

**virgilr**

**Holy moly, this article is better than entire books written on this topic... Thank you, Dr. Mercola!**

Posted On 03/29/2018

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## Guillermou

The first signs of stress are tiredness and sleep disorders, which subsequently cause anxiety and fatigue with the imbalance of chemical modulators of the brain: serotonin, adrenaline and dopamine. Serotonin is an important regulator of organic rhythms, which can be converted into melatonin, both acting as anti-stress and antidepressant. When these two substances do not interact, sleep disorders appear and the first symptoms of physical and mental imbalance (anxiety, tachycardia, depression, etc.). On the contrary, the cortisol and the adrenaline produced by the adrenal glands keep us alert and stimulate the production of energy. Chronic stress, generates fatigue, fatigue and general weakening that is cause of insomnia, opposing the production of melatonin.

Melatonin represents help to reestablish mental and physical rhythms, reestablishing the balance of relationship between brain modulators. Melatonin is produced naturally from tryptophan found in eggs, most fish, legumes, pumpkin seeds, nuts, pineapple and avocado. Tryptophan is a precursor to 5-HTP, which is converted to serotonin. The cerebral pineal gland converts serotonin into melatonin when there are low levels of light in the surrounding environment, being the basis of our circadian rhythms. For this we also need enough calcium, B6, folate, B12 y D. Certain herbs can help with stress, such as lavender, melissa, valerian and passion flower.

Lymphatic drainage can increase the volume of lymph flow up to 20 times, eliminating toxins more efficiently, promotes deep relaxation and improves the quality of sleep. Before applying the lymphatic drainage, it is advisable to take a relaxing bath of salts of Epsom, to have the legs elevated and to take a juice of detoxification. The lymphatic system is activated during sleep. This fact makes the quality and quantity of sleep more important to avoid neurodegenerative disorders. [stm.sciencemag.org/.../147ra111](http://stm.sciencemag.org/.../147ra111)

Posted On 03/29/2018

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## Islander

I have battled insomnia most of my life; I've always been a night owl (as opposed to a lark), and while I would LIKE to wake up early and start my day at first light, I just can't fall asleep early, sometimes tossing and turning for hours. Believe me, I have tried everything from chamomile tea to cannabis. If I am desperate (e.g if I have an early morning flight the next day), I have a prescription to fall back on, but I try to avoid that. I so envy people who can sleep on command – who say, "I'm going to bed early tonight," and then do it and fall asleep immediately. It must be some kind of magic! The nicest feeling in the world, which I almost never get to enjoy? Drowsiness!

Posted On 03/29/2018

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## Carl New

I'll go out on a limb and say your insomnia may be related to a previous trauma, even if not recalled. Maybe on some subconscious level it's just not safe to go to sleep. If this rings for you then there are a few pros out there who can you help heal this.

Posted On 02/20/2022

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## M\_Chandler

Absolutely! I was always a bit amazed at people who fall asleep within 15 minutes of laying down, and then they wake up in the morning entirely human. I usually took me about 3 hours to fall asleep, and then in the morning, even after I got up, at least an hour before I was a functioning human. I started taking ~500mg of American Ginseng (less stimulating than Asian) and ~500mg of Licorice root and the difference was astounding. I got sleepy in the evening, fell asleep within an hour of going to bed, was able to wake up in the morning, at a completely reasonable hour, fully functional and within 30 minutes have enough mental and physical wherewithal to squeeze in a work out! Cycle that 3-6 weeks at a time and see how it works. I don't have high blood pressure, but if you do, you may want to use DGL instead of straight up Licorice. I can't say how that would work. I also would stick to cycling. Many herbs are not meant for continuous use (years on end...).

Posted On 02/20/2022

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## seedsaver37

Carl, I have often wondered if this is the case with my chronic insomnia (trauma at the age of ten). I wonder if I am just too old now to do anything about it.

