

Sweet Dreams ... Sleep More Soundly

Q: I can't fall asleep at night. What will help me get a good night's sleep?

A: A good night's sleep is dependant on a person's physical, mental, and emotional health, as well as their lifestyle. The use of stimulants, such as caffeine and sugar; anxiety or tension; a disruptive environment can all leave you lying awake at night. Did you know that hot flashes or chronic pain can lead to insomnia? Regardless of the cause, Naturopathic Medicine offers successful sleeping solutions. For starters, make sure that your room is completely dark! Darkening your room and turning off your TV will help with the release of melatonin, your healthy-sleep hormone. Calcium magnesium taken at bedtime is a natural relaxant. If anxiety is the cause of your sleeplessness, there are a variety of treatments available. Acupuncture is a great treatment for insomnia! If the cause of your poor sleep is hot flashes, hormone lab tests can help to identify what nutrients you need to balance out your hormones. If chronic pain keeps you tossing and turning, I have a variety of treatments that will help to minimize pain and give you a great night's sleep!

Whatever the cause of your insomnia, come in and I will help you find the right sleep solution. A sound sleep leads to a healthier you!