

SLEEP ON IT

TIPS ON GETTING A GOOD NIGHT'S REST

How To Get A Good Night's Sleep Naturally

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(NAPSA)—“Sleep that knits up the ravell'd sleeve of care” was Shakespeare's poetic take on sleep. He also called it “balm of hurt minds” and “chief nourisher in life's feast.” Yet for too many, sleep is elusive.

A common medical complaint, insomnia is not a simple disorder, but a symptom with many causes. Depression, anxiety, stress, medications, poor diet, and age can rob bodies of sleep.

Vital to the optimum function of the body and the brain, the definition of a good night's sleep is waking fully alert in mind, refreshed in body and renewed in spirit.

There are two phases of sleep. Phase one is Non-REM. In this stage of sleep the senses shut down, body movements still, and brain activity slows and regulates. Sleep deepens until reaching its deepest level, Delta sleep. This is the time when the body does most of its repair.

Phase two is REM (Rapid Eye Movement). REM is when the most intense dreaming occurs and the brain rejuvenates. REM completes the sleep cycle and occurs four or five times during the night.

Many prescription medications tend to block REM. Using certain all-natural ingredients, however, one may get the complete rest needed to replenish the mind and body without negative side effects.

Natural Sleep

The Kava kava root affects sleep by modulating the action of Gamma Amino Butyric Acid (GABA). Found naturally in the body, adequate amounts of GABA can produce a calming effect.

Valerian root is a non-narcotic, natural sedative with a calming effect on the central nervous system. This root is also believed to act through GABA.



A good night's sleep may be easier to get than many realize.

Calcium stimulates; magnesium relaxes muscles. Together they can regulate the constriction and relaxation of blood vessels, which helps promote a healthier cardiovascular system.

Niacinamide, a form of vitamin B3, is needed for serotonin, another key neurotransmitter that carries messages between the brain and other parts of the nervous system, helping to increase REM sleep.

These are just some of the natural herbal and nutritional substances that may help to produce a much-needed deep and restful sleep without the negative side effects of certain drugs.

As with many of his words, Shakespeare's thoughts on sleep remain true. Without a good night's sleep, without dreams, we lose the rejuvenating effects on physical and mental well-being that allows us to live our days to their fullest.

To learn more about naturally supporting your sleep needs, as well as other natural pathways for healing, get a free subscription of the “Journal of Natural Health” by calling (800) 858-0228, Monday through Friday 8:30 am to 5:00 pm, Pacific Time, or visit www.whitewing.com.