

Curing Insomnia Naturally with Sleep Machines and Other Techniques

As our world becomes increasingly more stressful, a growing number of people are suffering from the turmoil of insomnia. Studies from the National Sleep Foundation lead researchers to believe that the majority of those suffering from this very real problem result from hectic, stressful lives. Before turning to addictive medications and sleep aids, try some more natural solutions that tackle the problem at its source.

Use a White Noise Machine While you Sleep

A white noise machine works by creating a natural, consistent sound that drowns out intruding noises in the environment that can interfere with falling asleep or maintaining a deep sleep. The sound of a white noise machine is appealing to the human ear without being distracting, and can fill the empty silence that often leads to racing thoughts of worry and anxiety.

White noise machines work by combining every frequency audible to the human ear and playing it simultaneously to create a gentle hum. The sound is similar to that of a fan without the faint clanking or knocking sounds. Because it contains frequencies of all ranges, the sound works to block out individual noises and distractions such as snoring, traffic, loud breathing, and other nighttime noises that cause insomnia.

Take a hot bath before bed

A hot bath has real physiological effects on the body that can help induce sleep. The warm water causes the blood vessels to dilate and reduces blood pressure. When your body meets the cooler air after the bath, your heart rate increases then naturally falls over an hour or so, inducing sleepiness.

Try adding some lavender to your bath for added serenity. Lavender has long been used as a calming agent. Just a few drops of its deep, soothing scent in your bathwater naturally evokes a sense of tranquility. Experiments have shown that the inhalation of lavender can slow the central nervous system and increase feelings of peacefulness.

Turn off TV an hour or two before bed

The television can be an assault on the mind and senses. The constant barrage of stimulus on television can be a major cause of stress and restlessness. Many media messages work by consciously or subconsciously subjecting the viewer to negative side affects to entice us to buy the solution. The popularity of 24 hour news programs has resulted in a steady stream of troublesome and often horrifying information.

In many households, the TV remains on all day and is the last thing turned off at night. Try turning off the television an hour or so before bed. Enjoy the peace and tranquility of your home with some hot, decaffeinated herbal tea and relaxing music. Let the marketing messages, canned laughter, and terrifying images melt away from your conscious mind so that when it's time to go to bed, you are relaxed and at peace.

According to numerous studies, most insomnia is caused by a stressful lifestyle and is not a medical condition. The trouble with pills and sleep aids is that they only cover up the problem and become addictive as the body requires higher dosage levels to achieve the desired results. The majority of those suffering from insomnia will benefit greatly from simple, wholesome solutions that result in a natural vibrancy and a balanced life.

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About the Author

Author is a writer for Sleep Well Baby which specializes in white noise machines and natural sound machines. For additional information you can visit <http://www.SleepWellBaby.com>.