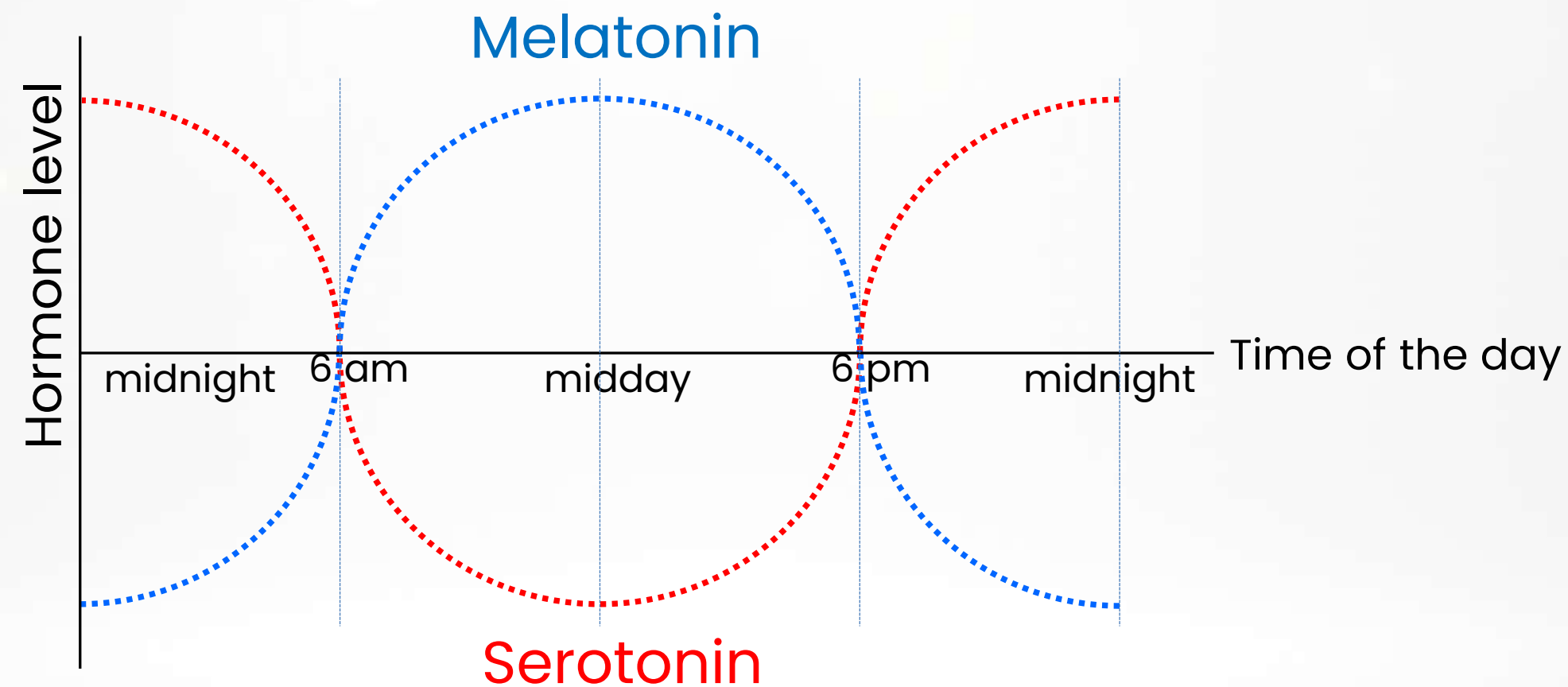
- Serotonin is a chemical in the brain that helps regulate mood, emotions, and sleep patterns.
- It helps improve mood and feelings of well-being, often called the “feel-good” chemical.
- Serotonin is a key player in controlling sleep, as it aids in the production of melatonin, the hormone that regulates the sleep-wake cycle.
- During the day, serotonin keeps us awake and alert; at night, it helps signal the body to transition into sleep mode.
- Regular exposure to sunlight, a balanced diet, and physical activity can help maintain healthy serotonin levels and improve sleep quality.

# Melatonin – “The Hormone of Sleep”

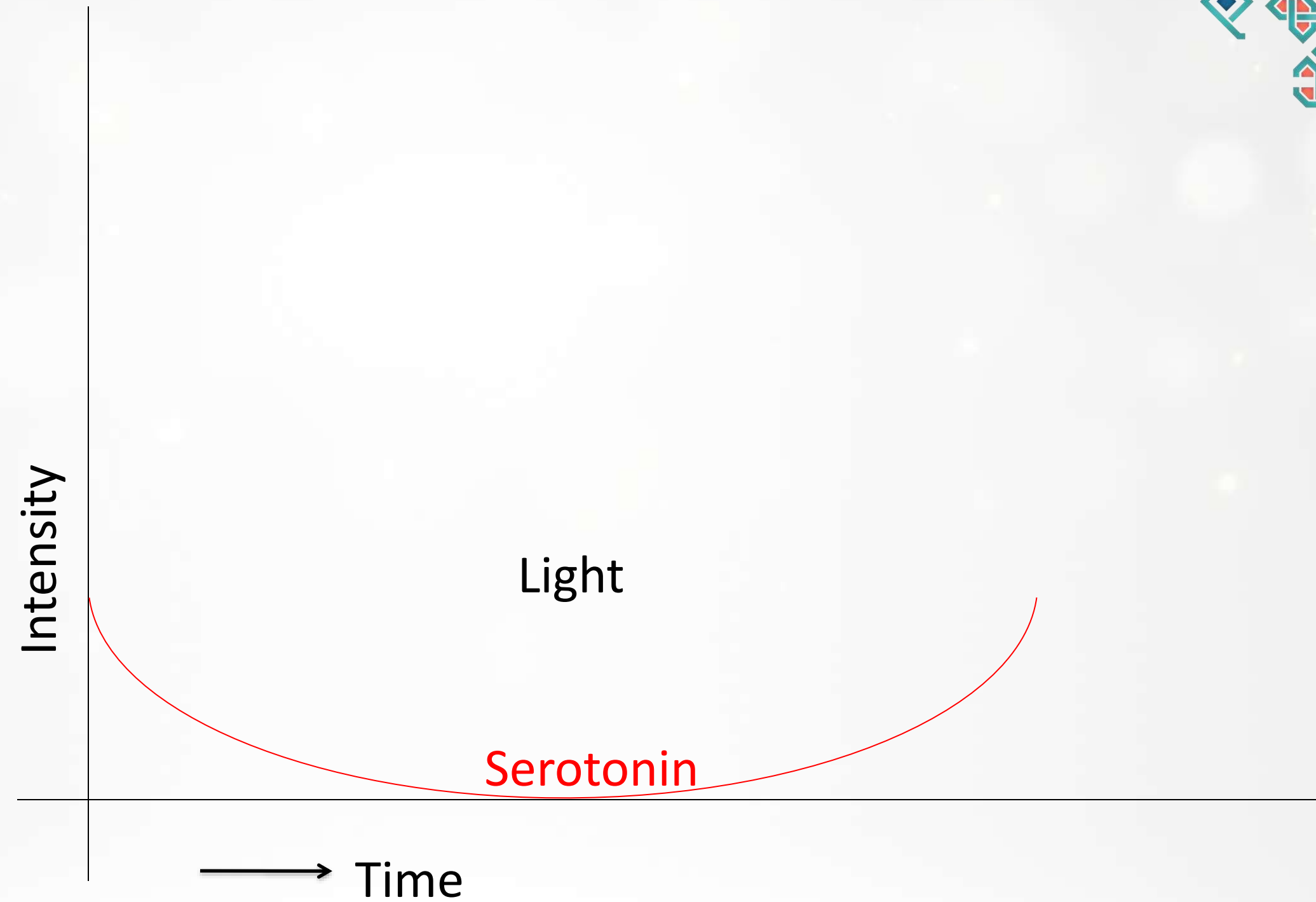
- Melatonin is a hormone produced by the pineal gland in the brain, which helps regulate the sleep-wake cycle.
- The body produces more melatonin in response to darkness, signaling that it's time to sleep.
- Melatonin helps control your sleep patterns by making you feel sleepy and preparing your body for rest.
- Exposure to light, especially sunlight, decreases melatonin production, helping you stay awake and alert during the day.
- People with sleep problems sometimes use melatonin supplements to help regulate their sleep cycle, especially if it's disrupted by jet lag or shift work.

