

Sleep Assistance Program

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One in every two Americans experienced some difficulty falling asleep last year; one in three experienced insomnia on a regular basis. Some turn to over-the-counter medicines to help them sleep, while 10 million rely on prescription medicine. Many drugs that help induce sleep are not designed for long-term use, having serious side effects, leaving a hung-over feeling in the morning and further disrupting sleep patterns. Other surveys have found that 27% of Americans reported using complementary medicines for fatigue, and 26% have used them for insomnia. Close to 40% of American adults say that daytime sleepiness interferes with their daily activities for at least a few days a month, and about 20% say it affects their daily activities a few days a week, according to a 1998 poll cited in the study. The two main causes being psychological or stress induced and interaction of foods, drinks, medications.

Essential Herbal Support:

[Sleep Ease Formula](#)
[Tranquil Formula](#)



Nutrient Based Support:

[B Complex](#)
[Chamomile](#)
[Magnesium](#)

[Sleep Ease Formula](#)

Key Ingredients:

- **Valerian.** Valerian is included as a calming nervine, for a frazzled nervous system. It is the noted herb for sleep inducement. Valerian has been used for centuries for calming and sleep inducement. Central Nervous System sedation is regulated by receptors called GABA-A in the brain. Valerian may bind to these receptors, very mildly, to exert a sedating action. Studies show valerian to be much more effective for a restful sleep than placebo.^{1,2,3,4} Valerian, a mild sedative and relaxant, has the same ingredients, *valeric acid* and *valepotriates*, which bind to the same receptor sites in the brain as valium and the benzo-diazepine drugs, yet does not impair mental function.
- **Passionflower.** Recent studies point to flavonoids in Passion Flower as the main ingredient responsible for its relaxing and anti anxiety effects.¹² It is often combined with Valerian for insomnia, and has a synergistic effect when combined.

[Tranquil Formula](#)

Anxiety is defined as "an unpleasant emotional state ranging from mild unease to intense fear." Anxiety, however, differs from fear in that fear is a rational response to a real danger. Anxiety often lacks a clear realistic cause, resulting in a constant, free-floating feeling of fear and worry. [Tranquil Formula](#) is an herbal calming formula that includes a few world-class herbal stars:



- **Zizyphus** The Traditional Chinese Herb, is a popular sedative that calms the heart, used for thousands of years to calm and soothe overtaxed nervous systems.
- **Reishi Mushroom** is deeply nourishing for the nervous system, crucial for anxious states that contribute to insomnia. Often nervous states are associated with shallow breathing and lowered oxygenation of the blood. Reishi has demonstrated that it can lower blood pressure, increase coronary flow without altering rhythm and increases the absorption of oxygen-absorbing capacity of the alveoli in the lungs.
- **Chamomile** The flowers provide 1 to 2% volatile oils containing alpha-bisobolo oxides A and B, bioflavonoids and quercetin. These active ingredients contribute to Chamomiles’s anti-spasm, smooth muscle relaxing action.

Food to Avoid:

Avoid caffeine, soft drinks, chocolate, coffee flavored ice cream, hot cocoa, and tea these are stimulants to be avoided.

Alcohol also can inhibit sleep by causing the release of adrenaline and impairing tryptophan transport to the brain. Avoid refined sugar products.

Recommended menus and recipes

If there is a history of hypoglycemia or diabetes, then nocturnal hypoglycemia maybe an important cause. A drop in blood sugar levels may cause sleep maintenance problems. Faulty glucose metabolism can be caused by overeating of refined carbohydrates. Good bedtime snacks would include whole grain cereal, oatmeal, wholegrain muffins or breads. These foods help promote sleep by increasing serotonin levels.

Other Considerations

①	Relaxation technique	20 minutes a day.		Many studies have associated insomnia with stress. 20 minutes of relaxation helps to switch-off the fight or flight response. In the S.N.S. this is extremely helpful for sleep problems of an emotional or stress origin.
②	Time management			Learn to manage your time more effectively. Learning to manage time more effectively helps us take control of one of the stressors of the cardiovascular system, anxiety and stress hinders the processing of cholesterol.
③	Physical Exercise	30 mins 5 times a week		Making sure the body is tired at the end of the day through physical exercise, is also extremely important for good sleep hygiene.

References

Valerian

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*The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

