

Rest easy with herbal insomnia relief

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In Australia, more than 1.5 million of us suffer from sleep disorders. The three biggest conditions amongst these sufferers are obstructive sleep apnoea, insomnia and restless legs syndrome.¹

There are many reasons why your sleep may be disturbed; stress, poor diet, shift-work, a new baby or perhaps physical pain. Even if we remove the obvious obstacles to good sleep by going to bed earlier, eating well and reducing screen-time at night, it may not be enough to get that full and refreshing night's sleep.

One effective way to assist your sleep is to use complementary medicines to help balance and restore the mechanisms in the brain that prepare you for sleep. There are particular groups of herbal remedies which are sedative and help to calm the nervous system and provide relief of insomnia.² The benefits of using complementary medicines for sleep are that they are natural, with no 'hangover' or sleepiness effect the next morning.³⁻⁵

Herbal medicines help support the nervous system and, over time, may have wider-reaching benefits like stress management.⁶

So what are the best herbal remedies for superior sleep?

There is a wealth of data available on valerian, and for good reason. It is a traditional western herbal remedy to help calm the nervous system and promote sleep for those with mild irritability and nervous tension.^{7,8} This means that it works by helping to calm you down, in preparation for sleep; to allow the mind and body to relax and to help promote a deeper sleep.⁹

If night sweats is one of the reasons you're having poor quality sleep, zizyphus would be a good herb to consider. Zizyphus is a traditional Chinese medicine used to relieve spontaneous sweating, and also used to help calm the nervous system with an affinity for promoting sleep.¹⁰⁻¹³

Melatonin is the main hormone responsible for sleep. Its varying levels throughout the day help to manage our sleep cycles. A lack of this hormone at night can contribute to poor sleep.¹⁴ Some plants contain melatonin and might be useful in sleep formulas. One such plant is sour cherry, which is also a rich source of antioxidants.¹⁵⁻¹⁷

Not to be forgotten, essential oils are another

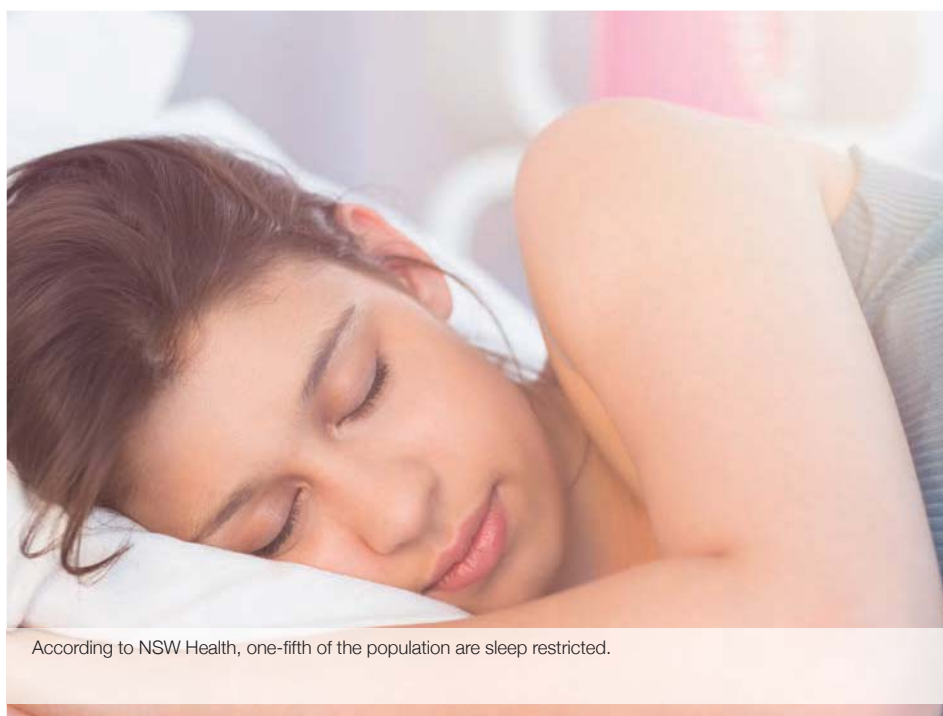
good avenue to explore when managing poor sleep. Lavender oil has been used for centuries as a nervous system tonic and has been shown to help with mild insomnia due to restlessness.¹⁸

Outside of an injury, a medical condition or having a newborn around, there should be no reason to put up with poor sleep. Talk to your local practitioner about natural and effective sleep remedies and put your sleeping issues to bed!

References available on request.

Sleep Complex AUSTL : 227185 60 TABLETS

- Helps to promote sleep and provides relief from insomnia.
- Used traditionally in western herbal medicine to relieve mild nervous tension, irritability and restlessness.
- Used traditionally in western herbal medicine as a carminative for mild nervous gastrointestinal complaints.
- Contains the clinically trialled Bio-156™ valerian extract, phyto-equivalent to LI-156, which is demonstrated to promote the onset of deep sleep, improve sleep quality and enhance the feeling of being well rested after sleep.
- Zizyphus is traditionally used in traditional Chinese medicine (TCM) to relieve spontaneous sweating or night sweats.
- Sour cherry contains naturally occurring melatonin.



According to NSW Health, one-fifth of the population are sleep restricted.