



HEADLINE
HEALTH

Sleep Better Tonight

Without Taking a Pill



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SPECIAL REPORT

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Insomnia is America's secret hidden epidemic.

Millions of us are taking sleeping pills – often without a prescription or medical supervision – even though we know it's probably not good for us.

Many more lay awake at night in frustration, then go about their days feeling tired and groggy. We're not only less productive – we're putting our health and safety at risk.

But you don't have to put up with the risks and the consequences of sleep loss anymore. In this **HEADLINE HEALTH SPECIAL REPORT**, you'll learn how to sleep better starting tonight –*without taking a pill.*

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Insomnia – it’s America’s secret health epidemic.

As reported by *Consumer Reports*, “People are desperate for shut-eye, and turning to drugs, supplements, and high-tech gadgets for help.” CR goes on to say:

*“Today, the problem of too little sleep, and the quest for more of it, is as acute as ever: 27 percent of people in a new Consumer Reports survey of 4,023 U.S. adults said they had trouble falling asleep or staying asleep most nights, and 68 percent—or an estimated 164 million Americans—struggled with sleep at least once a week.”*¹

Forbes confirms that we’re not only losing sleep – we’re losing money, parting with our hard earned cash in hopes of a better night’s sleep. “*The sleep industry is making billions from our sleepless nights,*” says *Forbes*.²

And *FORTUNE* reports, “*A lack of sleep among the U.S. workforce is costing approximately \$411 billion and losing 1.2 million working days per year.*”³

The health consequences of sleepless are also severe. The National Institutes of Health reported, “*Sleep problems, and the medications used to treat them, may contribute to the risk of falls and fractures.*”⁴

WebMD confirms the dire health consequences of sleep loss:⁵

¹ [Consumer Reports. "Why Americans Can't Sleep" January 14 2016](#)

² [Forbes. "How The Sleep Industry Is Making Billions From Our Sleepless Nights" August 6 2015](#)

³ [FORTUNE. "Lack of Sleep Costs U.S. About \\$411 Billion in Lost Productivity, Study Finds" Nov 30 2016](#)

⁴ [National Center for Biotechnology Information. "Sleep, insomnia and falls in elderly patients" Sep 9 2008](#)

⁵ [WebMD. "Sleep Loss: 10 Surprising Effects"](#)

***This report supplements the advice of your personal physician,
whom you should consult for personal health problems.***

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“Sleep disorders and chronic sleep loss can put you at risk for:

- *Heart disease (including heart attack and heart failure)*
- *Irregular heartbeat*
- *High blood pressure, stroke, and diabetes*

And, says WebMD, sleep loss can impair “your sex life, memory, health, looks, and even ability to lose weight.” It can also lead to depression a premature skin aging.

All in all, you have lots of reasons to find solutions to your sleep loss problems. Here are the top 7 ways HEADLINE HEALTH has discovered to sleep better without taking a pill.

7 WAYS TO GET A BETTER NIGHT’S SLEEP STARTING TONIGHT – WITHOUT TAKING A PILL

1. TURN OFF YOUR SMART PHONE

We’re addicted to our phones and other devices, and it’s costing us precious shut-eye. *Forbes* reports:

“We’re using digital devices later and later into the evenings and struggling to shift into anything resembling peaceful, continuous sleep ... [D]igital devices from smartphones to laptops to TVs emit blue light (also known as short-wavelength enriched light), which tricks the brain into producing less melatonin, a hormone crucial for restful sleep. The result is that we have a

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*harder time falling asleep and, once we do, our sleep cycles are fragmented. Smartphones are the biggest culprit because we're increasingly using them to stream content after we've hit the pillow.”*⁶

Perhaps we just need to return to our caveman roots, at least at night. As the evening's fire slowly dies, allow your mind and your senses to come to rest, void of outside stimulation. Leave your phone in another room; if you use it as an alarm clock, simply turn up the volume and select a ringtone you can hear at a distance. Getting the phone out of the bedroom eliminates a major distraction and a common cause of sleeplessness in modern life.

2. SHED YOUR WORRIES

Mayo Clinic Health Letter regularly publishes information on better sleep. Among their top tips – don't ruin your night's sleep worrying about things you can't do anything about until the next morning. In fact, those worries are less likely to come true if you're well rested and better able to tackle any challenges the next day. Mayo suggests:

*“If you tend to worry, jot down your concerns and possible solutions, then set them aside for tomorrow. Practice a relaxing ritual each night, such as reading, stretching or thinking of things to be grateful for.”*⁷

3. MAKE A SLEEP SCHEDULE AND STICK TO IT

Keeping an erratic schedule makes for erratic sleep. Staying up for the late, late show or an overtime ballgame – even once a week – can throw your sleep schedule off kilter for days.