# Bio-rhythm: Balancing Activity & Rest

- The bio-rhythm is regulated by serotonin and melatonin
- The hormone levels are affected by the amount of light. Serotonin levels increase by abundance of light and melatonin is increased by the lack of light.



# Bio-rhythm: Balancing Activity & Rest



# Stimulants

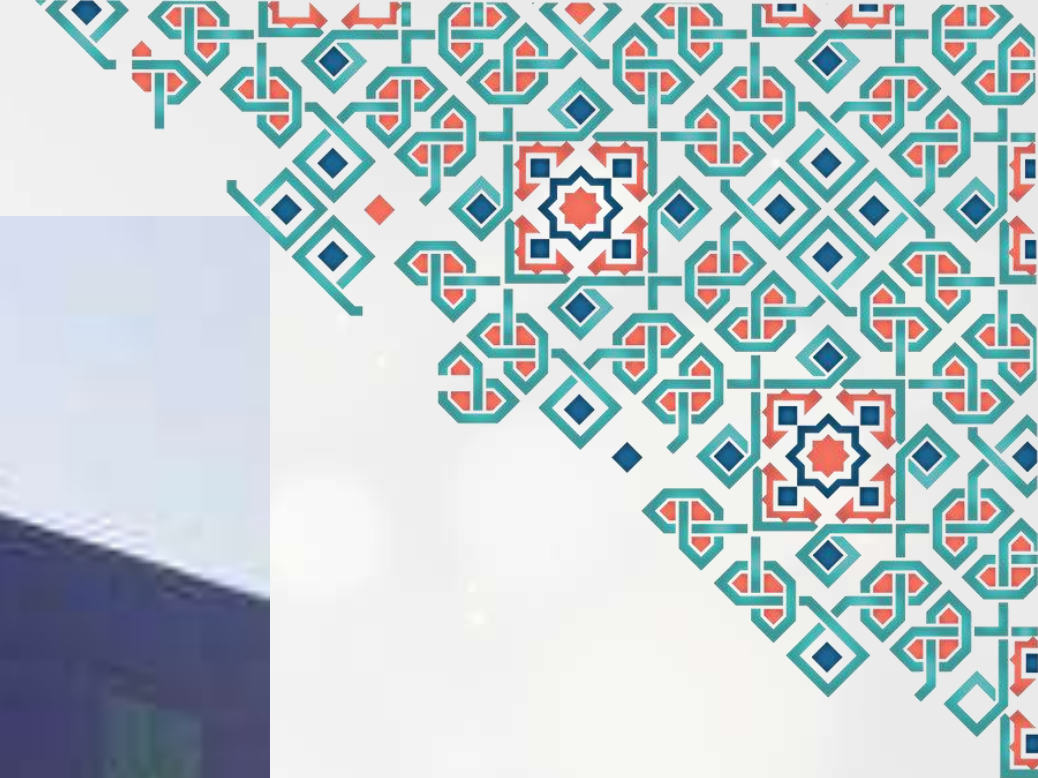
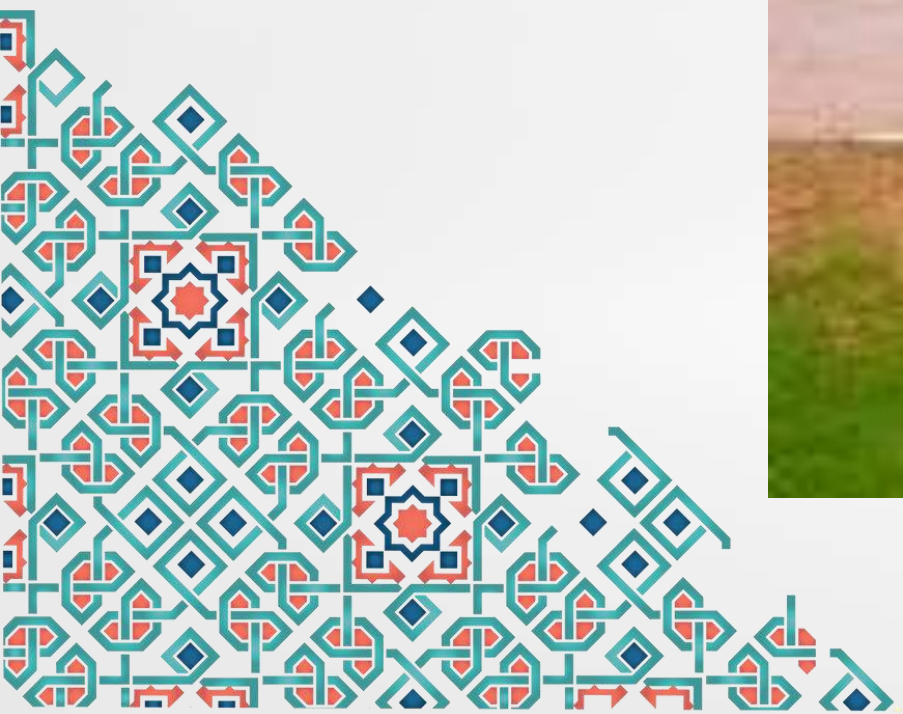
- Stimulants are drugs that temporarily increase alertness and wakefulness.
- They usually have increased side effects and are widely used throughout the world as prescription medicines and as illicit substances of recreational use or abuse.
- Stimulants are used both individually and clinically for therapeutic purposes in the treatment of a number of indications, including the following:
  - To counteract lethargy and fatigue
  - To reduce sleepiness and to keep the person awake when necessary.
  - To decrease appetite and promote weight loss (phentermine).
  - To improve concentration and focus while at work or school, especially for those with attentional disorders such as ADHD.
  - Occasionally, they are also used off-label to treat clinical depression.



