

NATURAL INSOMNIA REMEDIES From A to Z

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INSOMNIA
is the most common
sleep complaint,
occurring in up to
50% OF ADULTS.*

Can't fall asleep or stay asleep? Sleeping pills have unpleasant side effects and some users even develop a tolerance to the drugs. Fortunately, there are many natural, effective alternatives to taking sleep meds.

AVOID THESE ACTIVITIES AT BEDTIME

- Working
- Looking at a smartphone or tablet
- Eating a heavy meal
- Drinking alcohol
- Consuming caffeine
- Exercising or doing chores



OPTIMIZE YOUR SLEEP ENVIRONMENT

- Keep the bedroom relatively cool
- Choose comfortable, natural-fabric bedding
- Turn off the lights or wear an eye mask
- Dial down the noise level or wear earplugs

TRY CERTAIN FOODS, HERBS & SUPPLEMENTS

- Drink a glass of warm milk or chamomile tea
- Take in less sugar every single day
- Consume caffeine only in the morning
- Eat spicy foods no later than lunchtime
- Eat more pro-sleep foods (cheese, almonds, salmon, cherries, kiwi and bananas)
- Experiment with herbs (chamomile, kava, passion flower, St. John's wort, lemon balm, California poppy)
- Try sleep-promoting supplements (melatonin, valerian root, magnesium, lavender, glycine)

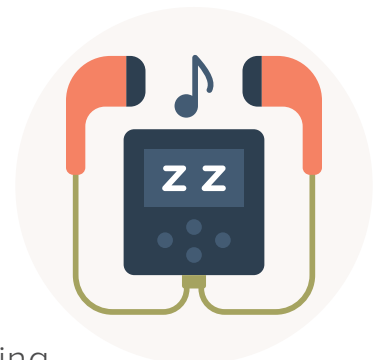


MAKE LASTING LIFESTYLE CHANGES

- Increase your exposure to sunlight
- Try a few hours of indoor light therapy
- Do not take naps during the day
- Take a warm, relaxing bath or shower before bed
- Put a few drops of lavender oil on your pillow or in your bath
- Exercise regularly (but not right before bedtime)

TRY TO MANAGE YOUR STRESS

- Take up meditation and/or yoga
- Try journaling so you worry less at bedtime
- Visualize a relaxing scene while in bed
- Play gentle, slow music to help you sleep
- Relax your muscles with repeated tensing and releasing



Source: aasm.org/cdc-analysis-finds-low-rate-of-prescription-sleep-aid-use-in-u-s



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