

Enjoy a Restful Night's Sleep: Overcome Insomnia during Menopause Naturally

Deep and restful sleep is one of the most beneficial things we could do to maintain our health.

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As a classical homeopath, I look at each client as a unique individual. I pay attention to more than just the symptoms that accompany an ailment, but everything about a person. Discussing sleep is important. Insomnia and other sleep problems are sometimes increased during perimenopause and menopause.



Hot Flashes Interrupt Your Sleep

The most common cause of sleep disorders during menopause are hot flashes, flushes of heat, and night sweats due the natural hormonal adjustment that comes at this time in our lives.

The correct homeopathic remedy can quickly halt hot flashes as one client describes, "After just one dose of 5 peppercorn-sized pellets, I went from having hot flashes every hour and a half to two per day. The next week, after my second dose, the hot flashes were completely gone..."

If you are bothered by hot flashes, I invite you to visit my previous article, *Hot Flashes: Homeopathy Helps You Turn Down The Heat*.

STRESS Interferes with a Good Night's Sleep

Sleep disturbances include difficulty falling asleep, shallow and restless sleep, or waking too early and not being able to return to sleep. A common reason for disturbed sleep can be summed up in one word, STRESS. Women today are expected to do it all, raising children, being a wife, taking care of aging parents, as well as providing much, if not all, of the financial support for the family.

The energy to keep up the pace of Super-Woman, relies on two small triangular-shaped glands that rest on top of our kidneys, called the adrenal glands. Their

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(see reverse)

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purpose is to produce hormones that give us extra energy in times of emergency or extreme danger. Today we rely on them continually, over many years to maintain life's pace. This kind of long-term strain can disrupt the function of the adrenals and lead to anxiety or fatigue.

Homeopathy Offers Relief to Help You Get Your Sleep

Homeopathy offers relief for those who can't sleep. A qualified homeopath can help you decide which is the best remedy for you. Here are a few examples of remedies that could help:

- ◆ *Arsenicum album* covers symptoms of anxiety and restlessness, waking around midnight worried about finances, work, and their health.
- ◆ *Ignatia amara* is an excellent remedy to help overcome grief. One needing Ignatia may sigh or cry a lot, even in their sleep.
- ◆ Another remedy is *Nux vomica*. A woman needing Nux has trouble falling a sleep, usually waking between 2-4am, unable to return to sleep. They are tense, irritable and may require stimulants to fall asleep or stay awake.

Self-Care that will Help You Sleep

1. Avoid alcohol. A glass of wine may help you fall asleep, but later it can keep you a wake & trigger hot-flashes.
2. Breathing exercises help you relax at bedtime and anytime throughout the day.
3. California Poppy herbal tincture (50 drops) in water.
4. Rescue Remedy Sleep (Bach Flower Essence combination).
5. Warm bath with epsom salts before bed.

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HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED



- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- And More

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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