

# Insomnia

## Harmony & Health

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Quality Products for Health  
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Insomnia is the inability to fall asleep or to get a good night's rest. There are several possible causes: anxiety, stress, depression, adrenal exhaustion or liver congestion. Some suggestions to try for falling asleep are: darken the room thoroughly as light can be a cause of sleep disturbances, don't watch TV or be on the computer just before bedtime as those light sources inhibit melatonin production. Instead, relax by reading or listening to music. Waking in the middle of the night and being unable to go back to sleep can be a sign of adrenal fatigue or blood sugar problems. Eat a protein snack (nuts, peanut butter, cottage cheese) about an hour before bedtime. Do not eat sugar or carbohydrates before bedtime.

### Some Products to consider:

- **Herbal Sleep** (3-6 capsules an hour before bedtime) or **Valerian** (1-2 time released tables and hour before bedtime) can help relax the nervous system.
- **Kava Kava** (1 or 2 capsules) can help with muscle tension.
- **Melatonin** is a hormone naturally in our bodies which decreases with age. It can be taken 30 minutes before bedtime to help one relax and fall asleep. Children and young adults should not take melatonin as it can affect the body's ability to produce melatonin itself.
- **5-HTP** (1-3 capsules with supper) converts to serotonin which converts to melatonin. It also helps with depression.
- **Nervous Fatigue Formula** is a tonic for exhausted adrenal glands which are indicated by restless sleep patterns.
- **Magnesium** could also be helpful for relaxing.
- **AnxiousLess** can help relieve the mind of anxieties; allowing one to relax & sleep.
- Essential Oils, such as **Refuge** (calming blend), **Core** (balancing blend) and **Lavender**.

**Important:** The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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