## Stimulants

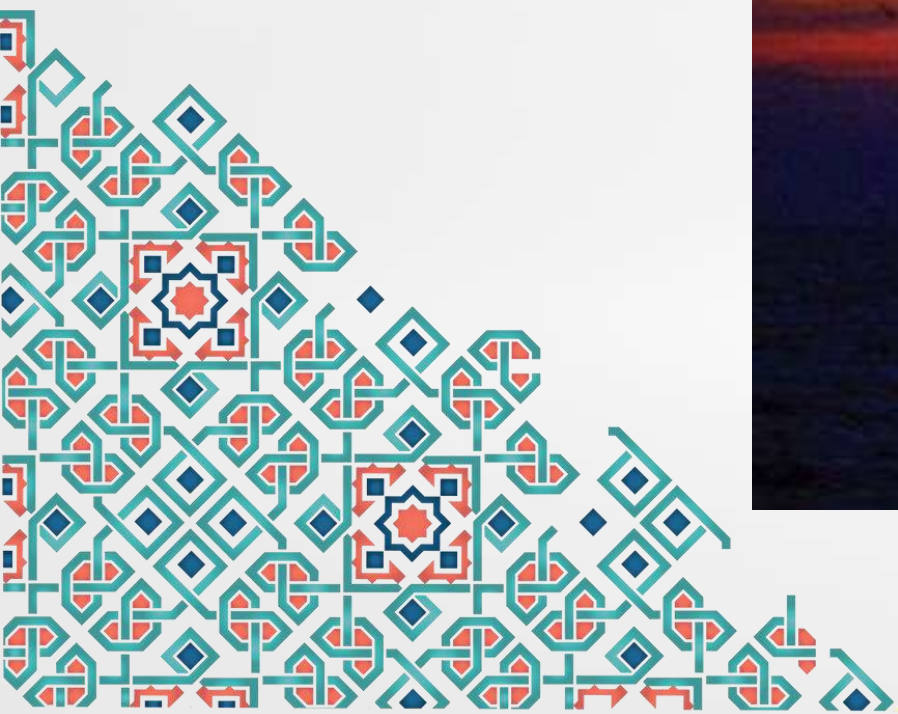
# Stimulants - Caffeine

Caffeine is the world's most widely used psychoactive drug and by far the most common stimulant.







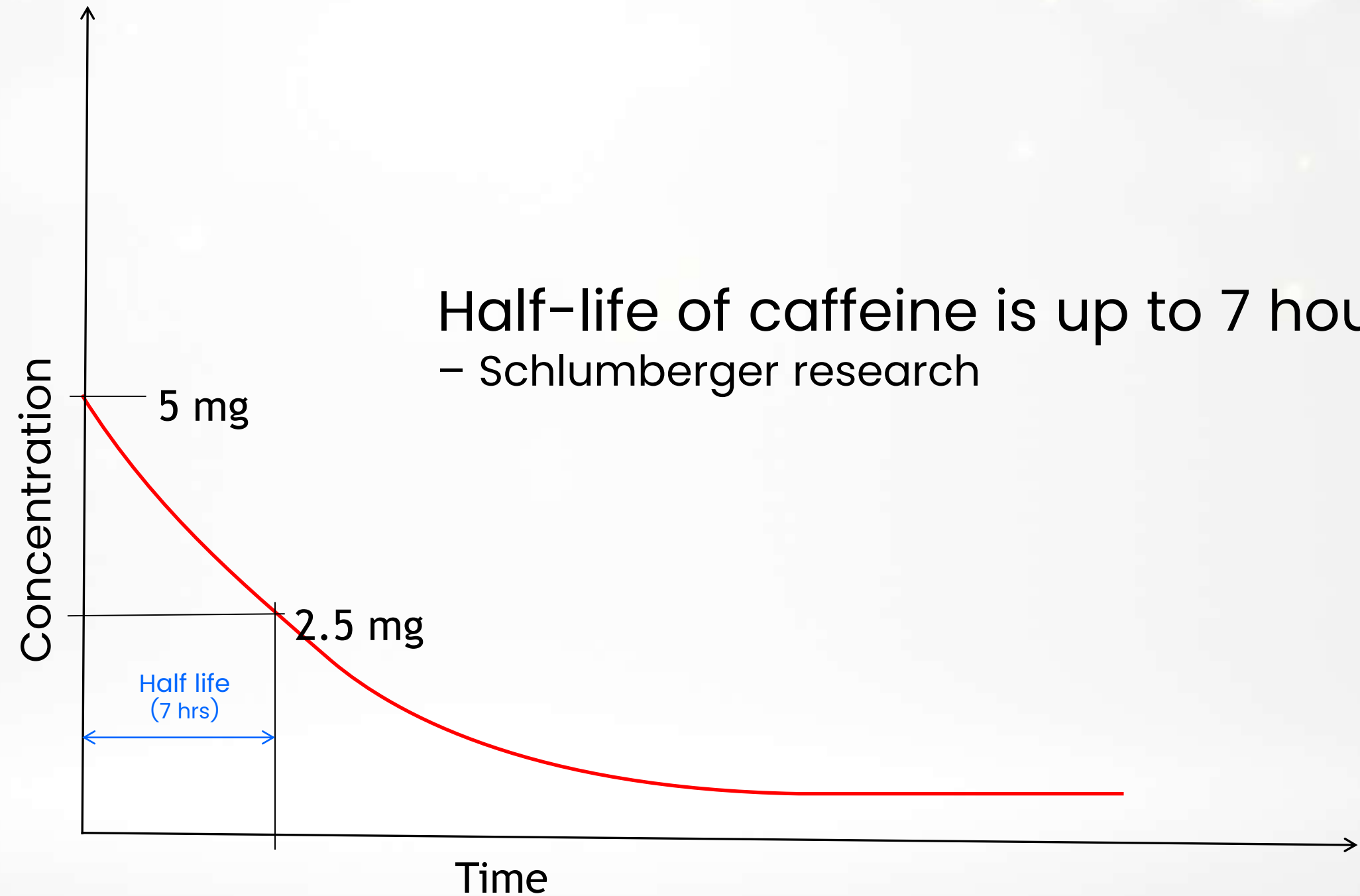


# Positive aspects of Caffeine

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

# Negative aspects of caffeine

- Half-life of up to 7 hours<sup>1</sup>



# Negative aspects of caffeine

- Half-life of up to 7 hours <sup>1</sup>
- Build-up of tolerance <sup>1</sup>
- Gastrointestinal disturbances <sup>1</sup>
- Increases restlessness <sup>1</sup>
- Disrupts sleep architecture <sup>1</sup>
- More than 4 cups of coffee linked to early death. <sup>2</sup>
- Caffeine could reduce fertility in women by about 27%. <sup>3</sup>

1 – Schlumberger research

2 – Mayo Clinic-partnered study

3 – The University of Nevada School of Medicine study

# Impact of Caffeine on Iron absorption

In Pakistan as a clinician for children and student we are observing greater incidence of "Iron deficiency Anemia" (Lack of Hemoglobin / Blood) which is increasing (about 40 to 60%) in children which may be due to poor intake of iron rich foods or prolonged milk intake inhibiting appetite.