Posted On 02/20/2022

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## joymoeller

GREAT review of sleep hygiene, positional sleep therapy, and all of the other information. But sometimes, if the back or base of the tongue is not functioning and slipping into the airway, or there is another obstruction of the airway, the brain will not allow you to go into REM sleep easily and so the brain will keep you in a lighter stage of sleep and you will not be rested in the morning, no matter how much you sleep. Myofunctional therapists are good at screening and working with the back of the tongue, if all the other techniques do not work.

Posted On 03/29/2018

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## kayrayK

I agree! I often woke up choking, and I finally found out that taking Tylenol PM was the cause. Evidently it relaxed the uvula and made me choke.

Posted On 11/14/2019

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## **totalemfsolutions**

Hooray for good sleep!!!! Sometimes I take two tablespoons of tart cherry concentrate 45 minutes prior to bed, but always sleep in an EMF free zone. Ever heard of the term "happy camper"? There is a good reason why. Sleeping away from cell phones, in a canyon, OFF THE EARTH is the best! The problem today is that most people are so addicted to their cell phones that they bring them, ruining the experience of a good nights sleep.

Posted On 03/29/2018

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## **amanda112358**

Sleep naked, but wear socks

Posted On 03/29/2018

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## **trinah2o**

Meditation especially the deeper you go into it and quiet the mind and relearn that you are not your body but are spirit, your need for sleep diminishes. Throughout AUTOBIOGRAPHY OF A YOGI, the need for sleep decreases - there are even sleepless yogis. Sungazing seems to have a similar effect. The more clean and efficient your body is and when you give it the cleanest fuel, it seems your body doesnt need as much repair and rest. I know I notice more energy and less need for as much sleep in the summer.

Posted On 03/29/2018

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## **sac5631**

So true , I am a long time meditation practitioner mostly plant based diet and sleep on average of 5-6 hours .. Sadhguru shares this same information with all , you are not your body nor even your mind.. Oh , I'm also 67 years young with a fulfilling life.

Posted On 04/02/2018

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## **interestedone**

also check orientation of bed to compass points therefore head direction - ayurveda mentions direction your head and feet point toward on sleeping is important

Posted On 03/29/2018

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## **Epona777**

I believe there is something to this. I can only feel comfortable and sleep well in a room on the West side of the house.

Posted On 03/29/2018

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## **Brynn**

I have delayed sleep phase syndrome. When I was younger, I could cope with it, but now I can't. I sleep best from 4am to noon. At my age, I can do that. However, daylight savings really causes me problems. I've worked with all nine yards of sleep recommendations from [circadiandisorders.org](http://circadiandisorders.org). I finally got help from my doctor who prescribed low dose tamazepam. I would like to try medical marijuana, if I can afford it.

Posted On 03/29/2018

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**grulla**

Hi "Brynn", " However, daylight savings really causes me problems." I recall from your previous forum comments that you live in northern NM. State senator Pirtle has been pushing for eliminating time change twice a year, however he wants to keep us on DST year round instead of syncing us with Mountain Timezone neighbor, Arizona, who is on year around standard time. Here is a typical example of letters I send to my state rep, Rebecca Dow and others, on this time change matter:

Dear NM Legislator, I am writing you to encourage the legislation and elimination of the nonsensical practice of having to change our clocks twice a year, and sincerely believe that it is something most all of us can agree on. However, where we might disagree is that some legislators and citizens have proposed keeping NM on daylight savings time (MDST) year around, while others, myself included, would want to do the practical and efficient thing by keeping our time as Mountain Standard Time (MST) year around, and sync up with the proven economy of neighboring Arizona.

By changing to year around MDST, we (NM) would be alone (like a Banana Republic) by not joining others in a sensible time standard, mainly AZ, who has had this wonderful year around Mountain Standard Time for many years. It would be sensible to sync up with a strong economy such as AZ from an efficient and economical POV for travelers, tourists, shippers, transportation companies, etc., and not venture out on our own, chronologically, with an oddball NM TIME which would not even sync with Central Time States year around.

