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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!

Top 10 Drug-Free Ways to Say Good Night to Insomnia

By Nishanth Reddy

"Treating Insomnia: Is having sweet dreams just a dream?"

A person who is suffering from sleepless nights, someone who frequently wakes up at night and rises up early in the morning even though that person does not have enough sleep is having a sleeping disorder known as insomnia.

Insomnia is a condition in which a person is not getting enough sleep. This person when awakened at night has a hard time sleeping again. Insomnia can happen every night, from time to time or in a period of time.

Here are the some suggestions wherein insomnia can be treated:

1.Follow a positive routine.

If an insomniac has an erratic eating routine, this should be changed to a fixed routine dedicated to directly fight insomnia. The person should eat early dinner so as to condition the body to sleep early.

2.Do not drink coffee.

As much as possible, a person with insomnia should avoid drinking coffee, sodas, chocolate, cocoa, green tea, black tea or anything that has caffeine. Caffeine is a stimulant that triggers sleeplessness. It can make someone awake for as long as 20 hours. For some, even drinking a cup of coffee in the morning causes them sleeplessness at night.

3.Exercise at night.

Insomnia is often caused by too much stress. Doing exercise at night makes blood to circulate in our brain and body. This in turn makes us calm and stress free.

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4. The bedroom should be conducive to sleep.

Loud noise coming from cars in the street, upbeat music set at very high volume, bright lights and uncomfortable bed should be avoided.

5. Read not watch.

Read books, magazines or anything that interests an insomniac instead of watching television. Television enhances attention, which makes a person awake. Reading on the other hand while in bed causes the eye to get tired and creates a sleepy feeling.

6. Relax

Try ways that causes our body to relax. Meditation technique like yoga can initiate a calm state of mind and body. Listening to soft and classical music can also help. There are fragrant oils, incense, and candles that are made specifically to aid in relaxation. Consult a shop that sells these on type of scents that can induce sleep.

7. The root solution for insomnia.

There are root extracts that can engender a sleepy state. 300 to 600 mg of concentrated extract should be taken 30 minutes prior to going to bed. This root extract can be mixed with calming herbs like chamomile, passionflower and balm made from lemon.

8. Take melatonin with caution

Melatonin can help in adjusting one's sleeping pattern. 0.5 to 3.0 mg an hour or two before going to bed may help. Melatonin though should only be taken with the approval of a physician. The human body has different reactions to melatonin.

As people grow older, the melatonin level of the body decreases. This explains why older people usually have a hard time sleeping and sleep less compared to children and younger people.

9. Magnesium

Conditions such as, restless legs syndrome (RLS) and period limb movements (PLM), while sleeping can cause insomnia. Taking 300 mg of magnesium at night from four to six weeks can solve insomnia. Again this should be done with doctor's consent.

10. Acupuncture

Acupuncture, which is a Chinese healing method, could help to heal insomnia. These needles put into the skin strike nerve transmitters that produce sleep-inducing hormones like serotonin.

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Altering a person's diet is effective in preventing and healing insomnia. Doctors suggest eating food that is high in carbohydrate prior to sleep. Examples of these are bread and crackers. Studies showed that carbohydrates enhance the quantity of serotonin produced by the body.

Serotonin is a chemical messenger or neurotransmitter that affects the brain. This chemical lessens anxiety, which in turn creates sleep.

Consulting a psychologist or psychiatrist may give light in solving insomnia. This sleeping disorder is usually caused by stress. A psychologist or psychiatrist can give expert advice on how to treat insomnia.

Nishanth Reddy is an author and publisher of many health related ebooks and websites. Check out his latest ebook "Insomnia Guide" – A Clear and Effective Guide to Overcome Insomnia Using Natural remedies.

<http://www.insomniaguide.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. 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

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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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