But if some how they do take some food rich in iron as egg, meat, pulses, lobia (kidney beans), green leafy vegetables and have tea immediately or within an hour of consumption then iron absorption is inhibited which badly impacts oxygen carrying capacity of blood and clinically presents as: Irritability, poor concentration, poor learning and understanding in schools, poor appetite, and poor sleep-in children.

In women and mothers, 60 to 80 % are anemic/Iron deficient for which poor dietary in-take, regular/cyclic blood loss and consumption of tea, and beetle nut (Supaari) are the potent reasons.

Dr. Sameena Afghan  
Pediatrician

# Inhibition of food iron absorption by coffee

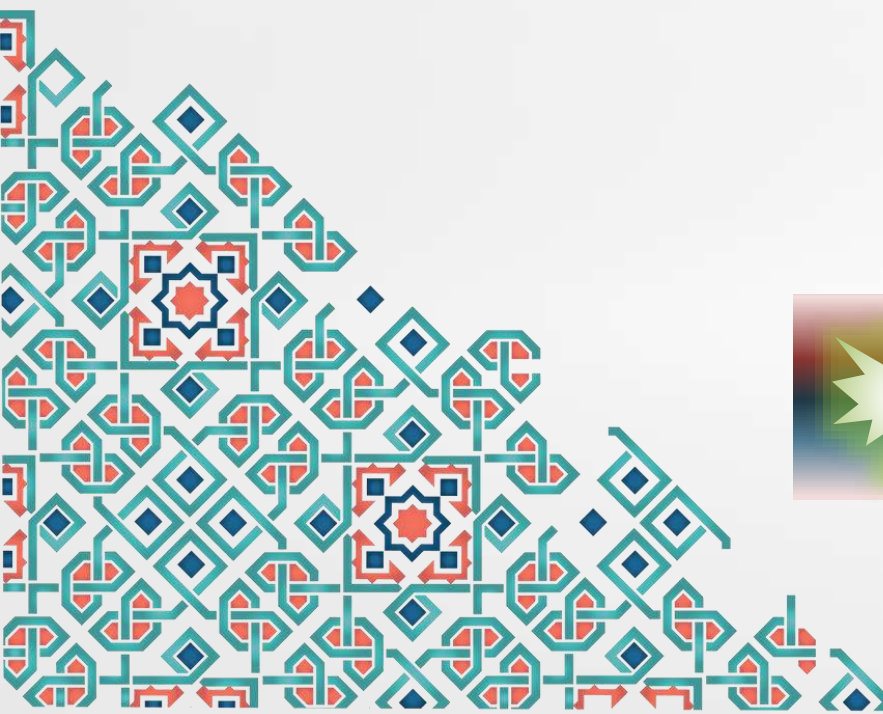
Morck TA, Lynch SR, Cook JD.

## Abstract

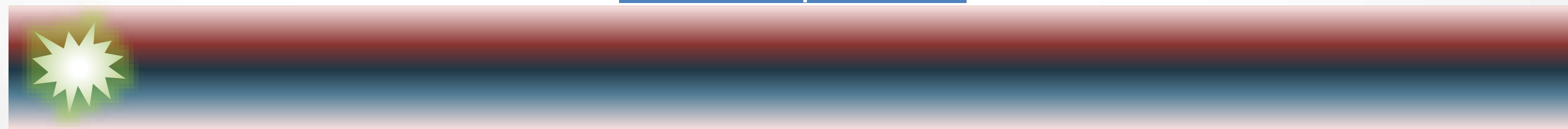
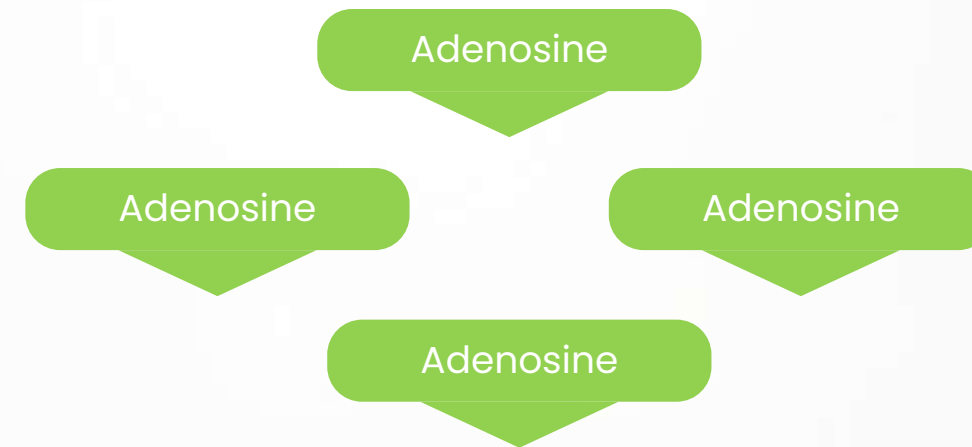
Dual isotope studies were performed in iron replete human subjects to evaluate the effect of coffee on nonheme iron absorption. A cup of coffee reduced iron absorption from a hamburger meal by 39% as compared to a 64% decrease with tea, which is known to be a potent inhibitor of iron absorption. When a cup of drip coffee or instant coffee was ingested with a meal composed of semi-purified ingredients, absorption was reduced from 5.88% to 1.64 and 0.97%, respectively, and when the strength of the instant coffee was doubled, percentage iron absorption fell to 0.53%. No decrease in iron absorption occurred when coffee was consumed 1 h before a meal, but the same degree of inhibition as with simultaneous ingestion was seen when coffee was taken 1 h later. In tests containing no food items, iron absorption from NaFeEDTA was diminished to the same extent as that from ferric chloride when each was added to a cup of coffee. These studies demonstrate that coffee inhibits iron absorption in a concentration-dependent fashion.

