Insomnia and the Hormone Connection

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A Little Bit about Dr. Mitchell…

- I am a Naturopathic Physician and Alumni of Southwest College of Naturopathic Medicine
- I am a Board certified Naturopathic Doctor and have specialized training in chelation therapy.
- My undergraduate degree is in Organismic Biology with minors in Organic Chemistry, Business Administration, and Child Development
- I am the Owner and Medical Director of Sunshine Health Care Center located in Peoria, AZ.
Sunshine Health Care Center is an Integrative and Naturopathic Wellness Center.

Patients come to Sunshine Health Care Center to find wellness through naturally inspired medicine.

I find great pleasure in helping my patients achieve optimal wellness and in the process reminding them of the beauty of being connected to nature!

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naturally inspired medicine
Dr. Tiffany Mitchell is a Proud Member of Naturopaths International
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And very proud to be in attendance at the Wellness Through Hormones A benefit for
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and June 25, 2011: Coconino Community College (CCC), Lone Tree Campus 2800 S. Lone
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The Naturopathic Perspective

- Insomnia is viewed as a symptom resulting from an underlying imbalance that needs to be addressed.
- Hormones play a very important role in the regulation and quality of sleep.
Insomnia is Serious Business

• For the insomnia sufferer a lack of sleep can be detrimental to health.
• Many processes occur while we sleep which are essential to vitality and wellness.
• If you are not getting a good night’s sleep each night, you are not only depriving yourself of the energy you need to make each day, but you are also putting your health at risk!
Sleep is Preventive Medicine

• Sleep is also the time that the body rejuvenates and repairs itself.

• Without sleep, the immune system suffers and the number of natural cells that fight viruses and cancers decline.
50% of Americans suffer from Insomnia

- If you have trouble falling asleep … wake up frequently during the night and then have difficulty getting back to sleep … or wake up too early, you’re not alone.

- Studies show that more than half of American adults have sleep problems at least a few nights a week.
Sleepy Statistics:

- 75% of Americans believe that poor sleep is associated with health problems.
- 20% report missing work or family functions because they were too sleepy.
Insomnia Suffering on the Rise!

- Americans are losing sleep over financial concerns, the economy, job stress, and relationship difficulties.

- Falling asleep is hard, staying asleep is even harder, and the health risks increase with each sleepless minute.
Sleep Deprivation
Debilitating Effects

- Increased Cortisol Production
- Increased Insulin Production
- Reduced Leptin Production
- Increased Fat Storage
- Altered Sugar Metabolism
- Increased Appetite
- Increased Fat Accumulation
- Inhibition of Muscle Growth
- Muscle Wasting
• In a British study, scientists also found that people who are consistently sleep deprived (defined as sleeping five hours or less a night) are at greater risk for high blood pressure and cardiovascular problems.

• Insufficient sleep also raises your risk for obesity, diabetes, depression, alcoholism, and automobile accidents.
Strong Correlation Between Lack of Sleep and Obesity
Poor Sleep Related To Obesity

• Insomnia and sleep dysfunction cause decreased leptin and increased ghrelin levels.

• Sleep deficiency is linked to increased hunger and increased appetite.

• Sleep deficiency is also linked to increased cravings for high calorie and high carbohydrate containing foods.
Are You Getting Healthy Sleep?

• Doctors need to look at both the quantity and the quality of sleep to detect a problem.
• When it comes to sleep quality, problems aren’t always obvious to patients.
• An insomniac who lies awake at night can easily tell that something is wrong, for example, but someone with sleep apnea might have no idea there’s a problem.
• The most telling sign of a disorder is how you feel during the day.
• If you generally wake up alert and refreshed, you’re a healthy sleeper.
• If you chronically wake up sleepy, irritable and unfocused, you may have a sleep disorder.
Sleep Hygiene:

• Sleep hygiene refers to the habits, environmental factors, and practices that may influence the length and quality of one's sleep.
Sleep Hygiene

- Practicing good “sleep hygiene” can help you get the rest you need each night.
- For more solid, restorative sleep, turn off your television and computer well before bedtime.
- Keep your bedroom cool and dark, and go to bed at a reasonable hour.
- Avoid alcohol, caffeine, and big meals or snacks in the hours before bedtime.
Sleep Hygiene cont.

