

## Insomnia

*Are you stressed at work and can't sleep thinking about what needs to be done the next day, then in the morning exhausted?*

Insomnia, or the inability to fall or stay asleep can be incredibly frustrating and stressful. The most important thing is to identify and treat the root cause not just the symptoms. In your situation at work, are there ways of addressing your stress, for example, talking to your boss about reducing or changing your workload? Also, keeping a notepad by your bed so you can write down a "to do" list when thoughts of the next day enter your mind can be helpful - you can then relax knowing you won't forget them in the morning.



The following may also help you get a restful night:

- **Go to bed at the same time.** This helps keep your body clock (circadian rhythm) stable.
- **Relaxation.** Try relaxation methods such as meditation and yoga.
- **Exercise.** Exercise is a great way to de-stress and help with sleep, however, avoid exercise shortly before going to bed.
- **Valerian.** A 600mg dose 1 hour before bedtime helps promote the onset and quality of sleep and will not make you feel drowsy the next day.
- **Passion flower.** Helps relax the body in preparation for sleep. Take according to instructions on pack. Taken as a tablet, tea or tincture.
- **Lavender oil.** On temples or in an oil burner. One study found residents of a nursing home who normally used sedatives didn't need them after Lavender was diffused in the air in the evening.
- **Avoid Caffeine** after 3pm.

Taking a **magnesium** supplement reduces fatigue the next day. Some herbal insomnia preparations include magnesium.

If your insomnia persists for more than a few weeks you should seek the advice of a health professional such as a doctor, naturopath or counsellor.

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