

Title:

A simple effect and safe way to get a good night's sleep.

Word Count:

629

Summary:

All too often stress can prevent us getting good restful sleep. There are alternatives, which

Keywords:

5 htp, solgar, insomnia, solgar 5htp,

Article Body:

Why is it sometimes just so hard to get a good, restful night's sleep'

For many of us, every evening can frequently be one of "tossing and turning", where we are just

Some of this grueling sleep deprivation is voluntary. But with "Too much to do" "Too much to

For many people, sleep is a desperate requirement. People toss and turn, but the sleep does not

In due course exhaustion can get bad enough that a person seeks help from their doctor, who ob

However, the real nightmare is all too often about to start. After a while, the sleeping pills

It turns out that there is alternative way, but not one health insurance or the National Health

Contrary to what doctors almost always are taught , both in medical schools and from drug comp

There are a number of vitamins and minerals that strengthen sleep. An Internet search for 'ins

Staying off nicotine, caffeine and alcohol helps in obtaining a good night's sleep, as does ha

Amino acids are lesser known for their worth in being able to get sufficient sleep, but they a

Without adequate L-Tryptophan, or its easier-to-get cousin, <B>Solgar 5-HTP</B> (5-Hydroxy Try

(<B>5 HTP</B> might not be commonplace in some health food store, but it can be bought on-line

[http://www .solgar .co.uk/modules/shop/view .asp?catid=18&Prodcod=5-HTP2 \)](http://www.solgar.co.uk/modules/shop/view.asp?catid=18&Prodcod=5-HTP2)

Experimentation to find an proper dosage is safe and easy.

Sleep becomes an opportunity with enough L-Tryptophan in the brain. This is where L-Theanine,

Finally, GABA (yet another amino acid) works for some people. Most sleeping pills work on the

Anyone having trouble getting a good night's sleep can leave the sleeping pills in the cabinet

For more information on Insomnia, please visit:-

[http://www .solgar .co.uk/healthnotes/healthnotes.asp?org=boots&ContentID=1222004](http://www.solgar.co.uk/healthnotes/healthnotes.asp?org=boots&ContentID=1222004)

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