

Natural strategies to help with sleep:

- The supplement melatonin has level A scientific evidence supporting its effectiveness for helping with sleep.
- Bright light therapy in the morning can help reset melatonin levels.
- 5HTP, kava kava and valerian supplements are helpful for sleep.
- Alpha-stim devices can be helpful for anxiety, insomnia, depression and pain.
- Hypnosis can be very effective for sleep. *See the Sleep Hypnosis Handout*
- Eliminate things that interfere with sleep, including some medications, caffeine products, alcohol, nicotine, marijuana and overly stimulating books (like Stephen King novels).
- If you have insomnia don't take naps because they will interfere with your nighttime sleep.
- Exercise at least 4 hours before bedtime.
- Use your bed only for sleep and sex. Sex releases natural hormones that can be helpful for sleep.
- Meditate – it helps to calm the mind.
- Don't watch the clock.
- Maintain regular sleep patterns.
- Control the temperature and the light in your bedroom.
- Sound therapy can induce a peaceful sound; white noise can also be helpful.
- For worriers, write down your thoughts and concerns along with what you can and cannot do about them.

Chronic Pain:

Chronic pain affects everything in a negative way including mood, sleep, memory and concentration and often goes hand-in-hand with depression. Chronic use of pain medications is harmful to brain function.

Natural interventions that can be helpful for chronic pain include:

- Fish oil
- Acupuncture
- Meditation
- Music therapy
- Hypnosis – It works through the endorphin system in the brain. During hypnosis, people become more “tuned in.”
- Serotonin-boosting supplements like St. John's Wort, 5HTP and SAME.