• Find an evening wind-down routine that works for you to invite peaceful sleep*.
• Try Dimming the lights.
• Take a warm bath or shower.
• Practice a gentle pre-bed yoga stretch.
• Read or write in a journal — a daily entry in a “gratitude diary”.

*Any sort of consistent ritual before bed tells your body that it’s time to wind down and settle in for a restful night’s sleep.
Being Diagnosed with Insomnia

• Insomnia is a verifiable insurance code billable to insurance companies.
• Although insomnia isn’t considered a disease by itself, it can lead to numerous health problems.
• Lack of sleep may result in reduced energy levels, lack of motivation, slower reflexes, irritability, disorientation, dark circles under the eyes, and fatigue.
Insomnia Classification Scheme:

One common method of classifying insomnia complaints is by their duration.

**Transient**: Defined as less than 2 weeks.

**Short Term**: Lasting for 2-4 weeks.

**Chronic**: Lasting for more than 4 weeks

Transient insomnia complaints are likely related to situational or medical stresses.

Chronic insomnia may be more likely to stem from psychiatric or circadian rhythm disturbances.
Types of Insomnia

Here are 11 classifications of insomnia, developed by the American Academy of Sleep Medicine.
Sleep Onset Insomnia

Sleep Onset Insomnia: Difficulty falling asleep
Sleep Maintaining Insomnia

- Waking up after falling asleep.
- Sleeping only a few hours, then waking up.
- Waking up suddenly, and being unable to fall back asleep.
- An in between state where one feels half awake while sleeping.
- Waking up too *early*, and being unable to get back to sleep (this crosses over into what is known as “early morning awakening”).
Adjustment Insomnia

- Adjustment insomnia disorder, also called acute insomnia or short-term insomnia, disturbs your sleep and usually stems from stress.
- The sleep problem ends when the source of stress is gone or when you adapt to the stress.
- The stress does not always come from a negative experience.
- Something positive can make you too excited to sleep well.
Behavioral Insomnia of Childhood

• This condition occurs when children do not go to bed on time unless a parent or guardian enforces a bedtime.
• If the children are made to go to bed at a specified time, then they tend to fall asleep at a normal hour.
• If they are not given strict bedtimes, then they may linger awake for hours at night.
Idiopathic Insomnia

Idiopathic insomnia is a lifelong sleep disorder that starts during infancy or childhood and continues into adulthood. This insomnia cannot be explained by other causes. It is not a result of any of the following:

- Other sleep disorders
- Medical problems
- Psychiatric disorders
- Stressful events
- Medication use
- Other behaviors

It may result from an imbalance in your body, such as an overactive awakening system and/or an hypoactive sleep system, but the true cause of this disorder remains unclear.
Insomnia Due to a Drug or Substance

This type of insomnia is directly related to the use of any of the following substances:

- Medication
- Caffeine
- Alcohol
- Food

Your sleep is disrupted by your use of the substance. This type of sleep problem may also occur when you stop using a particular substance.
Insomnia Due to a Medical Condition

• This insomnia is caused by a mental health disorder.
• The insomnia is a symptom of the disorder.
• The course and severity of insomnia are directly linked to that of the mental health disorder, but the insomnia is a separate focus of treatment.
• This insomnia is a disorder only if it is severe enough to require separate treatment.
Insomnia Nonorganic, Unspecified

- This type of insomnia suggests that known substances and other physical causes of the insomnia have been ruled out.
- This means that the cause of insomnia is most likely due to an underlying mental health disorder, psychological factor, or sleep disruptive behaviors.
- The name may also be used on a temporary basis while further evaluation and testing are completed.
- It is the description used when a person with insomnia does not meet the criteria for another type of insomnia.
Insomnia Organic, Unspecified

• This type of insomnia is caused by a medical disorder, physical condition, or substance exposure.
• The specific cause remains unclear.
• Further testing is required to discover the exact cause.
• The name may be used on a temporary basis while further evaluation and testing are completed.
Paradoxical Insomnia

- This is a complaint of severe insomnia.
- It occurs without objective evidence of any sleep disturbance.
- Daytime effects vary in severity, but they tend to be far less severe than one would expect given the expressed sleep complaints.
- People with this disorder often report little or no sleep for one or more nights.
- They also describe having an intense awareness of the external environment or internal processes consistent with being awake.
- This awareness suggests a state of hyper-arousal.
- A key feature is an overestimation of the time it takes them to fall asleep.
- They also underestimate their total sleep time.
Psychophysiological Insomnia

- This insomnia is associated with excessive worrying, specifically focused on not being able to sleep.
- The insomnia may begin suddenly following an event or develop slowly over many years.
- People with this sleep disorder worry too much about their insomnia and about being tired the next day.
- As a result, they learn to become tense and anxious as bedtime approaches.
- They may have racing thoughts that all relate to insomnia and trying to fall asleep. As they worry about falling asleep, they become more and more tense, which makes it less likely that they will be able to fall asleep.
Solutions

• Your first step is to demystify your insomnia and determine what’s causing it.

