

Sleeping Poorly?

Advice to promote healthy sleep

by Alison Cullen



How to Use Herbal Remedies Safely

This guidebook is not intended to replace medical advice. You should consult a Healthcare Professional if you have any condition which is of concern. For safe, effective results when taking herbal remedies, follow the guidelines below.

If the product you have has an in-pack leaflet then you should follow the instructions and advice on the leaflet and product packaging.

If the product does not come with an in-pack leaflet then you should follow the instructions and advice on the product packaging. The following general advice also applies to products with no in-pack leaflet.

- If there is any doubt as to the nature of the problem please consult your Doctor for a diagnosis.
- Do not use when pregnant or breastfeeding unless under the supervision of a Healthcare Professional.
- Do not use for children under 2 years of age unless under the supervision of a Healthcare Professional.
- Do not exceed stated doses.
- Do not use alongside medication with the same action eg. a tranquillizing herb alongside tranquillizing medication.
- Do not take more than 3 herbal remedies concurrently.
- Stop taking herbal remedies 14 days before surgery.

Get Some Sleep

Sleep is designed to restore us to full function

after a period (usually a day) of wearing ourselves out. During the night, tissues are repaired, organs rest or finish cycles such as flushing out toxins, and the brain filters the events of the day. It's as if a crew of cleaning staff move in and sweep, dust, mop and repair the building, mending cracks that have shown up during the day, emptying the rubbish bins, filing information that's come in, and restoring the building to working order for the next day.

The problem comes when sleep is elusive.

Missing the time to repair and restore, we find our brains struggling to cope, memory slipping, concentration below par, muscles fatigued, skin dull and eyes lack-lustre.



The longer this goes on, the harder it becomes to function properly. Imagine what your home or office would look like if the bins weren't emptied for a week or more. Imagine the chaos if nothing was ever filed or tidied, if the cupboards weren't refilled with food, if the loos weren't flushed. Your body finds it harder and harder to work effectively if it doesn't have the time to replenish its stores, deal with its toxins, and filter the incoming information.

Parents with new babies know how divorced from reality they feel after a few weeks of severely interrupted sleep; and torturers from Roman times onwards have used sleep deprivation to unpick prisoners' brains.

So, a good solid few hours of sleep will do wonders for everything from your skin to your soul. Why does it sometimes elude you?

Slumber Solutions

You may be taking too much caffeine, which stimulates the nervous system and puts it on red alert. Great if you're running a race or chasing a deadline, but grim if you're trying to fall asleep. Even a couple of cups of tea or coffee in the morning may be enough to interrupt your sleep if you are sensitive or going through a stressful period. Remember that chocolate and fizzy drinks also contain caffeine, and swap to natural alternatives such as pure juices and dried fruit.



Your life may be so hectic that you don't have time to wind down before collapsing into bed. This prevents your nervous system from shifting into a pre-sleep pattern. Have a warm bath or read a pleasant book, but don't watch the nerve-wracking news or try to finish an essay just before bed.

You may be eating late at night, which means you'll be digesting when you should be sleeping. You may then wake at 3am as the liver finishes its tour of duty, or you may find your food lying like a stone in your stomach all night. Either way, you don't get the benefit of a refreshing sleep. Consider changing your mealtime, or eating more at lunchtime and a lighter meal at night.

More than 31 million people in the UK are suffering from tiredness caused by poor quality sleep. If you find sleep elusive or fail to find the sleep you get refreshing, you are not alone – as many as 7 out of 10 people in the UK are experiencing the same problems.

(Figures taken from 'Making Time for Sleep' by Dr Neil Stanley.)



You may have your bedroom packed with non-sleep related items such as televisions, computers or stacks of work. This makes it difficult for the brain to switch off and understand that it is supposed to be sleeping, not working. Reserve your bed for sleep, rather than watching television or working. Then your body will not associate being in bed with being alert and on edge.



You may be on a hamster wheel of wearingly persistent thoughts and worries, so clear your mental agenda before you go to bed – make a list of things to do the next day or issues that you need to consider, and then put them aside for the night.

Another common aid to sleep is a herbal remedy. Herbal preparations have also been traditionally used to help with sleep, and one that has been recently authorised by the UK Medicines and Healthcare Products Regulatory Agency is A Vogel Dormeasan Valerian Hops Drops.

Dormeasan Valerian Hops Drops



This is a combination of fresh Valerian root and Hops. It was created by Alfred Vogel, Switzerland's best-known herbalist and naturopath. Alfred Vogel used a combination of valerian and hops fresh extracts to address the sleeping problems he saw in his patients.

Dormeasan Valerian-Hops oral drops is a traditional herbal medicinal product for use in the temporary relief of sleep disturbances caused by the symptoms of mild anxiety exclusively based upon long-standing use as a traditional remedy. Always read the label.

What to do now

If you:

- **Can't get to sleep?**
- **Can't stay asleep?**
- **Wake up feeling drained despite spending hours asleep?**

It is worth trying Dormeasan which you may find a simple solution to your slumber problems.

The combination of valerian and hops is not known to be habit forming and doesn't leave you feeling groggy when you wake up in the morning.

With a few sensible life-style adjustments and the use of herbs traditionally known to aid sleep you can begin to reclaim your sweet dream time.

Who can't take it?

- Don't use Dormeasan if you are allergic to valerian and hops or are already taking medication for sleeplessness.
- Talk to your doctor if symptoms worsen or you do not feel any benefit within 4 weeks.
- Don't use Dormeasan if you are pregnant or breast feeding.
- Don't use Dormeasan if you are taking another medicine that is affected by alcohol.





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