And this legislation to eliminate time change should be very easy to accomplish by simply eliminating the time change legislation that was originally enacted on a state level, I believe, back in the 1960s, (or whenever) that was permitted by Federal Law. Remember, AZ did not comply with that and remained MST year around. [www.petition2congress.com/.../eliminate-daylight-savings](http://www.petition2congress.com/.../eliminate-daylight-savings)

Posted On 03/29/2018

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## RaajSingha

Started maintaining an Excel Sheet Log with the heads- Date, Breakfast (Time), Fasting (Hours), Dinner (Time), System Shutdown (Time), Bed (Time), Sleep (Hours). Where all fasting hours less than 13, dinner time past 7.00 PM, system shutdown after 8:00 PM, sleep hours less than 7 are recorded in red. This log helps to monitor progress as it encourages to avoid putting entries in red.

Posted On 03/29/2018

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## kayrayK

I mentioned this in a reply below, but felt it is warranted to repeat. I used to take Tylenol PM. I would wake up choking at least once a night. When I mentioned this to my functional Med doctor, she said the Tylenol PM was relaxing my uvula in the back of my mouth, which caused me to choke. I stopped taking it and it was better immediately. I'm currently trying to repair my leaky gut, and I'm starting to sleep better by simply removing sugar and grains from my diet.

Posted On 11/14/2019

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## DebbyW

I have problems with acid reflux waking me up between one and three am. I'm not sure if my remedy will help you with your leaky gut, but you could give it a try. I drink ginger tea (made from chopping up or grating about a heaping teaspoon of fresh ginger root steeped for 10-15 minutes) about an hour before bed. I don't get acid reflux when I do this. And boy do I notice when I forget.

Posted On 02/20/2022

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## tallulah3

Tylenol is poison

Posted On 02/20/2022

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**seg**

All good suggestions..I know this is a big taboo subject, but I've heard from many people that sex and or masturbating helps them to fall asleep very quickly and stay asleep longer..Must have a lot to do with those feel good Hormones , especially Oxytocin..A good Easter weekend to all..😊👶

Posted On 03/29/2018

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**Guillermou**

Yes, SEG, during ejaculation, men release norepinephrine, serotonin, oxytocin, vasopressin, nitric oxide, and the hormone prolactin, chemicals that generate a sense of well-being, relaxation, satisfaction and stimulate sleep. According to the French scientist Serge Stolerú, in men conscious thought is disconnected during orgasm and predisposes to sleep

Posted On 03/29/2018

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**seg**

Gui quite true and also the same or similar is experienced with the fairer sex..can't run on a dead battery, sleep recharges those batteries and everything comes alive.. sounds like a win, win situation.



Posted On 03/29/2018

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**Epona777**

I will admit to this working quite well for me. Guillermou, orgasm can also disconnect women from thought too.

Posted On 03/29/2018

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## Catryna

Guillermou I would have to say the same for women, as well.

Posted On 02/21/2022

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## Brian1

My sleep averages 5.5 hours a night. I suspect that a lack of sleep lead to close calls at work. I closed a car door on my finger. Maybe I tend to perform slowly and seem too cautious because the lack of alertness means a higher risk of accidents when performing faster. Could men also be more reckless partially because they tend to sleep less than women? The lack of sleep impairs our judgment which can increase the risk of accidents.

Posted On 03/29/2018

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## HealthyHouseChicago

I am an EMF consultant and on my weekly colleague zoom calls, I have heard horror stories about people getting worse (ear ringing, brain fog, body vibrations, etc) using paint for radiofrequency shielding of their sleeping area. While it blocks radiofrequency extremely well, it can lead to an increase in other types of EMFs. There can be problems with frequencies from the home wiring or outside ground getting onto the paint depending on where it is grounded, or other types of fields increasing if it isn't grounded. Painting and other types of shielding isn't a do-it-yourself project, it really is necessary to have a professional who tests with a number of pieces of high level equipment to figure this out, having only a Trifield or RF meter isn't enough.