• For women who are under stress, simply providing adrenal support and making a few lifestyle adjustments can break the cycle of adrenal imbalance and relieve symptoms like insomnia.
How Many Hours of Sleep Should I Get?

• There’s no normal number of hours that quantifies a good sleep.

• Most adults need seven to nine hours a night; others manage just fine with six.

• It’s even possible to get too much sleep, because spending excess time in bed can be a sign of another health problem, such as depression or chronic fatigue syndrome.
But I am a night owl...

- Circadian rhythms vary from individual to individual. For most of us our internal clock is 24 hours in length equal to the amount of time it takes for the Earth to rotate on its axis.
- Early birds tend to have shorter clock of < 24 hours.
- Night owls have longer clocks closer to 26 hours.
Should I nap?

- Ever take an hour nap and wake up feeling worse than when you fell asleep?
- This is because it takes about one hour and a half to complete a sleep cycle.
- Around an hour into your nap you enter deep sleep, and when you wake yourself up out of it your body doesn’t feel right.
- The best way to nap is to rest for 30 minutes; your body will get enough rest without slipping into the deep stages of sleep.
- If you are in need of some serious rest make sure you are napping in hour and a half intervals.
The Science Behind Sleeping

- Our sleep/wake cycle is governed by circadian rhythms, with two daily peak times for sleeping, night and midday.
- As the sun goes down in the late afternoon, the cells in the retina of the eye send a message to a cluster of nerve cells known as our circadian clock, located in the hypothalamus deep in the center of the brain.
- The circadian clock then signals the pineal gland, also located in the hypothalamus, to produce the hormone melatonin.
Melatonin and Sleep

Although melatonin is the primary hormone responsible for sleep, it has many other functions:

- A potent antioxidant.
- Activation of thyroid hormone by making T3.
- Increases levels of all sex hormones including growth hormone.
- Lowers cortisol.
• Each cycle contains five stages of sleep. Each stage of sleep varies in duration as the night proceeds.
• The first 2 stages of sleep are lighter than the later stages.
• As the night progresses, these light and deep stages shorten and dream states - REM (rapid eye movement) expand.
• The body goes through stages 1 through 4, then regresses to stage 3, stage 2, then into REM.
• After REM sleep, the cycle begins again at stage 2.
REM Sleep

- REM is a truly restorative time for your body and as we age, the amount of time spent in REM lessens.
- During REM sleep, we dream.
- During REM sleep, our neurotransmitters which control emotional responses are replenished.
- During REM sleep, memories are made.
Sleep Cycles Gone Wild

- Light and electronic pollution are the main culprits.
- Unlike our ancestors, we have access to light, instant communication, and electronic entertainment any hour of the day.
- These luxuries send confusing signals to the brain and can disrupt the sleep cycle.
Stress Adds to the Problem

• Any kind of stress can send the “fight or flight” message to the brain.
• Examples include: traffic jams, phone calls, or light from a computer.
• The primitive part of our brain is unable to decipher a stressful phone call from a wild animal chasing us.
The following behaviors have been shown to cause and/or perpetuate insomnia

- poor sleep habits
- expecting to have difficulty sleeping and worrying about it
- ingesting excessive amounts of a stimulant such as caffeine
- drinking alcohol before bedtime
- smoking cigarettes before bedtime (nicotine is a stimulant)
- excessive napping in the afternoon or evening
- irregular or continually disrupted sleep/wake schedule
- medications, herbs and caffeine
- anxiety and worry about falling asleep
- physical problems such as pain
- stress and anxiety
- lack of exercise
- long-term use of sleep medications
- eating too much too late in the evening
- aging often results in changing sleep patterns and insomnia
- depression
How Does Melatonin Work?

• When melatonin is released by the hypothalamus, it causes drowsiness and lowers the body temperature, and ultimately induces sleep.

