



Four Flowers Wellness

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Natural Treatments for Insomnia

- **Get Into a Routine:** Start cultivating a bedtime routine and stick to it every evening. An hour before bedtime, dim lights and stick to calmer activities. Turn off electronics including televisions, radios, cell phones, and computers. Reserve your bed for only sleeping and sex, and make sure your bedroom is dark and quiet.
- **Passionflower Extract** is beneficial for anxiety and sleep (I like the *Herb Pharm* brand). Take 1 drop-perful, 2-5 times per day, as needed and before bed.
- **Curb Your Caffeine:** Decrease or eliminate caffeine from your day, especially in the afternoon and evening.
- **Drink Calming Teas:** Many common herbal teas have a calming effect that can help promote restful sleep. These include chamomile and mint. *Tulsi Tea* makes a tea with rose that is wonderful for stress-related insomnia. Valerian and hops are also useful.
- **Tart Cherries:** Drinking unsweetened tart cherry juice has been linked to improved sleep in studies. Take 1 ounce of juice concentrate (in water) or 8 ounces of juice 90 minutes before bed.
- **Choose Foods to Help You Sleep:** Foods high in tryptophan may help you sleep. These include nuts, eggs, meat, fish, and dairy. Other foods that are thought to promote restful sleep include celery, walnuts, black sesame seeds, dates, mulberries, and whole wheat berries. Avoid spicy foods, which are too stimulating.
- **Take a Hot Bath:** Bathe with warm or hot water as part of your bedtime routine. Adding epsom salts to the bath water, or a few drops of roman chamomile or lavender essential oil can increase the relaxing effects.



• **Acupressure:** Several calming acupunc-ture points, *Pericardium 5, 6, and 7*, are found on the inside of the wrist. Massage each side for 2 to 3 minutes with firm but gentle pressure. Use these points before bed, and any time you wake during the night.

- **Increase Activity Levels:** Regular physical activity benefits mood and sleep, and decreases stress levels. If you are currently sedentary, begin with just 10 minutes of gentle exercise like walking every day, and slowly increase the amount you're doing.
- **Lift Magnesium Levels:** Low levels of magnesium are often linked to trouble sleeping. Good sources of magnesium include beans, dark chocolate, brazil nuts, almonds, halibut, cashews, pine nuts, spinach, artichoke, tuna, whole wheat, potato, and beet greens.

