

## Lunesta For Insomnia Treatment: I'm Tired As Heck, So What About Lunesta

This isn't your typical article about Lunesta or sleep aids in general. It's actually about me, and more about you and I who are both awake and tired at the same time. See, I'm writing this at 1:07am on a Thursday night. I'd love to be asleep right now, but I just can't. I've tried counting sheep. I find it tedious, and my mind wanders to other things, like the latest problems and challenges in my life, and how I can solve and meet them. Do you think about things like this at night? It's really the worst time, isn't it? If we have to think at night, it should be about wonderful, peaceful memories or bright futures. That's not realistic, and with the huge pressures of today's world for middle-class Americans like you and I, it's only natural to be deprived of sleep. I'm talking about straight-up insomnia. If you've recently gone through a traumatic event such as a divorce, then chances are that you are depressed. You may even have trouble sleeping. Symptoms of insomnia include waking up too early, waking up in the middle of the night, depression, and inability to fall asleep at night in the first place. I used to only have one of those symptoms of insomnia: I'd have a hard time falling asleep, with all the worries on my mind, or all the exciting projects I was ready to start. These days, however, I also wake up early in the morning. I usually go back to sleep, but keep waking up. This insomnia is taking serious toll on my health. I'm heavily into fitness and eating right, but my insomnia has caused lack of energy and has thrown my metabolism out of whack. Now it is much harder for me to burn away fat, and I've gained weight from this problem. Being 19 years old, I'm not in the financial situation where I can buy Lunesta or another sleep aid, but if I was, I guarantee you that I'd be sleeping like a log right now instead of complaining to you. If you have been looking around for a way to get a perfect night's sleep, Lunesta has what it takes. Ambien and Sonata are great sleeping aids too, but they've been proven through popular use to have addictive tendencies and related withdrawal symptoms. These other sleep aids are only approved for short-term use of up to a few weeks. Lunesta is FDA approved for long-term use of up to 2 years! I don't think I'd use it that long, but I sure am glad to know Lunesta is safe.

### About the Author

Independent pharmacies provide the best overall value, including better service and. Supermarket pharmacies beat drug chains in overall.

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