



Midnight Madness!!

Q: Help I can't sleep!!! What can I do to get a great night's sleep?

A: The most important thing when it comes to treating insomnia is to determine the cause, rather than simply treating the symptom. There are many possible factors that can lead to sleeping difficulties, including menopause, allergies, pain, shift work, stress and anxiety, poor diet, as well as urinary and prostate issues. Some helpful hints to keep in mind are to avoid caffeine after 2 o'clock in the afternoon and not to eat directly before bed. Supplements can either help or hinder your sleep, for example, calcium-magnesium is relaxing, so it is better to take it in the evening, whereas B-vitamins tend to be more energizing and thus better to take in the morning. Some herbs that promote relaxation are valerian root, passion flower, and chamomile. However, just like with medications, you should explore the causes before taking herbs, as they may only be addressing the symptom and may not be getting to the root of the problem. A comfortable mattress and good pillow support are essential. Acupuncture can also be very relaxing. Most patients find that after a treatment they have a great sleep. Come in to A New Leaf and together we will explore your unique sleep concerns. Great health starts with a great night's sleep!