

Title:

Are you getting a good nights sleep?

Word Count:

625

Summary:

Herbs and vitamins that can help you sleep longer and feel more rested after a full nights sleep

Keywords:

sleep aids, sleep medication, full nights sleep

Article Body:

According to recent poles 40 million Americans may have chronic insomnia, with problems related to sleep.

If you are having trouble sleeping, there are a few steps you can take to help your body naturally sleep better.

Other beneficial vitamins and herbs are as follows:

- \* 5-HTP: helps promote healthy sleep, a precursor to serotonin vital for mood regulation and sleep.
- \* Ashwagandha: an Adaptogenic herb, helps combat stress, calming herb.
- \* B Complex: good to combat stress, helps maintain a healthy nervous system function.
- \* Calcium: helps relax muscles.
- \* Chamomile: anti-anxiety herb, good for ADD, insomnia and stress.
- \* Catnip: a calming herb, used to help you sleep with out affecting you the next day.
- \* Hops: primarily used for treatment of anxiety and insomnia for thousands of years.
- \* Lemon Balm: Primarily used for ADD, insomnia, stress, and Irritable bowel syndrome.
- \* Magnesium: helps relax muscles and is a good brain relaxing mineral.
- \* Skullcap: used in the past primarily as a calmative and a digestive aid, and is known for its ability to help with sleep.
- \* Valerian: is a tranquilizer and calming herb useful for disorders such as restlessness, nervousness, and insomnia.

The above listed herbs can be found in combination by several manufacturers such as Source Naturals.

Finally, there is melatonin which is a hormone naturally produced by the body. Melatonin is shown to help with sleep.

The statements in this article are not intended to diagnose, treat and cure or prevent disease.

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