Posted On 02/21/2022

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## Catryna

I fall asleep within seconds of going to bed and sleep deeply for 6 hours. Six hours is my limit. Even as a child one of my brothers and I required far less sleep than the rest of our siblings and our mother, as well.

Posted On 02/21/2022

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## Ringer2

Under "50 Other Ways to Improve Your Sleep," "45. Boost your melatonin – Ideally it is best to increase levels naturally with exposure to bright sunlight in the daytime (along with full spectrum fluorescent bulbs in the winter) and absolute complete darkness at night. If that fails or isn't possible, you may want to consider a melatonin supplement. In scientific studies, melatonin has been shown to increase sleepiness, help you fall asleep more quickly and stay asleep, decrease restlessness and reverse daytime fatigue.

Melatonin is a completely natural substance, made by your body, and has many health benefits in addition to sleep. Start with as little as 0.25 milligrams (mg) and work your way up in quarter-gram increments until you get the desired effect." Well, one quarter gram is 250 milligrams. 1000 milligrams is one gram. It's obvious he meant quarter milligrams, not grams. 0.25 milligrams is one quarter milligram. He meant to work your way up in quarter milligram increments, that is, to work your way up 0.25 milligrams at a time.

For example, start at 0.25 milligrams (mg), and if that doesn't have the desired effect after several nights, then increase the amount to 0.50 mg. Any comments, please send me a message by clicking on my name to find my info & method to communicate so I can see it. Remember, ALL comments are NOT carried over into the substack archives after the free 48 hour period expires. NEW comments are possible in the substack archives of articles.

Posted On 02/21/2022

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## mkhart

I've always been a light sleeper. My severe insomnia came about 20+ years ago after some severe injuries to my neck and upper back, along with adrenal exhaustion (a constant problem for me now). I've tried every remedy, treatment 'in the book'. I am certain something is 'broken', possibly neurotransmitters(???), but never found anything that works. My saving grace is that I remain in bed and rest rather than get out of bed and roam the house. I watch boring TV shows in bed with hopes that it lulls me to sleep for short periods, which works off and on. I don't focus on lack of sleep like so many people do. It just adds to the stress. I am now suffering some of the consequences with osteoporosis and higher blood pressure/cholesterol issues. Thankfully I have a very knowledgeable Integrative/Functional Health doctor who keeps me alive and otherwise healthy.

Posted On 02/21/2022

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## wallguy

The google vid with Mathew Walker was very interesting. Many points of fact/data that I was reminded of. An hour well spent. Does anyone else recall when you needed to run the "Defragment" tool on Windows 95? Seems we must do exactly that every night to realign the puzzled neurons into brain proper files. While the body does the magic of repairs to tissue and organs and immune systems. The fixing and arranging of cell networks, taking out the trash, for a next day repeat performance. All done automatically. Pretty amazing!

Posted On 02/21/2022

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## N\_caywoman

If that was as easy as they say, people would be sleeping through the night...however it doesn't work as they say..My sleep index is 37%. The only treat OBSTRUCTIVE apnea and have no idea with to do with people who have CENTRAL apnea, sympathetic activation, fragmented sleep etc.....

Posted On 02/20/2022

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## grulla

My bed is in a confined area surrounded on 3 sides by walls, much like the berth in an old time overnight Pullman train car, accumulating heavier-than-air carbon dioxide (CO2) around my face which can interfere with a good night's sleep. So I simply run a small, slow speed tabletop fan at an EMF safe distance to circulate fresh air around my bed, which seems to work well. However another sleep issue for me can be having to get up in the middle of the night to pee.

Posted On 02/20/2022

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## Ringer2

For most of adult life, I wake up about every one to two sleep cycles (about 90 minutes per cycle) for urination, but it's normal for me. To prevent waking completely, I use low blue lights to see my way. To make sure I get at least 7.5 hours of actual sleep, I keep track of how much sleep I'm really achieving, total elapsed time, and plan accordingly. I must keep well-hydrated, 24/7, to keep normal kidney function to prevent uric acid crystal formation. I must drink some water every time I wake up, or I risk ureter pain and injury and death. Water is better and safer than any drugs.

