

GOOD SLEEP.
GOOD DAY.
GOOD LIFE.



NEWS LETTER

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When it comes to your health and longevity, it's similar to your car.

Nowadays, cars beep at the slightest incident, at the slightest deviation from the normal range. Warning messages appear persistently. What do you do? You take it to the repair shop to make sure nothing goes wrong. And how do you handle your health?

»Sleep is the brain's house-keeper, flushing out toxins that built up while we're awake.«

Maiken Nedergaard

Today, we're looking at sleep and the powerful impact it has on our health, well-being, performance, and lifespan. The answer is simple: it takes up to nine hours for a person to get ready for a new day and all the stresses it brings! This has been confirmed by the latest research findings from the Johns Hopkins University in Baltimore. We want to share these findings with you here. Incidentally, there is no lobby behind this. You will also find medical news from first-hand, high-quality sources in all future issues of the newsletter.

8 health factors for a longer life

Eight globally recognized health factors, established by the American Heart Association, offer the prospect of a realistic life extension of up to six years:

1. *Healthy diet*
2. *Active lifestyle*
3. *Not smoking*
4. *Getting enough sleep*
5. *Keeping an eye on your body weight*
6. *Keeping your cholesterol low*
7. *Keeping your blood sugar within the normal range*
8. *Keeping your blood pressure within the normal range*

These results are based on studies of more than 6000 adults with an average age of 47. Researchers found that people with the best cardiovascular health are biologically six years younger than their actual age. These interesting findings help us better understand the close correlation between a healthy lifestyle and physical age. Phenotypic age acceleration is the difference between a person's biological age and their actual

age, with higher values indicating faster biological aging. In most cases, the eight risk factors mentioned above lead directly to vascular damage and arteriosclerosis, which greatly increase the risk of premature aging of the blood vessels and coronary diseases such as heart attacks and strokes. The researchers found that better cardiovascular health is associated with slower biological aging, as measured by phenotypic age.

Conclusion: As heart health improves, biological aging slows down. This is one of the reasons why world-renowned internist and sleep researchers such as Professor Schneider recommends measuring vascular age, as the basis for being and staying healthy. Sensitive devices that can measure the biological age of blood vessels are now available – something that was unthinkable not so long ago – to help minimize risks.

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Case study: Ms. S.



Finally retired, finally time to enjoy life and stay healthy!

That was the goal of the 67-year-old nurse seven years ago. But everything turned out differently: With the onset of retirement, she became weaker and weaker every year, even though she did everything right as a former nurse: Despite eating healthily and dieting, she gained 1-2 kg per year.

Although the stress of work was now gone, she couldn't fall asleep or stay asleep. She woke up early with headaches and was so tired by noon that she couldn't get through the day without a nap. Planned activities were out of the question.

*»You're like
an old
pensioner,«*

she often heard, and she felt that way too, even though she was only in her early 60s. Her family doctor couldn't find anything wrong apart from high blood pressure, as he had ruled out sleep apnea through an outpatient examination. He diagnosed Ms. S. with migraine and early depression, but medication did not bring any improvement. What now? Wait until it gets worse? She didn't want that; this wasn't how she had imagined her retirement. "There must be something that can be done," she thought.

That's why she came to the sleep lab, where it was discovered that she did not have typical sleep apnea, but rather snoring phases with elevated blood pressure and rapid heartbeat. Prof. Schneider explained that these events also explain her poor sleep and daytime fatigue. In fact, they exacerbate it, because poor sleep leads to obesity and has been recognized by heart associations since 2022 as a risk factor for heart disease, along with diabetes, smoking, high blood lipid levels, and high blood pressure. Treatment of the sleep disorder is therefore necessary to ensure restful sleep.



Dear reader,

I initiated CPAP therapy to Ms. S.. After just one night, she felt like a new person, finally well-rested in the morning! What a change in her well-being and quality of life! But even more important: I explained that there was nothing better she could do than to use her sleep to protect her heart. This will allow her to remain healthy and active; after all, she still has more than 20 years of life expectancy. Finally, she can enjoy her retirement.

Best regards,

