



## insomnia

Insomnia, simply put, is the inability to obtain sufficient sleep. Insomnia is almost always associated with other factors including stress and anxiety, lifestyle and dietary factors and medical conditions.

The actual amount of sleep needed by different individuals varies but is generally considered that 7-8 hours per night is optimal.

### tips for improved sleep:

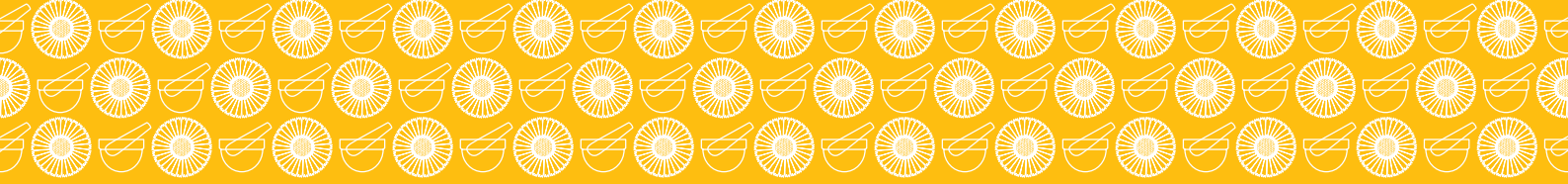
- Avoid before-bed snacks, particularly grains and sugars. This will raise blood sugar and inhibit sleep.
- Sleep in complete darkness or as close as possible. When light hits the eyes it disrupts the circadian rhythm of the pineal gland and production of melatonin and serotonin.
- No TV right before bed.
- Go to bed as early as possible. Our systems, particularly the adrenal glands do a majority of recovery during the hours of 11pm and 1am.
- Don't drink any fluids within 2 hours of going to bed. This will reduce the likelihood of needing to get up and go to the bathroom or at least minimize the frequency.
- Take a hot bath, shower or sauna before bed. When body temperature is raised in the late evening, it will fall at bedtime, facilitating sleep.
- Avoid illuminated and loud alarm clocks.
- Keep regular bedtime hours.
- Exercise regularly for at least 30 minutes a day.
- Avoid stimulants, such as caffeine containing beverages, after lunch.
- Use the bedroom only for sleep and sex – not for reading, working, eating, or watching TV.

### natural treatments:

- Herbal medicines such as Valerian, Chamomile, Zizyphus, Passionflower and Hops have all shown the ability to induce and deepen sleep.
- Kava Kava is a good relaxant. If stress or anxiety is the reason for insomnia, this herb can help you develop better sleeping patterns.

**see over for natural treatments for insomnia.**





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### **more natural treatments for insomnia:**

- Magnesium acts as a nerve and muscle relaxant.
- 5-HTP – precursor to serotonin. Promotes and deepens sleep.
- Listening to a relaxation CD before bed.

**To learn more about natural treatments for insomnia please speak to one of our naturopaths who are here to assist you 7 days a week.**