Posted On 02/21/2022

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## Carl New

I was glad to see #44 on mouth tape. My wife and I figure we sleep about 30% better using it.

Posted On 02/20/2022

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## Shannon\_Flaherty

I almost gagged when I read that one. Since I have moved to this area in the midwest, I have had trouble with my sinuses and cannot breathe out of my nose most of the time, especially when I sleep. If I taped my mouth closed I would suffocate! I am trying the inclined bed idea. I started last week with 3 inches and I will add an additional inch every other week until I reach 5% incline. We'll see...

Posted On 02/21/2022

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## Ringer2

Breathing hydrogen from the water surface while two of Dr. Mercola's H2 tablets are dissolving has helped reduce nasal congestion while sleeping. Then I drink the hydrogen water. This might not work for some people who have observed a stimulatory effect from the hydrogen water. A Mercola rep said that the H2 gave her a boost in the morning. Maybe it's good for me because I add the contents of three of Mercola's magnesium threonate capsules to the glass cup before adding reverse osmosis water to dissolve the H2 tablets.

Posted On 02/21/2022

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## joymoeller

Do not forget myofunctional therapy to help sleep. We work with breathing, chewing and swallowing with therapeutic techniques which are now accepted as standard of care by many doctors for the treatment and prevention of sleep disorders and oral facial pain, crooked teeth and clenching and grinding and eliminating poor habits. We isolate and activate 16 muscles in the tongue as well as 58 muscles in the head and neck.

Posted On 02/20/2022

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## Shannon\_Flaherty

Thank you, Joy. I think I am going to research this and try it. I clench my jaw and grind my teeth often. It is so bad that I broke through the \$800 mouth piece my dentist made for me. I find that I am always clenching my neck and shoulder muscles too. I hold a lot of stress in these areas.

Posted On 02/21/2022

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## tallulah3

I only get about 6 hours sleep. I need to try to get more. I used to wear my watch to bed and I think it kept me from sleeping. My cat Tallulah is my alarm clock. She meows at me every morning for her breakfast lol. Thanks Dr. Mercola, these are really good tips. Hope I can get more sleep

Posted On 02/20/2022

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## igo6625

Can hereditary got to do with sleep- my Dad had this problem light sleeper has to be complete silence and dark. I take Melatonin, Extra Strength Magnesium, apply essential oil for sleep at the bottom foot wear socks, diffuse same essential oil. Drink Chamomile tea but that would wake me at least twice at night if I don't drink I will only wake up once. (Wear weighted eye mask and blanket too) - I dare not open my eyes going bathroom because I won't be able to go back to sleep(I master my steps and way to without opening my eyes - don't want to wake my brain). Starting tonight will move my phone away from me but wear Apple Watch to track my sleep I only get 4 to 5 quality sleep and average 30 -45 mins average deep sleep in 7 hours.

Posted On 02/20/2022

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## tallulah3

I think it's a bad idea to wear the Apple Watch to bed. I used to wear a regular watch operated by battery to bed and I believe it interrupted my sleep.

Posted On 02/20/2022

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## AnnaZeez

This is a great summary, and brilliant comments. On magnesium, it is important to take enough. The citrate, maleate glycinate and threonate are all good. The citrate can cause diarrhoea for some, but if we tolerate it, or find that effect useful, it is widely available and inexpensive. I think we tend to keep buying supplements when they aren't too expensive, so I would say, start with the citrate if your digestion is strong. otherwise with the glycinate, Experiment. We are individuals. Naps can be really good for us provided they are early enough in the day - and if we are insomniac we may need to avoid them to maximise sleep pressure. Sometimes all of this may not be enough because the unuseful pattern in the brain has become so entrenched. When that happens, I would like to suggest that you look at my own company's device, the Zeez Sleep Pebble, designed to prompt a good sleep pattern, alongside other good practises.

