

Natural Sleep Aids We Recommend Kelly Pomeroy, M.H.

Sleep is one of the most important things we can give to our body, next to air and water. We can live without food for longer than we can live without air, water, or sleep. It may seem as something we can reduce in our lives to save time, but this false reality creates physiological debt. Insufficient sleep can lead to challenges such as weight gain, brain fog, immune suppression, depression and anxiety, and more.

Some people are unable to get to sleep because their body will not let them. Imbalances or illnesses can cause sleeplessness. There are a variety of reasons why the body is unable to rest. Here is a list of ideas to consider for helping the body get improved rest.

Pineal Gland and Natural Melatonin

Our pineal gland is a small gland located in the back of the brain about eye level. It is light sensitive and when it begins to get dark, the pineal increases the production of melatonin which causes us to feel sleepy. Feeding and supporting this gland will improve its performance. Blue lights from computers, tv's and telephone screens can also keep us awake, by not allowing the pineal to be stimulated to make melatonin. We recommend turning electronics off at least 10 minutes before you get into bed. We also recommend Dr. Christopher's glandular formula or three parts mulleins, one-part lobelia to support the gland to function more fully on its own. A study was done showing the effectiveness of tart cherry juice to improve sleep. 1 Tart Cherry juice contains significant amounts of natural melatonin, also a great natural sleep aid.

Fresh Valerian

Gamma aminobutyric acid (GABA) is a naturally occurring amino acid neurotransmitter in your brain. It blocks certain brain signals, thus decreasing nervous system activity. Fresh valerian contains gamma aminobutyric acid that slows down the nervous system and has proven effective in helping those with insomnia, stress, mood disorders, and anxiety. 2

Dr. Christopher helped a woman who had horrible insomnia and could only sleep in 30-minute intervals. He gave her a cup of valerian tea and she slept like a baby all night long, waking refreshed. Her husband thought he had given her a drug because it was alarming how long she had slept. Other wonderful sleep herbs: hops, passionflower, chamomile, lemon balm, lavender.

Sleep Meditations

Sleep meditation is a guided script that helps you calm your breath, mind, and body to be more restful, gradually transitioning your body into sleep. You are directed to think on calm and pleasant things, relaxing your mind and body. There are two meditation groups I prefer; one for children and one for all ages. They have been helpful and effective to myself and my children.

[Meditation Vacation YouTube](#)

[Children's Meditations](#)

Binaural Beats

This is a method of exposing the brain to sounds that create low frequency tones, allowing the brain to shift to frequencies that are more conducive to sleep, such as Theta and Delta waves. A study showed that exposure to binaural beats created changes in three hormones associated with sleep; DHEA, Cortisol, and Melatonin.³

Sleep and rest are critical times the body uses to do repair work and allow the mind to work through situations that it could not in its wakeful hours. This part of your day is so important. Be sure to get the recommended dose of 10-13 hours for small children, teens through young adults 8-10 hours, and older adults 7-9 hours of sleep. Sweet dreams!

Works Cited

1. "Effect Of Tart Cherry Juice (Prunus Cerasus) On Melatonin Levels And Enhanced Sleep Quality. - Pubmed - NCBI". *Ncbi.Nlm.Nih.Gov*, 2020, <https://www.ncbi.nlm.nih.gov/pubmed/22038497>. Accessed 14 Jan 2020.
2. Yuan CS, et al. "The Gamma-Aminobutyric Acidergic Effects Of Valerian And Valerenic Acid On Rat Brainstem Neuronal Activity. - Pubmed - NCBI". *Ncbi.Nlm.Nih.Gov*, 2020, <https://www.ncbi.nlm.nih.gov/pubmed/14742369>. Accessed 14 Jan 2020.
3. "How Can Binaural Beats Help You Sleep Better?". *Psychology Today*, 2020, <https://www.psychologytoday.com/us/blog/sleep-newzzz/201810/how-can-binaural-beats-help-you-sleep-better>. Accessed 14 Jan 2020.

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