

Title:

A Guide to Natural Sleep Aids

Word Count:

501

Summary:

Insomnia, as characterized by regular and prolonged lack of sleep , can be detrimental to one'

Keywords:

natural sleep aids

Article Body:

Everyone has experienced occasional lost sleep. But, lost sleep on a regular basis is a cause

Valerian

This herb's use as a sleeping aid can be traced back to centuries ago. Interestingly, valerian

Light

The level of light the body is exposed to produces different reactions. A lot of light signals

Aromatherapy

This form of therapy relies on your body's response to certain olfactory signals. Scents like

Relaxation Techniques

Insomnia or lack of sleep is often due to the stress you feel. Practicing relaxation techniques

Sleep-friendly Diet

Different foods have varying effects on your sleeping pattern. Whereas caffeine and sugar-rich

Music

According to studies, slow and soft music can soothe and relax the body. By playing soft tunes

Exercise

Regular physical activity boosts your body's endorphin levels. Endorphins, also known as the b

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