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5 Natural Remedies for Insomnia

Learn what causes insomnia and how to treat insomnia with natural remedies

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If you suffer from insomnia, you know how draining and frustrating the condition can be. Insomnia impacts your quality of life as a whole; without enough sleep you can experience fatigue, depression, confusion, and even exacerbate serious health issues like weight gain and heart disease.

If you visit your doctor about your insomnia, the chances are he or she will prescribe some form of medication but these pills contain lots of chemicals and hormones that can be addictive, and that can even damage your health more than insomnia itself (1). If you'd rather use natural alternative to pills and medicines, we've compiled a list of natural remedies for insomnia, as well as examining what causes insomnia.

Photo credit: Adapted from Flickr / Douglas Heriot

What causes insomnia?

Insomnia is often caused by underlying physical or psychological conditions which impact the quality of sleep you get, such as stress, anxiety, depression, schizophrenia and even asthma (2). Our list of natural remedies for insomnia will give you solutions that can bring relief without having to resort to a prescription!

How to treat insomnia with natural

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remedies



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1. **Avoid caffeine:** Caffeine is a powerful stimulant, and if consumed late in the day it can affect your quality of sleep. Stop drinking caffeinated drinks in the evening, and try to cut them out altogether if possible, in order to help your body to relax in preparation for sleep (2).
2. **Establish a regular routine:** Setting regular bedtimes and wake-up calls every day is a great way to promote good quality sleep. The routine will help your body naturally start to feel tired when it approaches bedtime (2).
3. **Take natural supplements:** Some supplements, such as magnesium and calcium, are great at promoting sleep without the harsh side effects and addictive qualities of pills (3). A magnesium gel that you apply before bed is especially beneficial as it will not only promote sleep, but help with stress and a host of other health issues.
4. **Drink chamomile tea:** Drinking chamomile tea is a great way of relaxing the body before bed, and it is completely natural.
5. **Use lavender oil:** Sprinkle a few drops of lavender oil onto your pillow before bed to create a relaxing atmosphere conducive to sleep (3).

With these natural remedies for insomnia, we hope you'll finally be able to enjoy a good night's sleep!

About the Author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic

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gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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