[The American Journal of Clinical Nutrition](#): 1983 Mar;37(3):416-20

# Fresh Mind: Neural Activity

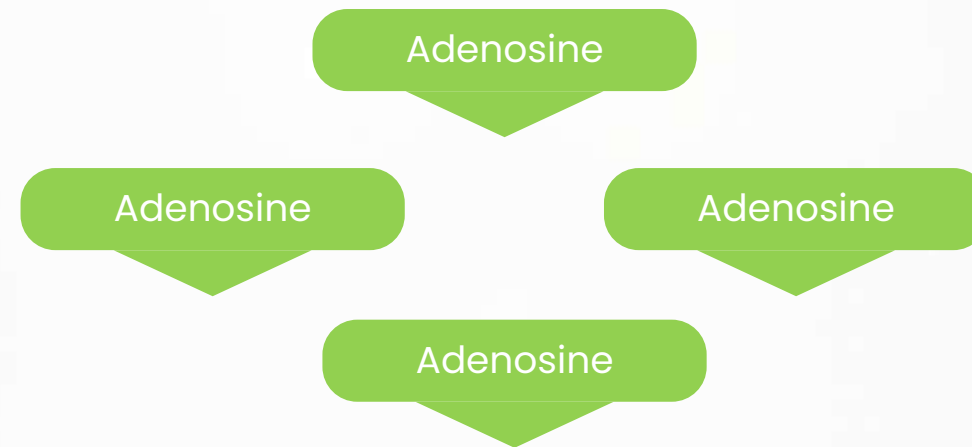


# Tiredness: Adenosine built up with time



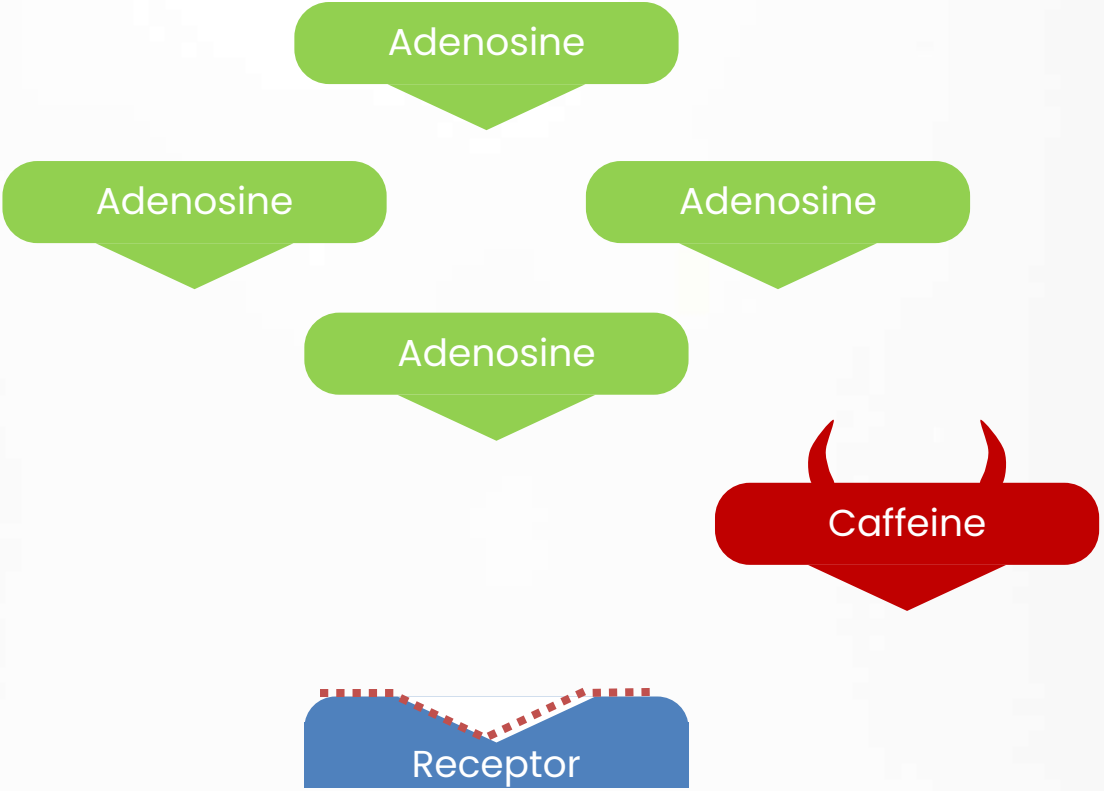


# Tiredness: Adenosine Binds with neural Receptors



Slows down neural activity

# Caffeine Molecules are very similar to Adenosine



Caffeine block adenosine from the receptors.

# Caffeine: Adrenaline Effect

- Caffeine causes the secretion of stress hormones such as Adrenaline.
- Improves Performance.



BRAKE

C

TEMP

H

10

He's one of the businessmen in town. While his door may say Office Hours 2 to 4, he's actually on call 24 hours a day. The doctor is a scientist, a diplomat, and a friendly sympathetic human being all in one, no matter how long and hard his schedule.

He's one of the busiest men in town. While his door may say *Office Hours 2 to 4*, he's actually on call 24 hours a day. The doctor is a scientist, a diplomat, and a friendly sympathetic human being all in one, no matter how long and hard his schedule.



*According to a recent Nationwide survey:*

# MORE DOCTORS SMOKE CAMELS THAN ANY OTHER CIGARETTE

DOCTORS in every branch of medicine—113,597 in all—were queried in this nationwide study of cigarette preference. Three leading research organizations made the survey. The gist of the query was—What cigarette do you smoke, Doctor? *The brand named most was Camel!* The rich, full flavor and cool mildness of Camel's superb blend of costlier tobaccos seem to have the same appeal to the smoking tastes of doctors as to millions of other smokers. If you are a Camel smoker, this preference among doctors will hardly surprise you. If you're not—well, try Camels now.

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**CAMELS** *Costlier Tobaccos*



"Believe me, folks, you'll want to read this important new evidence on the effects of smoking. Then you'll say, as I do... **MUCH MILDER**  
**CHESTERFIELD**  
**IS BEST FOR ME!"**  
*Richard Godfrey*

# NOW...Scientific Evidence on Effects of Smoking!

A MEDICAL SPECIALIST is making regular bi-monthly examinations of a group of people from various walks of life. 45 percent of this group have smoked Chesterfield for an average of over ten years.

After ten months, the medical specialist reports that he observed...

*no adverse effects on the nose, throat and sinuses of the group from smoking Chesterfield.*

***MUCH MILDER***  
**CHESTERFIELD**  
**IS BEST FOR YOU**

Copyright 1953, Liggett & Myers Tobacco Co.

APRIL 1953



*First and Only Premium Quality Cigarette in Both Regular and King-Size*

CONTAINS TOBACCOS OF BETTER QUALITY AND HIGHER PRICE THAN ANY OTHER KING-SIZE CIGARETTE

# Viceroy's

***FILTER***  
**the Smoke!**



As your Dentist,  
I would recommend  
**VICEROYS**



• The figures quoted here have been checked and certified by the JERMAN, SMITH, WOOD & COMPANY, Inc., Boston and London.

**20,679\*** Physicians

say *“LUCKIES  
are less irritating”*

**“It’s toasted”**

Your Throat Protection against irritation against cough



Light an  
**OLD GOLD**  
instead of  
a throat  
treatment!



