

Are you tired of being sick

...or Sick Because You're Tired?



Everyone has experienced how their body needs plenty of rest when they are sick. When you are sick, not getting proper sleep makes it harder for your body to repair and recuperate itself. Often sickness can come upon us because we are tired and worn down.

In our modern society, lack of sleep and insomnia is rampant. Did you know that fatigue is the number one complaint patients visit their doctors for? Some believe that half of the U.S. population are sleep deprived. A survey of 1,000 Americans found that one in two adults suffers from sleep related problems.

Symptoms of lack of sleep are:

- Difficulty in getting up in the morning.
- The feeling of grogginess
- Taking more than 30 minutes to fall asleep
- Frequently waking up throughout the night
- Being unable to go back to sleep



Why Sleep is Vital for Your Health.

Getting sufficient sleep is critical for both your physical and your mental health.

Did you know...

When you are deprived of sleep for extended periods of time your body's immune systems production of natural killer cells becomes impaired? This increases your risks to illness and disease.

- Those with chronic insomnia were more likely than others to develop several kinds of psychiatric problems.
- That over 200,000 auto accidents a year are directly related to fatigue.
- The National Sleep Foundation estimated that in 1998 Insomnia-related absenteeism cost the national economy as much as 150 billion dollars annually.



There are many different over-the-counter sleeping pills that are used to induce sedation and sleep as well as several natural supplements. Some physicians are concerned that taking one particular pill on a continuous basis for months or even years could cause the brain to build a tolerance to that pill. So some have chosen to alternate their patients on different

natural supplements so one is less likely to develop a tolerance or experience side effects.

Common Nutrients and Herbs used to alleviate insomnia:

- **5-hydroxytryptophan (5-HTP)**, a precursor to serotonin that will help induce and maintain sleep in most people.
- **Melatonin**, "nature's sleeping pill" Melatonin is considered by many as the most powerful over-the-counter sleep aid. It works well in most people.
- **Valerian Root**, research indicates that certain compounds in valerian influence brain receptors called GABA. Activation of GABA receptors lead to relaxation and sleep.

- **Hops**, produces a strong sedative effect on individuals with nervousness. A study found that combining hops and valerian improved sleep after two weeks of treatment.
- **Chamomile**, a member of the daisy family has mild sedative properties. Although not as strong as valerian or hops, it is considered an option for children.
- **Kava Kava Root**, a South Pacific herb, it contains kavalactones, a chemical that reduces anxiety. After ingesting kava, some experience alertness with relaxation, and after a few hours, a feeling of sedation. Great for people experiencing insomnia due to anxiety.



Helpful Hints that may help you to sleep at night.

- Avoid caffeine, nicotine and alcohol in the early evenings.
- Exercise consistently, but not three hours or less before you go to bed.
- Establish a bedtime routine, get at least 8 hours of sleep per night.
- Get up at the same time every morning, regardless of when you went to bed.
- Practice slow and steady breathing to slow down you body and mind.
- Experiment with aromatherapy essential oils, candles that use lavender, chamomile and marjoram.

Recognizing that you are effected by stress and lack of sleep and incorporating some natural ways to cope with it can make nights more restful. Remember, sleeping well at night makes for much happier and healthier days.