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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!

Herbal Sleep Aids For Insomnia And Other Sleep Disorders

By Malcolm Moorhouse

Insomnia is defined as difficulty in sleeping, or disturbed sleep patterns leaving the perception of insufficient sleep. There are many herbs with reputations as being effective sleep remedies. The key to successful treatment of insomnia is to find the cause. If you do not want to take prescription sleep medication, then there are a plethora of holistic medicines available to you.

Often the key to successful treatments lies in the focusing upon some part or function of the body that is experiencing problems. Hypnotics and nerviness can be used within the context of such treatments. These can be selected based on the role they play upon the system in question. The following are, a list of systems and possible remedies.

1. The circulatory system responds well to Motherwort, Lime Blossom and Balm.
2. The respiratory system responds well to all types of hypnotics, if used in the right dosage.
3. The digestive system relaxants to use are Chamomile, Vervain, Balm, Hops and Valerian.
4. Hypnotics are important to use as a muscle relaxant for the urinary system. Pasque Flower and Black Cohosh have a high success rate on the reproductive system. Jamaican Dogwood, Valerian and Black Cohosh are excellent ingredients to relax the muscles and skeletal systems.
5. Chamomile and Cowslip are healing herbs for the skin.

Some of the medications are classified in the following way:

Hypnotics are herbs with a reputation as easing the person into sleep. They are usually strong nervine relaxants. Nervine relaxants ease the tensions that often produce sleeplessness.

Anti-spasmodics address any somatic muscular tightness that may be involved. Nervine tonics are indicated if there is any suspicion that the insomnia is associated with nervous exhaustion.

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Adaptogens will help in a similar way to the nerve tonics, but should only be used in the morning to help deal with stress.

The value of hypnotics is to ensure that the body has a good recuperative rest each night. By selecting herbs that address specific health needs that are compounding the sleep difficulties, better results are obtained than simply going for strong hypnotic.

An example of an herbal prescription for insomnia would be the following:

Insomnia associated with hypertension and headaches:

* Passion Flower * Valerian * Linden * Cramp Bark

7.5ml of tincture 30 minutes before bedtime.

There are many herbal remedies suggested for curing insomnia. You may have to try a few before you find the recipe that works best for you.

NOTE! Always consult a qualified Herbalist for guidance about the correct herbs to use

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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.

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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