

Q. How do we sleep during the process of digestion?

A. At no stage of digestion do we sleep well; we may, however, during the first stage (chymification) sleep soundly, except the work of the stomach disturb respiration and occasion uneasiness; but when the food has passed into the intestines, and chymification and sanguification have commenced, there is a natural tendency to activity in the system. So that the best time for sleep is when the process of digestion is complete. Nowadays, people have acquired the bad habit of taking the principal meal of the day in the evening, with the result that digestion is difficult, nutrition imperfect and sleep often troubled with dreams.

Q. What is it that usually disturbs our sleep?

A. When digestion is bad we sleep badly. When sleep is disturbed by painful dreams, it is a source of loss instead of being recuperative. The best way to avoid those enemies of our rest, dreams, is to take a light supper, to avoid all tiresome, mental work, and to go to bed only at least three hours after supper.

Q. How is sleep procured?