⁶ [Forbes, "How The Sleep Industry Is Making Billions From Our Sleepless Nights" August 6 2015](#)

⁷ [Mayo Clinic Health Letter, "Tips for better sleep" October 2016](#)

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Since sleep loss is clearly demonstrated to cut into your productivity and place you at heightened risk for accidents and injury, you have to ask yourself if it's really worth it for mere entertainment. The National Sleep Foundation advises:

*"Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night."*⁸

4. CHOOSE YOUR BEDTIME SNACK WISELY

Charlotte Libov – a pioneer in the field of patient advocacy and an award-winning health book author – writes that the right bedtime snack could put your insomnia to rest:

*"Carbohydrate-rich snacks may be best," she says in a post for WebMD, "because these foods likely increase the level of sleep-inducing tryptophan in the blood. Protein, on the other hand, is more difficult to digest, although you can get away with a small piece of cheese or a dab of peanut butter. Good choices include a small bowl of cereal and milk, a few cookies, toast, a small muffin" – or that perennial favorite, milk and cookies.*⁹

5. COMPLETELY EMPTY YOUR BLADDER BEFORE BED

Getting up at night to urinate not only interrupts your sleep, but can make it hard to fall asleep again. Renowned natural healing expert Andrew Weil, M.D., advises:

*"Eliminate caffeine and alcohol, especially before bedtime: both can increase nighttime urination and therefore sleep disturbances."*¹⁰

⁸ [National Sleep Foundation, Healthy Sleep Tips](#)

⁹ [WebMD, "Trouble Sleeping? Some Bedtime Snacks Can Help You Sleep"](#)

¹⁰ [drweil.com, "Natural Sleep Aids & Tips"](#)

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For more complete bladder emptying, go twice – once before you brush your teeth or do any other bedtime rituals, and a second time immediately before getting into bed. If getting up to urinate is unavoidable, keep a nightlight in your bathroom in order to avoid having to turn on the light, which only makes it that much harder to fall asleep again.

6. HAVE A CUP OF HERBAL TEA

A soothing cup of caffeine-free tea is a classic better-sleep remedy. Ethan Green, the founder of No Sleepless Nights, spent many years struggling with insomnia before finding effective, drug-free solutions. Green reports:

“Celestial Seasonings Sleepytime tea continues to be one of the most popular brands of tea for sleep in the United States. It’s also now very well known in Great Britain and many other countries.

“It’s been my personal favorite nighttime tea for a long time now. I find it has a delicious taste and definitely helps me unwind at the end of a busy day.

“It also has the added benefit of being soothing on the tummy. So when I’ve eaten a little too much rich food, this is the tea to calm both the body and mind. Sleepytime tea contains the following ingredients:

- Chamomile
- Spearmint
- Lemon Grass
- Tilia Flowers
- Blackberry Leaves
- Orange Blossoms
- Hawthorn Berries

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- Rosebuds ¹¹

Other teas Green suggests are Yogi Bedtime Tea and Bigelow Sweet Dreams. Green concedes that there is little hard scientific research supporting the sleep-inducing properties of herbal tea. However he says that his own research has led him to two conclusions:

- *“Just because there isn’t much research, doesn’t mean a bedtime tea won’t help.”*
- *“It could be that simply taking the time to enjoy a cup of tea is relaxing in itself.”*

7. GET TESTED FOR SLEEP APNEA

Sleep apnea affects more than 18 million Americans, according to the National Sleep Foundation. Risk factors include being male, overweight, and over the age of 40. The Greek word apnea literally means “without breath,” according to the non-profit American Sleep Apnea Association:

“Sleep apnea is an involuntary cessation of breathing that occurs while the patient is asleep. There are three types of sleep apnea: obstructive, central, and mixed. Of the three, obstructive sleep apnea, often called OSA for short, is the most common. Despite the difference in the root cause of each type, in all three, people with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer. In most cases the sleeper is unaware of these breath stoppages because they don’t trigger a full awakening.” ¹²

WebMD advises:

“The most common obstructive sleep apnea warning signs include:

- *Daytime sleepiness or fatigue*
- *Dry mouth or sore throat when you wake up*

¹¹ [No Sleepless Nights. "Tea That Helps You Sleep: The Best Bedtime Drinks"](#)

¹² [American Sleep Apnea Association. "Sleep Apnea Information for Individuals"](#)

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- *Headaches in the morning*
- *Trouble concentrating, forgetfulness, depression, or irritability*
- *Night sweats*
- *Restlessness during sleep*
- *Problems with sex*
- *Snoring*
- *Waking up suddenly and feeling like you're gasping or choking*
- *Trouble getting up in the mornings*

If you share a bed with someone, they're likely to notice it before you do. If you have any of these symptoms, see a sleep specialist for an evaluation, or try a home sleep test, available from <https://www.novasom.com/>. The good news is that sleep apnea can generally be treated without medication – one more way to get a better night's sleep without taking a pill.