INSOMNIA

Also see Sleep

- **This is an old remedy passed down to us, haven't tried it. Lick a matchstick before going to bed. It contains phosphorus and perhaps lycopodium. Don't use the safety matches, they don't have phosphorus.**
- **Yoga Practice of 4, 7,8: touch tongue to roof of mouth just behind the teeth. Breathe in quietly. Now breathe in through the nose to the count of 4, hold the breath to the count of 7, and breathe out forcibly through the mouth to the count of 8. You must only do this for 4 breaths and you must do this twice a day say morning and evening. After you have been doing this for a month you can increase it to an absolute maximum of 8 times a day.**
- **Do a monotonous action, such as reading in bed.**
- **Having a hot shower or bath before bedtime can relax the body and muscles.**
- **Avoid alcohol – it may knock you out, but you wake up a few hours later and it is hard to get back to sleep.**
- **2 mg Melatonin taken 2 hr before bedtime works for many people. It normally is produced in the evening by the pineal gland**
- **Take calcium-magnesium at bedtime – both are muscle relaxants.**
- **Take 50mg – 100mg of B Complex in the evening – helps with stress and relaxation.**
- **Herbs to help: Valerian root, kava kava, passion flower, hops, California poppy, skullcap, catnip.**
- **Avoid caffeine in the evening. Don't drink caffeinated drinks past 2pm in the afternoon.**
- **Keep the bedroom quiet and dark, no distractions, no telephone, cellphone, radio etc.**
- **Keep the bedroom cool – between 65-70ºF**
- **Try doing mantras, or meditation when you get into bed to focus the mind on...nothing.**
- **Bach Flower White Chestnut stops the mind from repeating thoughts over and over again.**
- **Do nothing for 2 hours before bedtime – tv. computer, stimulating exercise, housework. Just relax.**