



Health Benefits of Natural Sleep Treatments for Insomnia

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Description

Insomnia is a common sleep disorder that affects millions of people worldwide. It can make it difficult to fall asleep, stay asleep, or achieve restful and restorative sleep. While there are many prescription and over-the-counter sleep aids available, some people prefer to try natural remedies first. Here are some of the best natural sleep aids for insomnia.

Natural sleep aids

Melatonin: Melatonin is a hormone that helps regulate the sleep-wake cycle. It is naturally produced by the pineal gland in the brain in response to darkness. Taking a melatonin supplement can help reset the circadian rhythm and promote sleepiness. It is especially helpful for people who have trouble falling asleep at night. Melatonin is available in many forms, including pills, capsules, liquids, and gummies.

Valerian root: Valerian root is an herb that has been used for centuries as a natural sleep aid. It contains compounds that promote relaxation and sleepiness, such as valerenic acid and isovaleric acid. Valerian root is available in many forms, including pills, capsules, teas, and tinctures. It can take a few weeks of regular use to see the full effects.

Chamomile: Chamomile is an herb that has been used for centuries for its calming and sleep-promoting effects. It contains compounds that promote relaxation, such as apigenin. Chamomile tea is a popular and easy way to incorporate chamomile into your bedtime routine. It can help calm the mind and promote restful sleep.

Magnesium: Magnesium is an essential mineral that plays many roles in the body, including promoting relaxation and reducing stress. Taking a magnesium supplement before bed can help relax the muscles and calm the mind, promoting restful sleep. Magnesium is available in many forms, including pills, capsules, powders, and liquids.

Lavender: Lavender is an herb that has been used for centuries for its calming and soothing effects. It contains compounds that promote relaxation, such as linalool and linalyl acetate. Using lavender essential oil in a diffuser or applying it topically can help promote relaxation and improve sleep quality.

Exercise: Regular exercise can help improve sleep quality and reduce insomnia. Exercise promotes the release of endorphins, which can help reduce stress and anxiety, promote relaxation, and improve mood. It is important to exercise at the right time, as exercising too close to bedtime can actually make it harder to fall asleep.

Sleep hygiene: Practicing good sleep hygiene can also help improve sleep quality and reduce insomnia. This includes establishing a consistent sleep schedule, creating a relaxing bedtime routine, avoiding stimulating activities before bed, keeping the bedroom cool and dark, and avoiding caffeine and alcohol before bed.

Conclusion

There are many natural remedies that can help improve sleep quality and reduce insomnia. Melatonin, valerian root, chamomile, magnesium, lavender, exercise, and sleep hygiene are all effective natural sleep aids. It is important to talk to a healthcare professional before starting any new supplement or exercise routine, especially if a person has a medical condition or takes medication. By incorporating these natural remedies into the bedtime routine, the person can improve sleep quality and achieve restful and restorative sleep.

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