

NATURAL SLEEP AIDS

The most popular sleeping pills in the United States are the Benzodiazepines – known by the names of Dalmane, Restoril, Halcion, ProSom and, even, Valium, Librium, Xanax and Tranzene. All of these medications have the potential for memory loss, dizziness, impaired thinking and an unsteady gait. They are also habit forming. We recommend a better approach.

For a safe, natural and healthy program to enhance sleep, try one or more of the following options:

- Melatonin is a sleep hormone, which has anti-aging characteristics. Use 3 mg. to 6 mg. before bedtime.
- Drink Chamomile Tea, a centuries old relaxant. Drink 1 cup before bedtime.
- Valerian is another common herb used for relaxation and sleep. Take 150 mg. to 300 mg. at bedtime.
- Take 1 tbsp of locally produced honey as you would cough syrup. Rinse mouth with, at least, 4 oz. of water.
- Take the homeopathic, Spascupreel. 1 or 2 tablets dissolved under the tongue 1 hour before bedtime.
- Apply Lavender Oil sparingly behind the ears, at the nap of the neck and on the soles of the feet prior to retiring for the evening.
- Use the supplement Anxiety Control. Take 2 before bedtime.
- Evening Primrose, 500 mg. is also suggested. Take 1-2 before bedtime.
- Sleep MD contains Melatonin combined with Valerian and Passionflower Extract, along with Lavender powder. Take 1 before bed. --- Irwin Naturals contains 3 mg. Melatonin combined with Valerian Root. These can usually be found at your local pharmacy.

Another approach before bedtime is a “soda bath”. Measure 3 scoops of baking soda into a bath tub of warm water. Relax and soak in the bath for 15 to 20 minutes before your retire to bed. Because baking soda can be abrasive, thoroughly clean your tub afterwards.

With any of these natural elements, you should fall asleep within an hour of taking them, sleep sounding and wake up energized and rested. There should be no drug effect or “hangover” feeling upon awakening.