Posted On 11/08/2020

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## DollyDagger

A friend of mine told me a trick that works most of the time for me, no matter how wide awake I am when I get into bed. "Try to stay awake". It takes a bit to get used to, you have to talk yourself into it, but it usually works. It's like pretending you're tired and as you lay there tell yourself "don't fall asleep, don't fall asleep". It usually works for me. Sometimes I pray in my head as well, and before you know it (well you don't know it when you fall asleep, do you) you're out like a light.

Posted On 04/12/2018

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## Try try again

I did watch Dr. Weil's suggestion for falling asleep. A simpler method which works for me is to lie in bed, ready to fall asleep, then when I'm very relaxed but not asleep, I take a deep breath and hold it for as long as possible. I've been working from 10 seconds, now I'm up to 50 seconds. It works like a charm. I think the science behind holding your breath is to slow down your brain activity, which I have a problem with. I take 3.5 mgs. of melatonin, plus an Ibuprofen (I know there is some controversy with this, but the last I read, it said it may possibly help stave off Alzheimer's). I've been taking it for about 15 years for knee pain. Before I discovered this breathing thing, I would sometimes lie in bed for as long as 2 hours before falling asleep.

Posted On 03/29/2018

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## Guillermou

Hi try. In this study, 52 and 55 patients with osteoarthritis of the knee were treated with curcuma and ibuprofen extracts, respectively. The results in weeks 0, 2, 4 and 6 improved significantly in the parameters between patients who received curcuma and ibuprofen extracts. There were no significant differences in adverse events between both groups (33.3% versus 44.2%, in extracts of turmeric and ibuprofen groups, respectively). Conclusion: Turmeric extracts seem to be equally effective and safe than ibuprofen for the treatment of osteoarthritis of the knee. Efficacy and safety of Curcuma domestica extracts in patients with knee osteoarthritis..

[optimallaboratories.com/press/CurcumaKneeOsteoarthritisStudy.pdf](http://optimallaboratories.com/press/CurcumaKneeOsteoarthritisStudy.pdf) .

Ibuprofen is toxic and harmful to the liver and intestinal tract. can cause nausea, vomiting or stomach pain, respiratory depression, vision problems, ringing in the ears, agitation, lack of coordination and headache and drowsiness. [www.livestrong.com/.../78374-effects-much-ibuprofen](http://www.livestrong.com/.../78374-effects-much-ibuprofen) You have nn this link from Dr. Mercola, other supplements for pain produced by osteoarthritis of the knee. Exercise: A Major Secret in Achieving Joint Pain Relief.

[fitness.mercola.com/sites/fitness/archive/2012/01/06/major-secret-in-a..](http://fitness.mercola.com/sites/fitness/archive/2012/01/06/major-secret-in-a..)

Posted On 03/29/2018

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## ChrisColes

Due to an object accidentally swallowed while standing in a 100 MPH wind on a hill, I ended up with a pain which eventually, was discovered to be caused by something embedded in my esophagus and once removed, as a part solution to the resulting pain, I was instructed and was proscribed to take Ibuprofen, which I did so for some 18 months; at the end of which, for no reason I can explain, my brain told me to stop, and I did so. Then, yes, THEN, I discovered that my knees were in a desperate state, as the suppression of pain had closed the normal repair mechanism and the joints were very painful. The solution was to hold my legs out straight in front of me while sitting down. Yes, hold them out parallel to the floor for as long as I could and as often as I could. By doing that on a regular basis the pain in my knee joints eventually subsided back to normal.

Looking back, taking that drug had profound effects upon not only my knees, but led to the break up of my first marriage too, due to the suppression of my libido, also a side effect of taking it. If you read *The Plant Paradox* by Stephen Gundry MD, you will discover that Ibuprofen can also cause unusual structures within your stomach. My experience has taught me to stay away from Ibuprofen. personally I will never again take it. My natural instincts to stop taking ibuprofen were immensely strong and I am glad I took the courage to stop. I have never regretted that decision. One last point, the reduction in Alzheimer's was produced by taking the ibuprofen for no more than 18 months.

Posted On 03/29/2018

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