

Title:
Insomnia Natural Cure

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423

Summary:
Sleeping is a natural state of resting. People spent about third of their life sleeping. The

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sleep,insomnia cure naturally,insomnia cure,insomnia treatment,chronic insomnia treatment,the

Article Body:
Sleeping is a natural state of resting. People spent about third of their life sleeping. The

There are two important stages for healthy refreshing night sleep:

Orthodox ~
No eye movement, dreamless sleep.

Paradoxical ~
This is the dream stage which is characterized by rapid eye movements.

In order to have a good night sleep these two stages must take place. Most sleeping pills dep

Moreover, when taking sleeping pills the following considerations must be taken into account:

- They might lead to unwanted dependency on them.
- As with alcohol taking too many might be poisoning.
- The body gets use to the pills and, in time, needs more of them to gain the same effect.
- Sleeping pills could cause other organs to functionality disorders.

Seeping pills are better being avoided. Here are natural advises which may help you sleep bet

1. Moderate exercise such as walking before bed time.
2. A hot bath, an hour before getting into bed.
3. Reading a book.
4. Avoid heavy late meal for dinner.
5. Avoid coffee and cola especially from the afternoon.
6. Do not drink alcohol or smoke.
7. Use relaxation techniques half an hour before you go to bed.
8. Drink green tea before bed time.
9. The bedroom should be quiet and dark, and with fresh air.
10. Try writing down what keeps you from sleeping.
11. The bed should be used only for sleeping and no other activities.
12. If you fail to fall a sleep do not fight it. Get up, do something quit like reading a
13. One bad night is not a sign for another bad night, think positive that the next night

These are all natural ways of getting a better night sleep. It is preferred to find the natur

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