

Insomnia

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

A good night's sleep is essential to your overall health and wellbeing. Experts recommend adults sleep at least seven hours each night. Proper sleep contributes to memory formation, prevents sickness, and ensures you feel well-rested and have energy for the next day.

Unfortunately, as many as 70% of Americans are not sleeping the recommended hours.

Insomnia is the inability to fall asleep or to get a good night's rest.

There are several possible causes: anxiety, stress, depression, adrenal exhaustion or liver congestion.

Some suggestions to try for falling asleep are:

- Darken the room thoroughly as light can be a cause of sleep disturbances
- Don't watch TV or be on the computer or phone just before bedtime, as the blue light inhibits melatonin production. Instead, relax by reading or listening to music.
- Create a bedtime routine leading up to sleep, helping the body wind down better

Waking in the middle of the night and being unable to go back to sleep can be a sign of adrenal insufficiency or blood sugar problems. Eat a protein snack (nuts, peanut butter, cottage cheese) about an hour before bedtime. Do not eat sugar or carbohydrates before bedtime.

Some Products to consider:

- **Herbal Sleep**-herbal blend of wild-crafted passion flower, valerian & hops for a calming, quieting effect on the nerves; soothes stress & supports restful nightly sleep (3-4 capsules an hour before bedtime)
- **Valerian** (1-2 time released tables and hour before bedtime) can help relax the nervous system.
- **Kava Kava** (1 or 2 capsules) can help with muscle tension.
- **Melatonin** is a hormone naturally in our bodies which decreases with age. It can be taken 30 minutes before bedtime to help one relax and fall asleep. Children and young adults should not take melatonin as it can affect the body's ability to produce melatonin itself.
- **5-HTP** (1-3 capsules with supper) converts to serotonin which converts to melatonin. It also helps with depression.
- **Nervous Fatigue Formula** is a tonic for burnout which is indicated by restless sleep patterns.
- **Magnesium** could also be helpful for relaxing muscles, preventing leg cramps, promoting sleep
- **AnxiousLess** can help relieve the mind of anxieties thus allowing one to relax & sleep.
- **CBD**- because of its ability to help the body relax, reduce stress, & pain, CBD has been beneficial in many sleep struggles. While not a sleep disorder itself, anxiety can contribute to poor quality & insufficient sleep; One study showed that nearly 80% of participants who used CBD to treat their anxiety reported lower anxiety levels within a month and sleep improved in more than 65% percent of participants.
- **Essential Oils** can also be diffused or applied topically to aid relaxation, consider: Lavender, Frankincense, Sandalwood, Clary Sage, Chamomile, or Vetiver.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

