

## Beat Insomnia

It's that awful feeling that you just can't get comfortable, or your brain won't switch off; you start tossing and turning and then the dread sets in. You know that you won't be fresh for that all important meeting tomorrow, or you know that your baby is going to wake you up in 3 hours and you just NEED these few hours of sleep. The worry and torment of knowing that you just can't quite fall asleep start to build force and eventually the torment leads to despair and yet there is nothing that you can do. Or is there? I have compiled a series of recommendations for helping you get that all important beauty sleep. These tips come from personal experience, from treating many different people with many different presentations of insomnia (unable to fall asleep/unable to stay asleep/waking early/restless sleep) and from the wisdom of ancient Chinese medicine.

1. Press (hard!) the acupuncture points called '[Peaceful Sleep](#)' (Anmian) and [Yintang](#). 'Peaceful sleep' is easily found by putting a fingertip into the hollow right behind the earlobe and then moving your finger directly back, about 1.5 inches (your finger will move over the skull and then find another hollow) until you find a 'dip' or 'hollow' just under the skull.

It is important to press/rub/massage these points very firmly. You can do this for about 5 minutes on each point. For 'peaceful sleep' use both sides of the head. These points help to **calm the mind, relieve anxiety and promote sleep**.

2. Firmly massage 1 drop of peppermint oil on acupuncture point [Kidney 1](#). This helps when you are **having trouble falling asleep and feel sweaty or hot and bothered**.

3. Take valerian root tincture. It is a western herbal remedy that helps you to **fall asleep, calm anxiety and to promote deep, restful sleep**. This is a fantastic remedy, but shouldn't be used on a daily basis as it is an herbal sedative. Try using it only when you can find no other solution to falling asleep.

4. Try mindfulness meditation. If you are having trouble sleeping due to a highly stressed life, mindfulness might be a better long term solution for you. There are a myriad of options, but I highly recommend this [book](#). Although it is geared up for anxiety and depression, its techniques are very practical, the book is very easy to read, and the end result is a **calm, tranquil mind**.

5. Try a hypnotherapy CD specially for **sleep inducing**. I give all of my insomnia patients a 'sleep' CD especially designed by colleague who is an excellent hypnotherapist.

6. Exercise. Most of us don't move enough. We go from our house to the car, to the office and back home again, and then we expect our stressed out, adrenaline pumped bodies to just somehow switch off when we turn off the lights. Some of us are so out of touch with the level of physical activity that our bodies need that we

consider exercise as walking to the bus stop or walking up the stairs at work! We need to really MOVE, get our heart rate up and do it for at least 20 minutes at least 5 times a week. It is a great stress reducer, tires you out on a daily basis, but gives you more energy in the long term and does all kinds of wonderful things to your body! It's a very important tool when you want to start **sleeping better**.