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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Tips To Put Your Insomnia To A Rest

By Rene Graeber

Do you feel tired and un-refreshed on waking in the morning?

Do you stay that way throughout the day?

Do you have difficulty concentrating during the day?

The World Health Organization says that one-third of the world's population experience insomnia at some stage in their lives, with approximately five per cent needing medical treatment!

To avoid medical intervention, try these natural techniques and remedies, and help put your insomnia to rest.

1. Relaxation Relax before going to bed. Do some deep breathing, listen to soft music. According to Dr. Timothy Sharp from Sydney University, avoiding caffeine, alcohol and nicotine will also help.
2. Bedtime routine Develop a bedtime routine so your body knows it's time to go to sleep. By winding down your physical activities and following a set routine prior to bed, your body will start to associate some of these actions with going to sleep. Start with a cup of hot milk. Milk contains a protein called tryptophan, which helps to promote sleep. This can be substituted with chamomile tea, which is known to calm the nerves. Follow this with a hot bath or shower, the heat will help to lower your internal body temperature, again telling your body to go to sleep.
3. Your bedroom is for sleeping only Make your bedroom your sleep-room. Turn the lights off as soon as you get into bed. Don't read, eat or watch television in your bedroom, or do any activity that is not sleep related. Make sure the room is dark and cozy; include extra pillows on the bed and even some teddy bears. Make your bedroom into a sleep sanctuary, a room that you will instantly feel secure and comfortable in, and best of all, a room that you will crave to sleep in.
4. Calm down and clear your mind Clear your mind of the day's activities or things that are due to be done tomorrow. Write a 'to do' list for the following day. Organize uniforms, lunches, etc ... the night before. Make arrangements earlier than usual so you don't worry.

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5. Give time back to yourself Instead of trying to cram as much as you can into the day then find you haven't left much time to sleep, try to find short cuts or solutions to give a little time back to yourself. Make a double casserole and freeze half for another night. Spot clean the house as you go. Have more barbecues, using paper plates (less washing-up). Offer to pay the kids, or the neighbour's kids, to do some extra chores.

6. A balanced diet helps to make a balanced mind If you're lacking in essential vitamins and minerals your body cannot operate at its best. Throw out the junk food and fizzy drinks, and make a new start to good physical and mental health. Add in some regular exercise and watch your body respond with some improved sleep.

7. Don't lie in bed if you can't sleep If you don't feel sleepy enough to drift off, your mind will probably anguish over the fact that you can't get to sleep. This will only make it harder to get to sleep each time you experience this. Get out of bed and go into a different room. Do something to distract yourself until you do start to feel sleepy and then try to sleep again later.

8. Medications may interfere with your sleep It has been shown that some of the medications below may cause sleep problems. Check with your doctor if you are experiencing insomnia and are also taking any of these medications – amphetamines (diet pills), antidepressants, beta blockers (heart and blood pressure), cimetidine (ulcers), clonidine (blood pressure), cortisone, diuretics (fluid), levodopa (parkinsons), methyldopa (blood pressure) and ventolin (asthma).

9. Above all: de-stress Sharp says that stress is the worst cause of insomnia. Use some of the techniques above and try to remove as much stress out of your life as possible, and finally put your insomnia to rest.

Tip number 10: Have the right bed and mattress for a healthy sleep. The author prefers the Tempurpedic mattress

<http://www.tempur-pedic-mattress.com-bestresource.com>

Insomnia Treatment - Start To Sleep Well Again

By George Royal

For people who are suffering from insomnia, there is nothing so important as finding a good insomnia treatment. After all, the persistent inability to sleep, the constant fatigue, and the frustration of failing to get any rest night after night takes its toll. Fortunately, there are plenty of options available for people who suffer from insomnia, and an effective insomnia treatment can be found by those who need one.

The first thing to do when looking for an insomnia treatment is to look at insomnia prevention.

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Eliminating caffeine in the evening hours, exercising in the early evening, avoiding television and the internet near bed time, and getting to bed early are all excellent ways to prevent insomnia before it starts. And prevention is the best way to start treatment.

Probably the best-known insomnia treatment is the classic glass of warm milk. For as long as anyone can remember, when somebody has trouble falling asleep, someone has recommended a nice glass of warm milk. The reasons for its effectiveness are still not entirely understood, but warm milk does help people fall asleep. Though it will not necessarily help someone who is suffering from chronic insomnia, it will help people who just need a little something that will help them relax enough to get to sleep.

When the insomnia is a little more stubborn, stronger methods may be necessary. There are several herbal insomnia treatments available and they can be very effective assistants when someone is having trouble falling asleep. The most common herbal treatments include ingredients such as lavender, chamomile, or valerian and they can be very effective when sleep will not come otherwise.

Another option for people who need help falling asleep is melatonin, a naturally-occurring hormone. This hormone is vital in regulating human sleep cycles and, when taken in pill form, it can help people get their insomnia under control and fall asleep when they need to fall asleep. And because it is a naturally occurring hormone in mammals, it is not as hazardous as some of the stronger insomnia treatments.

Unfortunately, some people do not respond to any of these methods and need a stronger insomnia treatment. Which means, of course, sleeping pills. Admittedly, sleeping pills are very effective. However, they also carry a risk of dependency and even addiction and should, therefore, be used sparingly. But, for people who are suffering from extreme, chronic insomnia, there is sometimes no other choice and sleeping pills are needed to finally get a good night's sleep. While it is not a method that should be taken lightly, serious insomnia sometimes require serious measures and sleeping pills are an extremely effective insomnia treatment.

Insomnia treatment is vital for people who want to start getting a good night's sleep again. And there are several treatment options available for people who are suffering from an inability to sleep, ranging from simple methods of prevention to the use of sleeping pills. But the best method is one created by sitting down with a doctor and putting together an insomnia treatment plan that tailor made for the person who is struggling with sleep.

<http://sleephq.com/>

Sleep HQ: your guide to sleep apnea and getting a good night's sleep.



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