• Melatonin levels peak at about 2 a.m. in normal, healthy young people and about 3 a.m. in older people.

• The maximum amount of melatonin released in the bloodstream of older people is only half of that of young adults.
Melatonin Production Decreases As We Age

• The delay in timing and decrease in intensity of the melatonin pulse is a natural result of the aging process.

• In fact, low production of melatonin at night is associated with insomnia in patients aged 55 years or older.

• Patients age 55 and over have been identified as being more likely to respond to melatonin supplementation.
• Secretion of the melatonin hormone is directly related to the sunlight. As soon as the sun goes down the brain or the pineal gland starts secreting this hormone. Experts say that the level of melatonin hormone in the body is directly related to the “sleep-wake-cycle” of the human body.

• Release of melatonin in human body is inhibited by the presence of bright light. Because of this characteristic, the melatonin hormone, it is often referred to as the “Dracula of Hormones” that only surfaces at night.

• Secretion of melatonin by the pineal gland is only possible when a person enters a ‘dimly-lit environment’. Street lights or any type of artificial lights negatively affect the secretion of melatonin from the pineal gland.
Improved Melatonin = Improved Sleep

• Lowering body temperature before bed time increases melatonin production.
• Stress and worry lower melatonin.
• Bright lights at night reduce melatonin. Use a low-watt night light if you get up in the middle of the night.
• Overeating lowers melatonin, lack of food stimulates it. If having a large dinner, finish at least 4 hours before bedtime.
Ways to Increase Melatonin Production

- Avoid consumption of alcohol 4-5 hours before bedtime.
- Avoid caffeine at least 4-6 hours before bedtime.
- Strenuous mental activity should be reduced at least one hour before bedtime.
- Going to bed and waking up in a routine way each day as close to the light/dark cues as possible.
Other Nutrients Which Help Support Melatonin Production:

- Vitamin B-12 and B-6 are needed to make melatonin.
- B-complex containing either 50-100 mg per day during meals helps to support healthy melatonin production.
- NAC (N-acetyl cysteine); 600 mg twice daily.
- Methionine 500-1000mg taken in the morning on an empty stomach.
- Tryptophan 100-200mg at bedtime.
- 5-HTP 50-100 mg taken at bedtime.
Melatonin Production Should Be Low During the Day

Exposure to sunlight at least 20 minutes per day each morning ensures your internal clock is properly signaled to delay melatonin production.
Am I Taking Too Much Melatonin?

• Waking up in the middle of the night and not being able to fall asleep.
• Palpitations or anxious feelings (often due to too much T3 production from thyroid).
• Disturbing or vivid dreams.
• Headaches or a feeling that your head is too big in the morning.
• Groggy or hungover sensation in AM.
How To Take Melatonin

• If you tried melatonin and it did not work, you probably used the wrong dose.
• The lower the dose, the more potent the effect.
• Most people do well on doses between 0.5 mg and 1 mg.
• Most preparations come in doses too high.
How To Take Melatonin cont.

• Melatonin can be compounded by a Compounding Pharmacist to make a dose of 0.1 mg which can then be gradually increased by 0.1 mg every 2-3 night until your sleep is deep and restful.
• Sublingual doses get melatonin directly into your blood stream.
Timing Is Everything

• The timing of the dose is critical.
• An oral dose should be taken 30 -60 minutes before bedtime.
• A sublingual dose is best taken 15 minutes before bedtime.
• Some people utilize melatonin better if taken one hour or two before bedtime. They find that they wake up easier without the “drugged” feeling.
• Dosing often requires trial and error.
Dangerous Interactions with Melatonin

• Melatonin by itself is safe and effective.
• Contraindicated in Pregnancy or while breast feeding.
• May increase risk of bleeding with Warfarin.
• Lowers effect of Clonidine, a blood pressure medication.
• Lowers effect of some antidepressants including: Desipramine (Norpramin) and Fluoxetine (Prozac).
Marijuana: Common Drug of Choice for Self-Medicating

- Marijuana raises melatonin levels more dramatically than any other drug.
- The effects are immediate, within 20 minutes of smoking.
- Results in extremely high levels of melatonin - as much as 4000 times the baseline!
- Such high levels can cause rebound insomnia and deplete melatonin and tryptophan levels, resulting in disturbed, unrefreshing sleep and moodiness.
Could Other Hormones Besides Melatonin Be Causing My Insomnia?

