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Popular Medications For Beating Insomnia

By Jason Rickard

In this fast-changing world, sleep is becoming a "necessary evil". It seems that a growing number of people would love to do without it. Everyone just wants to work more and party more, but no matter how much energy you seem to muster, you still need to get proper sleep at the end of the day.

Gone are the days when ancient doctors would recommend you to count countless sheep before bedtime. If you are suffering from chronic insomnia, then head to your physician for a quick check-up. Insomnia may root from both psychological and physiological malfunctions. Your doctor would recommend proper medication once you diagnosed with insomnia.

To give you a little overview on possible medications of insomnia, here's the popular list:

- Valium is the controversial sleeping pill that is commonly prescribed for insomnia. Up until now, the uses of these sleeping pills are still a subject of debate since it is found to contain addictive properties. Patients who are taking Valium for a couple of days are observed to have independence from the pill once they stopped medication. Although much has been said about the negative side effects of Valium, its effectiveness remains uncompromised.
- Antihistamine is commonly used as a sleeping aide. These over-the-counter pills are also used in conjunction with diphenhydramine and pain relievers to give insomniacs an instant feeling of sleepiness. A 50mg capsule of this pill will definitely make you stay asleep for hours. The only downside of this medication is the feeling of drowsiness and it can even cause blurred vision. The dizziness doesn't allow you to have a "restful" sleep, but it is an effective sleeping aide nonetheless.
- Valerian is an herb common to Europe and Northern Asia. Supplements made from Valerian are effective sedatives. The difference between these herbal supplements and synthetic sedatives (like Valium, benzodiazepines, etc.) is that when you wake up the next day, you won't feel like a train hit you. You'll wake up totally refreshed and recharged.
- Melatonin is a hormone secreted by the pineal body in the brain. It affects other endocrine glands like the thyroid, adrenals, and the gonads. Synthesized as a supplement, it boasts of antioxidant properties

aside from sleep promotion. The "hit" is gentle. There's no heavy drowsy feeling, and it would help you achieve a complete night's rest. You'll sleep for as long as your body needs to.

Melatonin and Valerian are both found to be non-addictive. Although there may be sleeping aides that can be bought over-the-counter, never try to self-medicate. It is best to consult your doctor before taking in any pill. If you want to free yourself from insomnia the natural way, a balanced diet, proper exercise and serious discipline might simply do the trick.

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Insomnia – The Inability To Sleep

By Heather Colman

Insomnia is characterized by an inability to sleep and/or to remain asleep for a reasonable period. One who suffers from insomnia will typically complain of being unable to close their eyes or "rest their mind" for more than a few minutes at a time.

Insomnia is a symptom, though a common misconception is that it is itself a sleep disorder. Insomnia is most often caused by sleep disorders, but other causes include fear, stress, anxiety, medications, herbs and caffeine. An overactive mind or physical pain may also be a cause. Finding the underlying cause of insomnia is usually necessary to cure it.

Treatment for Insomnia

Many insomniacs rely on sleeping tablets and other sedatives to try to get some rest. Others use herbs such as valerian, chamomile, lavender, hops, and/or passion-flower. The psychoactive plant cannabis sativa commonly known as marijuana has also been reputed to induce drowsiness in its user, however, use of cannabis sativa for treatment of insomnia is unlawful in most jurisdictions.

Some traditional remedies for insomnia have included drinking warm milk before bedtime, taking a warm bath in the evening; exercising vigorously for half an hour in the afternoon, eating a large lunch and then having only a light evening meal at least three hours before bed, avoiding mentally stimulating activities in the evening hours, and making sure to get up early in the morning and to retire to bed at a reasonable hour.

Popular Medications For Beating Insomnia

Traditional Chinese medicine has included treatment for insomnia throughout its history. A typical approach may utilize acupuncture, dietary and lifestyle analysis, herbology and other techniques, with the goal to resolve the problem at a subtle level.

Although these methods have not been scientifically proven, some insomniacs report these remedies are sufficient to break the insomnia cycle without the need for sedatives and sleeping tablets[citation needed]. Warm milk contains high levels of tryptophan, a natural sedative. Using aromatherapy, including lavender oil and other relaxing essential oils, may also help induce a state of restfulness.

The most commonly used class of hypnotics prescribed for insomnia are the benzodiazepines. This includes drugs such as temazepam, diazepam, lorazepam, nitrazepam and midazolam. These medications can be addictive, especially after taking them over long periods of time.

Some antidepressants such as mirtazapine, trazodone and doxepin have a sedative effect, and are prescribed off label to treat insomnia.

Low doses of Atypical antipsychotics such as Seroquel are also sometimes prescribed for their sedative effect.

The more relaxed a person is, the greater the likelihood of getting a good night's sleep. Relaxation techniques such as meditation have been proven to help sleep. They take stress from the mind and body which leads to a deeper more restful sleep.

Disclaimer The information presented here should not be interpreted as medical advice. If you or someone you know suffers from insomnia, please seek professional medical advice for the latest treatment options.

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