For a Treat instead of a Treatment...treat yourself to **OLD GOLDS**

**SCIENCE**  
DISCOVERED IT...  
**YOU** CAN PROVE IT

**"No  
Unpleasant  
After-taste"**

—added to the world's most  
famous ABCs—

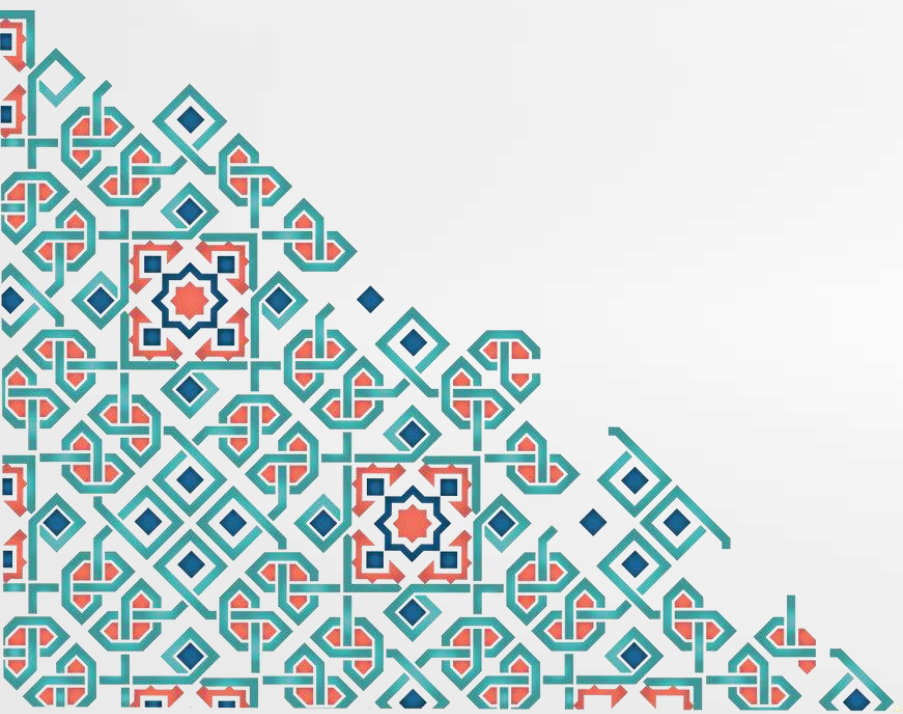
- A**lways Milder
- B**etter Tasting
- C**ooler Smoking

Here's the Biggest "Plus" in Cigarette History!

"CHESTERFIELD IS THE ONLY CIGARETTE of all brands tested in which members of our taste panel found no unpleasant after-taste."

*From the report of a well-known research organization*

**Always Buy CHESTERFIELD**



© B&W T Co.

8 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.



# I'm realistic. I only smoke Facts.

### **FACT 1: We don't want your taste buds to go to sleep.**

FACT reduces the aldehyde<sup>1</sup> gases that we believe muddy the flavor of fine tobaccos so you can enjoy wide-awake taste.

### **FACT 2: We have smoke scrubbers in our filter.**

These Purite<sup>®</sup> scrubbers work like magnets to reduce these same aldehydes and let the fine flavor come through.

### **FACT 3: We have a patent on flavor in low 'tar' cigarettes: #3828800.**

Our Purite filter helps deliver flavor in a way so new we've been able to patent it.

Add it all up. Low gas, low 'tar', great flavor. That's a FACT.

<sup>1</sup>Tartrals/Hex/Convaldehydes/Aldehydes



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Available in regular and menthol.

**I'M SENDING CHESTERFIELDS** to all my friends.  
That's the merriest Christmas any smoker can have —  
Chesterfield mildness plus no unpleasant after-taste

*Ronald Reagan*

see RONALD REAGAN  
starring in "HONG KONG" a Fine-  
Thomas Paramount Production  
Color by Technicolor



**CHESTERFIELD** *Buy the beautiful  
"Christmas-card" carton*

**"I'll Be Right Over!"**

*...24 hours a day your doctor is "on duty"...  
guarding health...protecting and prolonging life...*

• Plays ... novels ... motion pictures ...  
have been written about the "man in white"  
and his devotion to duty. But in his daily  
routine he lives more drama, and displays  
more devotion to the oath he has taken,  
than the most imaginative mind could ever  
invent. And he asks no special credit. When  
there's a job to do, he does it. A few winks  
of sleep ... a few puffs of a cigarette ...  
and he's back at that job again ...

•Plays ... novels ...  
motion pictures ...  
have been written  
about the "man in  
white" and his  
demotivation to duty.  
But in his daily routine  
he lives more drama  
and displays more  
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The answers came in by the thousands... from doctors in big cities, in small towns... from general physicians, diagnosticians, surgeons, specialists—doctors in every branch of medicine!

Results! More doctors named Camel as their smoke than any other cigarette!

Yes, a doctor, too, smokes for pleasure. Full flavor, coolness, and mildness mean just as much to him as they do to any other smoker. Smoke Camels and see for yourself.

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*Dr. Batty's*



*For Your Health*  
**ASTHMA CIGARETTES**

SINCE 1882

*For the temporary relief of  
paroxysms of asthma*

EFFECTIVELY TREATS:

