Insomnia: A Major Problem
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You go to bed dead tired and pray for a good night’s sleep, but it does not come. You suffer through another endless night worrying about the next day and how you will get through it with very little sleep. Sleep problems plague 40 million people yearly. Many develop sleep anxiety syndrome, a fear of not sleeping, that intensifies their problem. Sleep experts estimate one in four people suffers from insomnia regularly, and many of them try to solve their problem with prescription medication. Drugs only treat symptoms; they do not address the cause. Most experts agree that 95% of the insomnia cases are a side effect or symptom rather than a primary disease in and of itself.

Stress, anxiety, depression, grief, and chronic pain are the primary factors for insomnia. Stress lowers the level of neurotransmitters and the master controller serotonin in the brain causing an imbalance and disruption of the sleep pattern. Emotional stress can also disrupt the circadian rhythms that regulate the sleep-wake cycle.

Sleep onset insomnia (difficulty falling asleep) and maintenance insomnia are the two categories of insomnia. Sleep maintenance is affected by anxiety that causes frequent early waking, worry and dread.

Serotonin is one of the key neurotransmitters to help you correct sleep rhythms in your distraught, tired, out of sync brain. Serotonin is a central nervous system neuromodulator that is synthesized from tryptophan and converts to 5HTP in the brain.

Those who have low levels of serotonin have problems with aggression, depression, chronic pain, and insomnia.

Sleep normalizes serotonin levels because the melatonin produced during sleep can only be made by using up available serotonin. The best way to keep the balance you need is by taking the amino acid 5HTP on a daily basis.

The pineal gland in the brain synthesizes melatonin by converting 5HTP to serotonin and then to melatonin. Studies have shown that if you increase your intake of 5HTP you increase your production of melatonin. Melatonin promotes a deep and restful sleep, allowing the brain and body to rest and repair itself. Eight hours of restful sleep is the best immunological support formula you can use.

Sleep difficulties can cause major health problems. Some of them could be life threatening. There are numerous studies and scientific evidence that today’s stressful lifestyle puts many in danger of a disease state. Those with disturbed or disrupted sleep patterns are at risk for: high blood pressure, heart disease, depression and anxiety, chronic fatigue syndrome, diabetes, angry outbursts and loss of control and weakened immune system. Overeating can also enter into the picture because you tend to reach for sugar-loaded products to keep you awake. Insomnia problems tend to increase with age. Those 60 and over are more likely to show the symptoms first. Grief is a major factor and will cause problems with not only going to sleep but also staying asleep. The major factor is serotonin and those who are depressed or grieving use all available serotonin.

Patients at The Pain & Stress Center have responded extremely well our new Sleep Link formula. This formula addresses amino acid, herbs and vitamin deficiencies. For children we use the HTP10. Women seem to struggle with insomnia more that men. The latest research figures show 40% of women, 30% men, and 10% children have sleep problems. Eight to ten million office visits to doctors yearly can be attributed to problems with insomnia or related issues.

Most doctors report problems with insomnia are caused by stress and anxiety, those with chronic pain and fibromyalgia, side effects of medication, noise or extreme heat or cold. Numerous psychiatric drugs have insomnia listed as one of the adverse side effects. If constant waking up is a problem open a GABA capsule, put it in water and sip on it. The GABA will lower your anxiety and allow you to relax and go back to sleep. Remember, deep breathing alone can change the chemistry of the brain and allow you to return to sleep.

Amino acids must be taken daily and in specific amounts for your brain to be chemically balanced. Amino acids create neurotransmitters, the key to the chemical language of the brain.

Magnesium is the number one stress mineral and a deficiency can definitely cause sleep problems. Magnesium chloride is the answer because it addresses the deficiency at cellular level. The best way to approach this is to take magnesium chloride in the morning and evening. Your dose depends on your age and weight. In numerous cases the magnesium deficiency alone can cause insomnia.

SUGGESTED NUTRITIONAL SUPPORT
To create needed neurotransmitters in the brain start the day with either Brain Link or Super Balanced Neurotransmitter Complex (SBNC). If you use SBNC take one Total Vite (T-L Vite) with it to get all of the B vitamins you need.

For anxiety – use two Anxiety Control capsules at least twice daily, three times if needed. If you have depression with anxiety use Mood Sync*. Teenagers use Teen Link*, one or two capsules twice daily.
Mag Link – Most people have a magnesium deficiency. This can cause sleep problems as well as anxiety and depression. Use one to four capsules of Mag Link daily or Mag Chlor, 15 to 20 drops in fruit morning and evening. If loose stools or diarrhea occur, reduce the amount by one capsule or five drops. An excellent bedtime cocktail is 15 to 20 drops of Mag Chlor with two LT (L-Theanine) mixed together in juice. LT (L-Theanine) produces a tranquilizing effect in the brain, although it does not cause drowsiness it does promote muscle relaxation and decreases stress-tension and pain that can be causes of insomnia. LT can be used in the bedtime cocktail as well as taken throughout the day to promote relaxation. Take one to two capsules as needed.

For children use five to seven drops of Mag Chlor and HTPIO*. Use the HTPIO according to the child’s weight – 50 pounds and under take two capsules, over 50 pounds – three to five capsules if needed. Children or small adults can use full dropper of Liquid Serotonin.

Sleep Link* - one or two capsules 30 minutes before bedtime. This special formula addresses brain deficiencies and elevates the serotonin level. For muscle twitches and tension use 1,000 milligrams of Taurine and two LT. Mellow Mind – contains 500 milligrams of ashwagandha that calms the central nervous system and promotes deep, dreamless sleep. Take one to two capsules 30 minutes before bedtime. Mellow Mind should not be used in conjunction with any narcoleptic drugs such as Haladol, Navane, Thorazine, etc. Check with your doctor or pharmacist.

SHTP* - 50 milligrams can be used as needed for those who have a very low serotonin level. Those with chronic pain should use Pain Control.

* Note: if you are taking any SSRI or MAO antidepressant medications DO NOT use HTPIO, Sleep Link, Mood Sync, Teen Link or SHTP.

MISCELLANEOUS
No caffeine after 4:00 p.m.
Reduce sugar intake – none at night.
Do not eat a heavy meal just before bed.
Eat at least two full hours before retiring.
Use relaxation tapes whenever possible and do deep breathing.
A hot shower will relax your muscles and let you sleep better.

REFERENCES & RESOURCES
