

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**14 Ways to Improve Sleep Now!**

**By Barbara C. Phillips**

**14 Ways to Improve Sleep Now!**

by: **Barbara C. Phillips**

Sleep disturbance or insomnia is not uncommon in women starting at midlife. While this may be due to a physical concern, usually it's not. Let's discuss some things you can do NOW to improve your sleep.

·Good sleep is a component of good health. Things that you do for good health are essential and will directly impact your quality of sleep. This means eating a healthy diet, regular exercise and good daily multivitamin/mineral supplements.

·A healthy diet that is high in phytoestrogens such as fruits and vegetables may help if the cause of your sleep disturbance happens to be related to being perimenopausal. Apples, carrots, cherries, green beans, oats, peas, potatoes, soybeans and sprouts – just to mention a few!

·Avoid stimulating agents such as nicotine and caffeine - that includes coffee, tea, soft drinks, and chocolate. Even one cup of coffee in the morning can affect sleep quality hours later. We, as women, tend to metabolize caffeine much slower than men. If you smoke or chew tobacco...quit. Short of that, avoid smoking/chewing within a few hours of going to bed.

·Sleep in a dark room. (How bright is your illuminated clock?)

·Develop a sleep routine: going to bed at the same time; rituals such as having a cup of relaxing tea and then washing up, and the like.

·Avoid taking naps.

·Is your sleeping space comfortable? Look at light, noise and temperature. How about your bed? Is it too firm or too soft?

·Avoid late night heavy meals. However, a light snack at bedtime may be helpful.

## 14 Ways to Improve Sleep Now!

- Try relaxation - mediate, take a bath, listen to soft music, read a gentle book, get a massage.
- Avoid the news and other violent or emotional stimulation before bed! It's hardly relaxing!
- Avoid alcohol late in the day. It can cause waking in the night and impairs sleep quality.
- Limit your bed activities to sleep and sex.
- If you cannot sleep - get up and do something until you can sleep.
- If worries are keeping you awake, try journaling - it may provide a way for you to "release" the worry onto paper and thus relax and sleep.

improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

There are natural supplements that can be tried. If you are a milk drinker, consider having a glass of warm milk. Milk when it is warm releases tryptophan, the same substance that was in that Thanksgiving turkey that had you napping. On the other hand, I recently read that warm milk also has substances that can keep you awake. Let your own body tell you what it likes about milk.

Other suggestions include valerian root, melatonin, passion flower and of course the chamomile, catnip, anise or fennel teas. Some companies package teas in their own formulations for sleep, such as "Sleepy Time". Your local herbalist or health food store may also be able to give you suggestions. As with anything else, the key to try different things and see what you respond to.

If none of these suggestions work, I would recommend the following. First of all, see your see your health care provider to ensure there is nothing physical that needs to be attended to. Keep a sleep diary for 3 months with the goal to see if there is some sort of pattern. Keep track of the time you go to bed, awaken, how often you are awake and/or up at night. Are you tired when you awaken in the morning? What time are you getting up? Is there something that is on your mind? Does any of this correlate with your cycles (if you still have them).

Use of sleeping medication is something that can sometimes be used to get your body back on track, but it's not for long term use, and should only be used when other remedies have been ineffective.

(c)2004 Barbara C Phillips, MN, NP

For over 26 years, Barbara C. Phillips, MN, NP has been involved in health care. Now, as the founder of OlderWiserWomen, LLC, that experience and passion is focused on Women who want to experience the freedom, magic and wisdom of successful aging. She can be reached through

### **Treating Sleep Apnea**

**By Kathryn Whittaker**

## 14 Ways to Improve Sleep Now!

Stopping breathing or shortness of breath causes sleep apnea. It is a very risky syndrome and if you feel you are suffering from this disorder you should immediately seek medical attention. It can be dangerous to not get proper attention for sleep apnea. If the problem persists and you are not getting any treatment, it could result in serious health hazards like heart attack, stroke, an irregular heart beat, impotency, high blood pressure and other heart related diseases.

When a person is suffering from sleep apnea, the upper airways become obstructed. They can be blocked by tissues, large tonsils, or a large tongue. The most common factor behind sleep apnea is the structure of jaw and airway.

Common symptoms of sleep apnea are extreme daytime sleepiness and recurring periods of interrupted breathing. There may be other symptoms of sleep apnea like loud snoring, headaches, being overweight, having high blood pressure and suffering from irritability or a change in personality.

Sleep apnea is dangerous, and it can be fatal in many cases. You should not ignore sleep apnea and get treatment immediately. Weight loss, surgery, dental appliances, and breathing assistance devices are various ways you can treat sleep apnea. The use of a breath assistance device is the most popular and most effective treatment of sleep apnea. These breathing assistance devices help in increasing the air pressure in the airways, which prevents the airways from collapsing. You have to wear this device in the form of a mask that has a small air blower connected through a pipe to the nose, and you must wear this mask when you go to sleep. There is also another type of device which will be useful for those whose tongue is the main source of obstruction. This device is a suction cup that is used to assist the teeth and tongue from closing the airway.

There are different types of surgeries available as treatment for sleep apnea. With surgery, the uvula, the dangling flesh at the back of your mouth, is eliminated and soft palate and pharynx are made tighter. There are also nasal surgeries which are used to improve sleep apnea. There are several jaw surgeries that can treat sleep apnea as they can help in reducing airway blockages.

It is definitely advisable that you seek professional treatment if you are suffering from sleep apnea. There are also several ways in which you can help yourself. If you are overweight, work towards losing some weight. Quitting smoking can help reduce instances of sleep apnea. You should eliminate all alcohol if possible since alcohol worsens sleep apnea. If you maintain a healthy lifestyle you can make living with "sleep apnea" easier.

Kathryn Whittaker has an interest in Health related topics. To find out how you can stop snoring without resorting to surgery please visit this [Stop Snoring](#)

site.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**