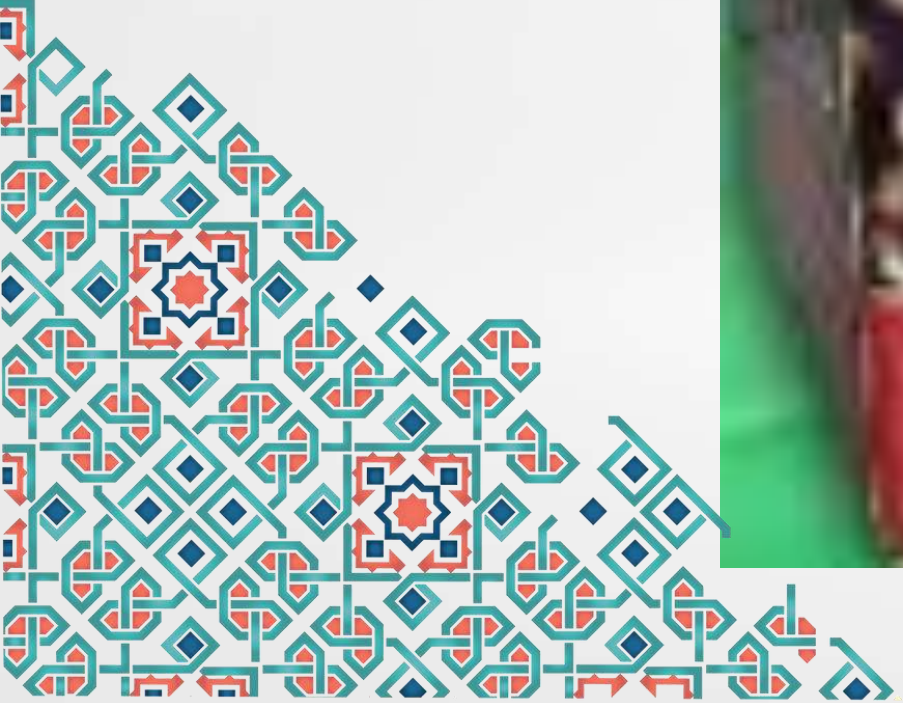
ASTHMA, HAY FEVER, FOUL BREATH

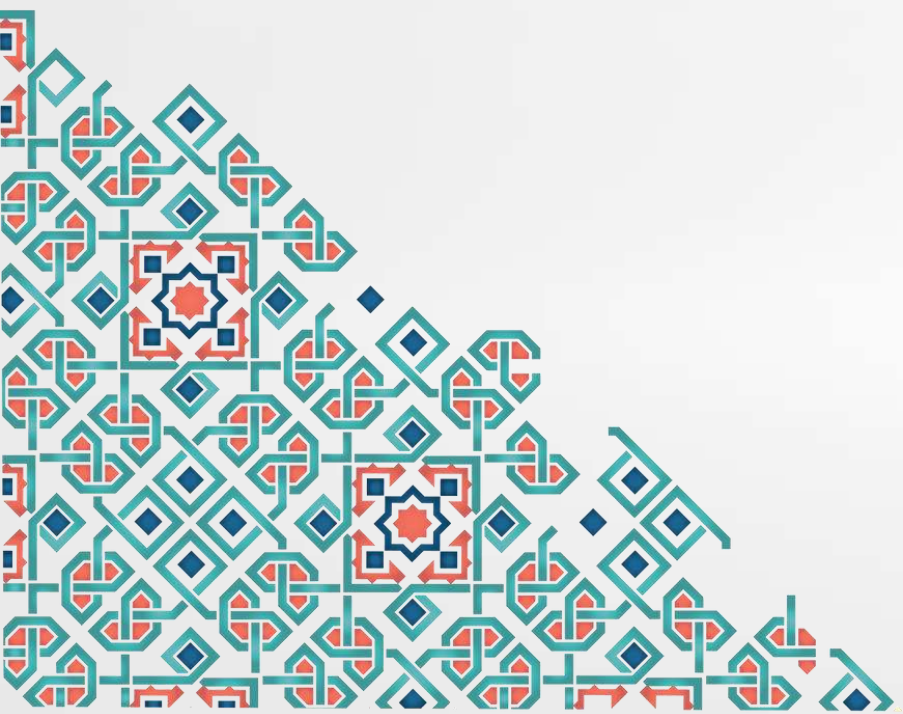
ALL DISEASES OF THE THROAT,

HEAD COLDS, CANKER SORES

BRONCHIAL IRRITATIONS

NOT RECOMMENDED FOR CHILDREN UNDER 6.





**Save \$1.00**  
With the purchase of  
Lipton Green Tea Bags

## Enjoy good health with great taste

Lipton Green Tea tastes great and it is also rich in antioxidants that offers many nutritious benefits. Save \$1 on the purchase of per Lipton Green Tea Bags pack. This offer is valid from April 1, 2010 to April 5, 2010 at participating locations only in Canada. This offer cannot be combined with any other deal. Visit [www.liptoninc.ca](http://www.liptoninc.ca) for more details.







TAPAL TEA + IRFAN KHAN  
A FORCE TO RECKON WITH

STAY TUNED...  
A STORM IS BREWING !

Rs.10

- Batting first
- 300 runs
- Boom Boom not out

Not every time our Cricket Team delivers all

**3 in 1** like Tapal Instea!

Just Add Hot Water

The advertisement features a central illustration of a cricket player in a yellow uniform, captured in a batting stance with a bat raised. To the right, a white cup is filled with orange tea, with a stream of tea being poured from a packet labeled 'TAPAL Instea'. A speech bubble above the cup indicates the price 'Rs.10'. The background is a solid yellow color with a subtle pattern of cricket stumps.

یہاں تیز دم چائے میں کا  
نگڑا جوش، نگڑا رنگ، نگڑا مزہ  
خاص ان لوگوں کے لئے  
جو لہجہ اور تیز چائے پسند کرتے ہیں۔

تاجدار  
TAPAL

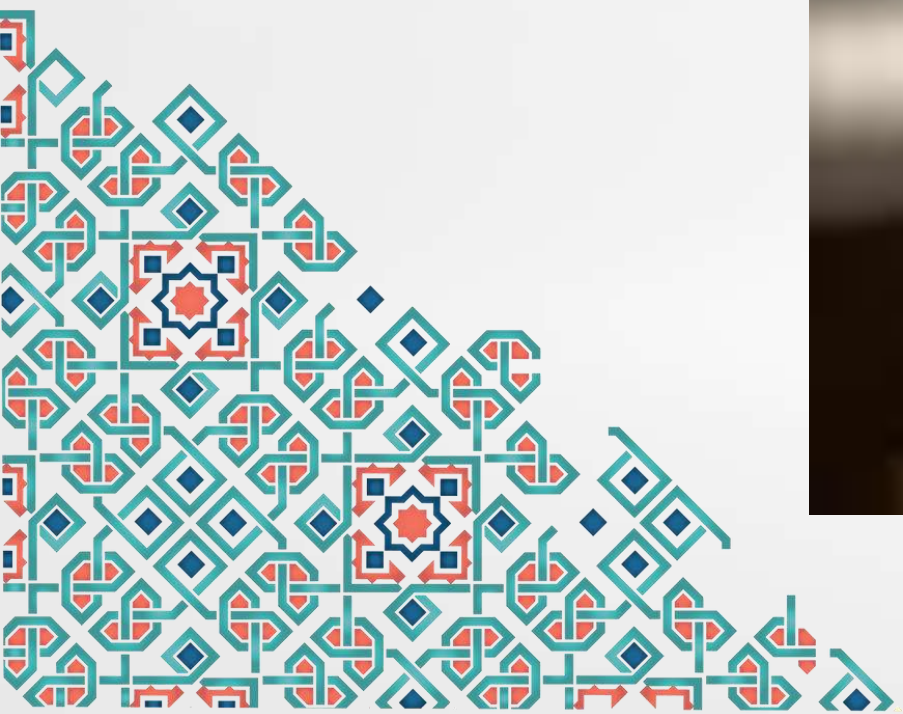
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TAPAL

