

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!**

**Dealing With Insomnia - Get A Good Night's Sleep**

**By George Royal**

Among the most frustrating of sleep disorders, insomnia can be particularly maddening. The persistent inability to fall asleep, especially when you are tired, can leave you stressed and wound up and wondering what is wrong. Yes, an inability to sleep will occasionally occur, but persistent insomnia is no laughing matter.

Most everyone experiences some minor episodes of insomnia lasting from one night to intermittent episodes of sleeplessness for a few weeks. This form, called transient insomnia, is not unexpected and almost everyone will face it at some point in their lives. For instance, a particularly stressful week at work might leave someone unable to sleep for a few nights. But, once the week is over, they can get back to sleeping normally.

Some people may also experience acute insomnia, which is a form of short-term insomnia that can strike at some points in peoples' lives. For instance, if someone is suffering through a job loss or a difficult divorce, they may experience a persistent inability to get good sleep for anywhere from three weeks to six months. Notice that, in the case of acute insomnia, this is not a nightly occurrence and the sufferer is still able to get good sleep on some nights.

The most severe form of insomnia is chronic insomnia, which occurs almost nightly for a month or longer. This form of insomnia often seems to arise from seemingly nowhere and leaves the sufferer almost no reprieve. Oftentimes, this can leave the person fatigued, but not actually tired enough to fall asleep. This situation can lead to depression, anxiety, an inability to concentrate, and a feeling of just "being in a fog" all the time. Obviously, this is a bad state for a person to live in and they need to find relief.

While the temporary forms of insomnia can be relieved by relieving the temporary causes of insomnia, this is not a solution for people who suffer from chronic insomnia. Thus, people with chronic insomnia need to find solutions that address insomnia specifically.

Many people turn to sleeping pills in these situations, but these are problematic in some ways. Sleeping pills can be addictive even in their most benign forms and, oftentimes, people will become

permanently reliant upon sleeping pill to get their nightly rest.

Other people seek herbal treatments, such as valerian, chamomile or lavender, for relief from insomnia. Many of these herbal remedies are fairly benign, but they can still leave people reliant on them to fall asleep at night.

More traditional remedies for insomnia include exercising in the afternoon, drinking warm milk before bed, avoiding anything mentally stimulating in the evening, and just going to bed early at night and waking up early in the morning. Obviously, it is preferable to start with traditional remedies such as this and move toward herbal remedies or sleeping pills if these do not help.

While insomnia is frustrating for people who suffer from it, it is treatable. There are many remedies out there and people should not be afraid to try them. In most cases, people can simply wait out the circumstances that are causing their insomnia and they will be fine. However, if insomnia is an almost

nightly occurrence for a month or more, it is time to talk to a doctor and see what remedies might be suitable.

Sleep HQ

<http://sleephq.com/>

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

### **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. 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.

## Dealing With Insomnia – Get A Good Night's 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.



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!**