



Slip into sleep.

Natural solutions for sweeter dreams.

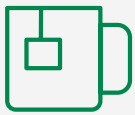
We've all been there. A sleepless night leaves us tired, grouchy and unable to get things done the next day. There are many reasons we sometimes lose sleep, including stress, depression, anxiety or pain.* Symptoms can also be different for each person, from having trouble falling asleep to waking up too early or in the middle of the night. If one restless night turns into several, talk to your doctor about your sleep problems and consider changing your sleep habits or trying a more natural method.

Here are some natural ways to help you increase your nightly zzzs – so you can feel your best each day.



Sleep routine

You can set healthy sleep habits by going to bed and getting up at the same time each day. Try to include some relaxing activities before bed.*



Relaxation techniques

If racing thoughts are keeping you awake, try practicing guided imagery, meditation, deep breathing or muscle relaxation to calm your body and mind.*



Other remedies

Traditional remedies such as herbal teas made with chamomile and lavender and non-prescription sleep aids such as melatonin, CBD oil and valerian may help in place of drugs. Talk with your doctor to decide what might work best for you.**



Cognitive behavioral therapy (CBT)

CBT is a type of talk therapy to help you identify and replace thoughts or behaviors that affect your sleep with habits that promote sound sleep.*

* Healthwise. "Insomnia." <https://www.healthwise.net/intracorp/Content/StdDocument.aspx?DOCHWID=uh1001>.
Page last reviewed June 16, 2021.

** Bruce, Debra F. "Natural Sleep Aids and Remedies." WebMD. <https://www.webmd.com/women/natural-sleep-remedies>.
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