- If you are female and in perimenopause, menopause, or have PMS, you may have restless sleep.
- If you are male, andropause may be affecting your hormone balance causing insomnia.
- Night sweats may wake you up and interrupt your normal sleep cycle, so it’s hard to fall back asleep.
- If you have other symptoms of hormonal imbalance (mood swings, irritability, or uncomfortable physical changes) your insomnia may be related to hormonal fluctuations.
During menopause, estrogen is higher than progesterone.

75% estrogen reduction from age 35 - 50
35% progesterone reduction from age 35 - 50
Hormonal Disruption Can Cause Disrupted Sleep

• Low Estrogen: Sleep that is less deep.
• Low Progesterone: Very poor sleep before period and agitated or too light of sleep.
• Low Testosterone: Sleep that is less deep.
• Low DHEA: Sleep that is less deep, sleep with fewer or no dreams.
• Low Growth Hormone: Inability to sleep deeply.
• Low Melatonin: Difficulty falling asleep, overactive mind when trying to fall asleep, waking up during the night, suddenly, not feeling rested in the morning, feeling out of sync with the world, going to bed too late and waking up too late, difficulty falling back to sleep after waking up at night.
Insomnia and Adrenal Imbalance

• The adrenal gland produces cortisol an important hormone which if disrupted can cause excessive fatigue and sleep disturbances.
• You may feel both “tired and wired,” which can be directly related to adrenal imbalance.
• Even though you feel exhausted, you still can’t fall asleep easily. Or you may drop off initially, only to wake a short time later, fully aware and ready to go.
Insomnia and Adrenal Imbalance cont.

- You may have low energy in the afternoon, but get a second wind right before bedtime.
- You may feel the need to use caffeine and/or sugary foods to boost your energy level.
- The adrenal glands are responsible for mediating our stress response through hormones like cortisol and adrenaline.
The cortisol curve is naturally highest in the morning and lowest in the evening.

Many insomnia sufferers actually have a flip-flopped cortisol curve.
The Cortisol Curve cont.

• Cortisol is intimately linked to your circadian rhythm.
• Cortisol is generally highest in the morning.
• Cortisol gradually declines throughout the day to prepare you for sleep at night.
• When cortisol becomes elevated at night, the body is receiving the message to stay awake and alert.
The Cortisol Curve cont.

- Sleep studies using polysomnography have suggested that people who have sleep disruption have elevated nighttime levels of circulating cortisol and adrenocorticotropic hormone.
How Can I Find Out My Cortisol Curve?

• Adrenal Stress Index Testing is a form of saliva testing.
• 4 samples are collected throughout the day and analyzed by a lab.
• Kits are available at Sunshine Health if you would like to test your adrenals.

Please call 623-266-1722 for details.
Phosphatidyl Serine

One of the best known and most effective ways to lower excess cortisol levels is with the nutrient Phosphatidylserine (PS). Phosphatidylserine is believed to facilitate the repair of the cortisol receptors in the hypothalamus. It is believed that the cortisol receptors get damaged by high cortisol levels reducing the ability of the hypothalamus to sense and correct high cortisone levels. Because Phosphatidylserine helps repair the feedback control apparatus, it is useful in correcting both high and low cortisol levels. Phosphatidylserine is also useful for preventing short-term memory loss, age-related dementia and Alzheimer’s disease. Typical dosages are one to three 100 mg. capsules per day.
In general, reported phosphatidylserine side effects are fairly minor and are related to the dose. With side effects being more common with higher dosages. Some of the reported phosphatidylserine side effects include:

- Upset stomach
- Gas
- Insomnia
Neurotransmitters

• After just a few weeks of life, we begin to process periodic light signals.
• As we process these signals, our bodies produce neurotransmitters and hormones that regulate our mood and energy levels.
• Neurotransmitters which affect our sleep cycles include: melatonin, adenosine, dopamine, and serotonin.
Biosynthesis of Melatonin

1. Tryptophan
   - Tryptophan hydroxylase

2. 5-OH-tryptophan
   - 5-HTP decarboxylase

3. Serotonin
   - Serotonin N transferase (SNAT)

4. N-Acetylserotonin
   - Hydroxy indole O-methyl transferase

5. Melatonin
Dopamine

- Dopamine, critical to sleep. Allows for body to cycle through sleep stages.
- Responsible for memory consolidation which occurs during sleep.
- Levels are increased during wakefulness.
Adenosine

- Modulates adrenal gland through special receptors.
- Lowers level of cortisol.
Neurotransmitter Disruptors

• Food sensitivities: e.g. Gluten, Wheat, Dairy, Soy and Corn.
• Artificial Sweeteners: e.g. MSG and Aspartame.
• Desserts and sugary foods.
Sleeping Pills

• One of every four US adults take over-the-counter or prescription sleeping pills to fall asleep, which do not contribute to quality sleep or solve the underlying problem.