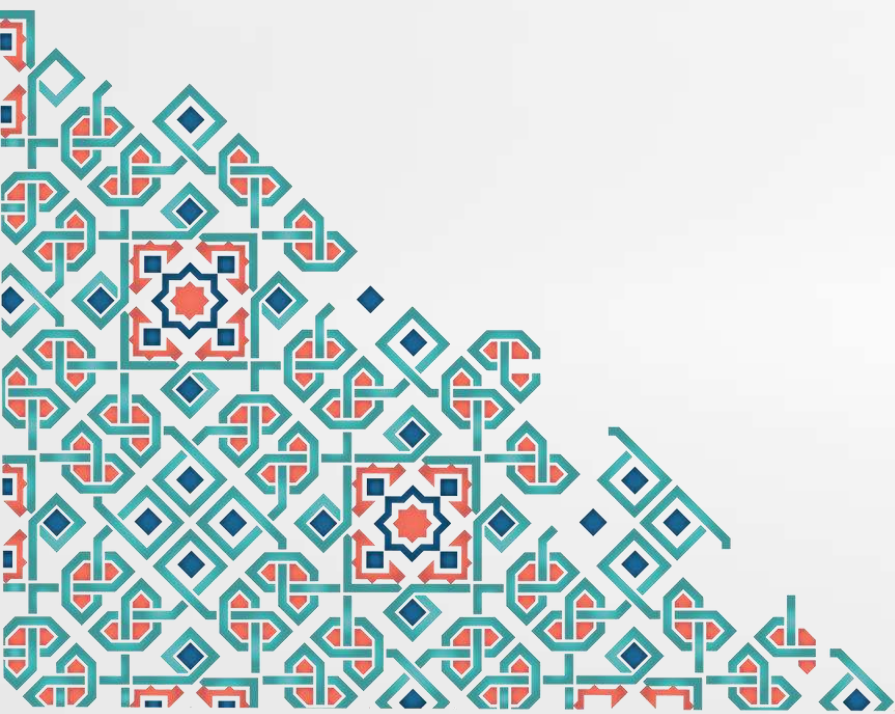
تاجدار  
TAPAL



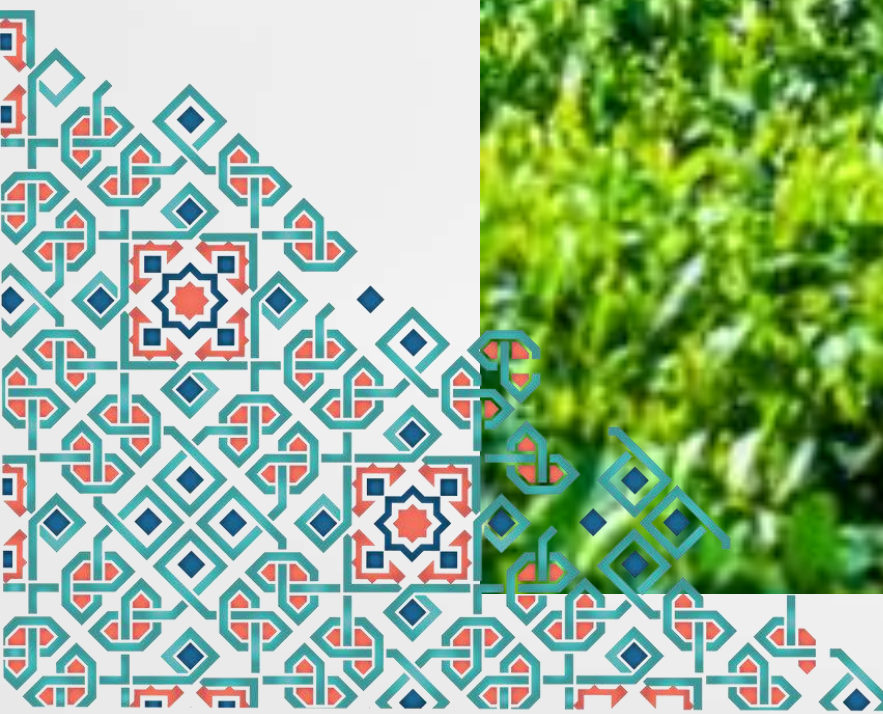


سرگرمی کی چوہا

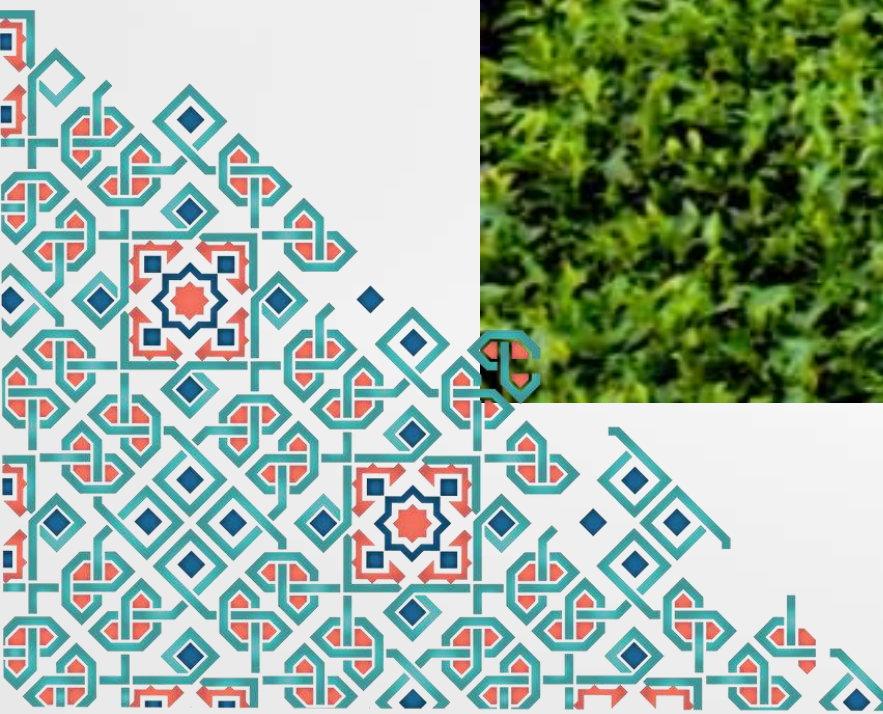














# Steps to determine the optimum level of sleep

Follow these 5 steps:

- Stop sleeping after Fajr
- Start doing Qailoolah
- Develop regularity in life
- Become physically and mentally fit by focusing on exercise, diet and recreation
- Stop all stimulants

Once done, start decreasing your sleep by 15 minutes intervals over a few days. The point after which you don't feel fresh, and alert is your optimum level.

# China Factory Workers Encouraged to Sleep on the Job



Workers nap during their shift at a computer hardware factory in the manufacturing city of Dongguan, China

Reference: [NBC News](#) – 8:57 AM ET, 11 December, 2014

# A sleep on the job by order of the boss: Chinese factory workers given half hour nap after lunch breaks



Chinese electronics factory workers Peasant-workers at a plant in Guangdong, China

Reference: [Richard Shears For The Daily Mail](#) – 01:23 GMT, 11 December, 2014



**THANK YOU**