

Try these Natural Remedies for a Good Night's Sleep

Benefits of getting adequate sleep If you don't sleep properly, you will probably notice an increase in irritability and moodiness, but did you know lack of sleep can also affect your health? Getting enough sleep will help protect you from hypertension, heart disease, and boost your immune system. Lack of sleep has even been linked to weight gain. The National Highway Traffic Safety Administration estimates that drowsiness causes 100,000 vehicle crashes each year, resulting in 76,000 injuries and 1,500 deaths. Nourishing your body with the proper amount of rest and sleep helps you maintain not only your health but your safety and mental alertness. Here are some simple techniques to help you drift off naturally:

1. Establish a bedtime routine and go to bed at the same time each night, even on weekends.
2. Avoid caffeine, sodas with excess sugar and alcohol in the afternoon and evening.
3. Make sure your mattress and bedding are comfortable.
4. Avoid working or reading in your bedroom.
5. Increase your exercise but make it early in the day.
6. Take a warm, relaxing bath before bed time.
7. Avoid eating for 2-3 hours before bedtime. If you get hungry before bed, try warm milk. Avoid protein, sugar and excess fats which stimulate the system.

Here are some natural sleep remedies:

1. Herbal teas with chamomile, passion flower and lemon balm—all three herbs are effective sleep aids. You can also try herbal supplements with these ingredients.
2. The scent of Lavender has been shown as effective for sleep as over the counter sleep remedies so use lavender oil in your bedroom or use lavender massage oil to relax muscles. Take your bath with lavender scented bath oil or try drinking lavender tea.
3. If you need sugar in your herbal tea, try adding honey. Honey has been shown to have sleep inducing properties and also contains antioxidants for good health.
4. Valerian Root - can be taken as a supplement or used as a tea. Valerian can be stimulating to some individuals so stop using valerian if restlessness occurs.
5. Jialgulan - this herb soothes the central nervous system and improves sleep quality by 89% for many in just 2 weeks.

Homeopathic Sleep Remedies Homeopathy has been a valued treatment for a variety of ailments for over 100 years. A knowledgeable sales associate at your health food store can guide you to what you need.

Vitamins and Mineral Supplements

1. Calcium and magnesium - take these two combined in a supplement as they enhance each other. Calcium and magnesium deficiencies can cause restlessness and wakefulness.
2. B vitamins such as B5, B6 and B12 and Folic Acid can help promote restful sleep. Deficiencies in these vitamins can contribute to insomnia. A balanced diet with plenty of fresh fruits and vegetables, whole grains and nuts will help you get the vitamins you need to promote a good night's sleep.

Try these relaxation techniques for sound, natural sleep:

1. Meditation, yoga and tai chi are all very effective in promoting relaxation and sound, restful sleep. These techniques reduce stress and help promote a sense of peace, harmony and well-being, which are all conducive to a good night's sleep.
2. Deep breathing exercises can help you relax before sleep. You can feel the immediate effects of deep breathing as you body unwinds.
3. Listen to soothing music before bed. You can also try sound effect CD's with the soothing audio of waterfalls or ocean breezes.
4. Make sure pre-bedtime activities are restful and soothing. If you read, try something light. If you watch TV, make sure it isn't an action drama. Don't watch TV in your bedroom.
5. If you can't get tomorrow's activities off your mind, make a to-do list and then forget it. Once it's on paper, you won't have to dwell on it when you're trying to get to sleep.

The most important thing in finding a remedy for sleeplessness is to establish a peaceful routine that works for you and follow it each night. This advice is not meant to substitute for a doctor's advice. If you are under a doctor's care for your sleep problems, be sure to consult him or her about any changes you want to make.

About the Author

Official college website includes information for faculty, staff, students, and students including news and events, information on the vision.

Source: <http://www.productsherbal.com>