



## Seven Steps to Curing Insomnia

Chronic insomnia will eventually exhaust your adrenal glands, which could lead to an array of illnesses such as allergies, inflammations, chronic fatigue, and long term can cause degenerative diseases like cancer. Creating regular sleeping patterns of 8 hours a night is essential for the body to repair and regenerate. The following is a comprehensive approach to creating better sleeping patterns.

1. Make sure you have a quality mattress that is comfortable to your body type and shape. Pregnant women and women in general have more curves and need a mattress that gives support whether they lie on their back or side.
2. Get to bed at a decent hour. Staying up late causes the adrenals to 'kick-in' and you get a second wind so it makes it impossible to fall asleep. Getting to bed before 11 pm will assure deeper sleep patterns.
3. Limit or give up caffeine, as it is a stimulant that can keep you from going into the deep states of sleep so your sleeping patterns are disturbed. If you get caffeine headaches when you stop it is a sure sign that you have an addiction.
4. Light comes through the pupils of the eyes and stimulates the Pituitary Gland. So as evening comes the lack of light that happens in nature increases serotonin production, which makes you sleepy. Avoiding bright lights in the evening or using candles is helpful. Use an eye cover to make sure you are not getting rays through your eyelids. The eye cover also helps when you wake at night so that you are not stimulated by moonlight or streetlights coming through your window. If you have never used one before make sure it is a good fit meaning not too tight. You will be truly amazed at how effective it is at helping you stay asleep. If you have to get up to use the restroom, a red nightlight won't stop the serotonin production as normal lights do.
5. If you are low in serotonin you may benefit by taking melatonin a supplement that can be purchased at the Optimum Health Clinic and usually at any health food store. Symptoms of low serotonin are depression and insomnia. For those who have tried it but feel that it doesn't work, it is important to note that there is an accumulative effect over a period of 2 or 3 months. It is not like a sleeping pill or drug to knock you out. It is just replacing what you should have naturally but have lost by over stimulating yourself from too much light at night.
6. Make evenings a "winding down period". Avoid violent movies or the news at night. Save CNN for the morning. This type of activity stimulates the adrenals or your 'fight and flight' mechanism and it will make it very hard to sleep with adrenalin in your system. It is better to take a hot bath with candles and lavender essential oil, which should be put in the tub just before you get in so the scent doesn't dissipate. Lavender helps calm the mind for those who think too much.
7. Avoid eating late at night. Make your evening meal early, 7:30pm at the latest. Using peppermint or chamomile tea in the evening is a wonderful way to relax.



Changing patterns are usually difficult in the beginning, but once you realize how terrific you feel after a good night sleep it will be worth the effort. Remember it isn't just a good night sleep is it good health and longevity that is the outcome.

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