



General Insomnia Tips



(Adapted from Jensen, K. Menopause: A Naturopathic Approach to the Transitional Years)

There are some basic lifestyle modifications that can be done to help you retain a restful sleep. The following are some suggestions to help with insomnia:

- ✦ Cut out stimulants such as coffee, pop and tea (especially after noon).
- ✦ Try not to eat a large meal after 7 PM.
- ✦ Exercise regularly: studies show it helps to induce regular sleep (the earlier in the day, the better).
- ✦ Before turning in, write down your “to do” list. This will allow your mind to let go of the things you must do the next day.
- ✦ Avoid using your radio, television, computer or telephone within one hour before bed. Allow your body to unwind from all stimulation. Instead relax with a book, listen to calming music or do some form of meditation.
- ✦ Hot baths are very calming right before bed. Some essential oils to try to also help calm you are lavender or chamomile.
- ✦ Massage into your temples and between the eyebrows a couple drops of lavender or chamomile essential oil.
- ✦ Make time for meditation, contemplation or prayer before you go to bed. Emotional, mental and spiritual aspects of life are all part of gaining optimal health.
- ✦ Turn clocks away from bed.