

Optimum Health

Seven Steps to Curing Insomnia

Chronic insomnia will eventually exhaust your adrenal glands, which could lead to an array of illnesses: In the short term it can cause allergies, depression or inflammations through out the body because the ability to produce cortisol and the 'feel good hormones' is reduced due to chronic fatigue of this gland. In the long term exhausted adrenal can cause degenerative diseases like cancer because the deep state of sleep where the body repairs degenerative cells is no longer functioning. Creating regular sleeping patterns of eight 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 by 10 pm as staying up late causes the adrenals to 'kick-in' so you get a second wind that makes it impossible to fall into the deep healing states of sleep.
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 headaches when you stop caffeine it is a sure sign that you have an addiction.
4. Light coming through the pupils of the eyes is a stimulant to the glandular system. So as evening comes the lack of light as it happens in nature increases serotonin production, which makes you sleepy. Avoiding bright lights in the evening especially sitting in front of a computer or TV and use an eye cover to make sure you are not getting rays through your eyelids when sleeping. The eye cover also helps so that you are not stimulated by moonlight or streetlights coming through your window shutting down your serotonin. 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.
5. If you are low in serotonin you may benefit by taking a low dose melatonin a supplement at bedtime or if depression is an issue 5HTP is the precursor to the feel good hormones as well as serotonin and can be purchased 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 or from dealing with too much stress in your life.
6. Make evenings a 'winding down period'. Avoid violent movies, loud music or the news at night. This type of activity stimulates the adrenals, 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 low light or candles and use lavender essential oil, should be put in the tub just before you get in so the scent doesn't dissipate or on your pillow. Lavender helps calm the mind for those who think too much.
7. Avoid eating late at night. Make your evening meal early, 7:30 pm 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.