• Common OTC sleeping medications: Tylenol PM, Excederin PM,

• Common Prescription Medications: Lunesta and Ambien.
Sleeping Pills cont.

• Despite what the ads say, prescription sleep aids are not a solution to insomnia. They often have side-effects, and can be highly habit-forming.

• Most sleep medications shorten the amount of time necessary to reach deep sleep, but almost all cause a shortening of both deep and REM sleep.
What Other Choices Are There?
Yoga or Meditation

Choose gentle yoga or stretching, not vigorous power or ashtanga yoga, which could energize you instead. Try easy yoga stretches in bed followed by simple meditation. Close your eyes and, for 5 to 10 minutes, pay attention to nothing but your breathing.
What Alternatives Are There To Prescription Sleep Aids?

• The good news is that many sleep problems are highly treatable with natural and safe, non-addictive herbals and nutritional supplements.
Natural Sleep Aids Can Help!

• Maintain your immune system.
• Wake up feeling refreshed, renewed and ready to take on the challenges of the day!
Mineral Support

- Magnesium and calcium are both sleep boosters, and when taken together, they become even more effective.
- Plus, by taking magnesium, you cancel out any potential heart problems that might arise from taking calcium alone. Take 200 milligrams of magnesium (lower the dose if it causes diarrhea) and 600 milligrams of calcium each night.
If you’ve suffered anxiety, headaches, or muscle or joint pain, you might already be familiar with wild lettuce. It’s also effective at calming restlessness and reducing anxiety, and may even quell restless legs syndrome. When using a wild-lettuce supplement, take 30 to 120 milligrams before bed.
Lavender Aromatherapy

Lavender is proven to aid in sleep.
Find a spray with real lavender and spritz it on your pillow before bedtime.
Or buy a lavender-filled pillow.
Valerian Root

Valerian is one of the most common sleep remedies for insomnia. Numerous studies have found that valerian improves deep sleep, speed of falling asleep, and overall quality of sleep. However, it’s most effective when used over a longer period of time. About 10% of the people who use it actually feel energized, which may keep them awake. If that happens to you, take valerian during the day. A typical dose is 200 to 800 milligrams before bed.
Passion Flower

• Passion flower was used originally in South America and later in Europe for anxiety, insomnia and hysteria.

• It is believed that passion flower works by increasing levels of GABA (gamma-aminobutyric acid) in the brain. GABA is responsible for lowering the activity of some brain cells, resulting in relaxation.

• The flowers, leaves and stems of passion flower are used for medicinal purposes.

• You can use passion flower in the form of infusions, teas, liquid extracts and tinctures.
Passion Flower

- Prepare a tea of passion flower before going to bed.
- Add one teaspoon of dried passion flower tea to one mug of boiling water.
- Let the solution steep for at least 15 minutes.
- Now drink the solution in a relaxed environment a half hour before going to bed.
Passion Flower

Use the right type of Passion Flower because there is another variety called the Blue Passion Flower (Passiflora caerulea) that contains cyanogenic glycoside.

Use Passiflora Incarnata instead of Passiflora Caerulea.
Passion Flower

- Do not use passion flower if you are pregnant or breastfeeding.
- Take the advice of a qualified health professional before using passion flower if you are suffering from any immune disorder.
- Do not use passion flower for children without proper advice because the effects on children have not been properly researched.
Passion Flower

Passion flower is not believed to have side effects for the average, healthy person. There are far less side effects with passion flower than with any other drug or herbal option usually recommended for insomnia. Side effects could include dizziness, mild confusion, mild headaches, drowsiness and coordination problems in some susceptible people.
Summary:

2. Determine type and cause of insomnia
3. Perfect Sleep hygiene routine
4. Address hormonal imbalances
5. Consider natural options for insomnia.
Dreams really do matter!
May you all have sweet dreams each and every night!

Thank-you!!!