

Sleepless Nights

& Sleeping Pills

There is a better way to get a good night's sleep with no pills

By Dorothy Merritt, MD

Almost everyone has trouble falling asleep, or staying asleep, from time to time. And often, practicing good sleep habits (see sidebar) is all it takes to beat a bout of insomnia and get back into your sleep groove.

Suffering from prolonged sleep disorders is another matter, which causes many people to turn to sleeping pills. But these have numerous side effects, including dependency upon them every night.

Sleeping pills can help when stress, travel or other temporary disruptions keep you awake. If you have chronic insomnia—long periods of sleeplessness—a better approach may be lifestyle change combined with Nexalin Advanced Therapy.

Nexalin is a non-invasive, drug-free therapy with proven effectiveness for insomnia (and depression and anxiety as well, which can accompany insomnia). There are no pills, no shots, no surgery, no pain and no hypnosis involved. Here's how Nexalin Advanced Therapy works.

Normally, your brain manufactures neurochemicals that keep your moods in a generally balanced state (homeostasis). Chronic insomnia, high anxiety, mental trauma and

depression (in any combination) can throw this delicate balance out of control.

Nexalin uses an FDA cleared medical device with a tiny electrical current, which stimulates the hypothalamus and surrounding deep centers of the brain that control normalized levels of neurochemicals—the ones that regulate your body's homeostasis. Three pads are placed gently on your head (on the forehead and behind each ear). The electrical current is virtually unnoticeable, and the treatment is soothing and relaxing. In fact, many people fall asleep during their Nexalin Therapy sessions.

Nexalin Therapy is a breakthrough treatment that works! It resets your emotions, moods and well being, returning you safely to a balanced state and alleviating anxiety, depression and insomnia.

Nexalin Therapy is safe. The Nexalin Device has undergone years of clinical trials, all of which reinforce its record of safety. Research studies show that greater than 90 percent of Nexalin clients report significant improvements after a Nexalin Advanced Therapy series. No other mainstream therapy even comes close! ●

GOOD SLEEP HABITS

Good sleep habits (also called sleep hygiene), prepare you for a good night's sleep and help beat insomnia. Make these a regular part of your nighttime routine:

- Go to sleep and wake up at the same time each night and day.
- Avoid naps during the day, they make you less sleepy at night.
- Avoid caffeine, nicotine and alcohol late in the day.

- Get regular exercise at least three to four hours before the time you go to sleep.
- Don't eat a heavy meal late in the day.
- Be sure that your bedroom is dark, quiet, and a comfortable temperature.
- Create a bedtime routine to help you relax before sleep. Read a book, listen to music, take a bath.

COMMON PRESCRIPTION SLEEPING PILLS

Sleeping pills don't treat the underlying cause of sleep problems and should be used only on occasion as they carry risk of dependence and overdose. They also come with side effects. Side effects associated with prescription sleeping pills include:

- Dizziness
- Headache
- Gastrointestinal problems, such as diarrhea and nausea
- Prolonged drowsiness

- Severe allergic reaction
 - Sleep behaviors, such as sleep-driving and sleep-eating
 - Daytime memory and performance problems
- Here is a list of some common sleeping pills.



DRUG	MAY NOT BE SAFE IF YOU:	CONSIDERATIONS
Eszopiclone (Lunesta)	Have a history of drug or alcohol abuse, depression, lung disease, or a condition that affects metabolism.	May be used for a longer period of time than zolpidem or zaleplon. High-fat meals may slow your absorption of the drug and make it less effective. Stopping the drug suddenly may cause symptoms of withdrawal, such as anxiety, unusual dreams, nausea and vomiting.
Ramelteon (Rozerem)	Are pregnant or breast-feeding. Have a history of kidney or respiratory problems, sleep apnea, or depression. Have a liver disease.	May interact with alcohol. High-fat meals may slow your absorption of the drug and make it less effective. A manufactured drug similar to melatonin. Not likely to be habit-forming.
Triazolam (Halcion)	Are pregnant or breast-feeding. Have a history of drug abuse, depression or respiratory conditions.	May interact with grapefruit juice, alcohol and many medications. Can be habit-forming. Seldom prescribed by sleep specialists. Drug must be stopped gradually.
Zaleplon (Sonata)	Have severe liver problems. Are pregnant or breast feeding. Have a history of depression, liver or kidney disease, or respiratory conditions.	May interact with other medications. Can be habit-forming. High-fat meals may slow your absorption of the drug and make it less effective. Very short acting, so can be taken in the middle of the night following precautions from your doctor.
Zolpidem (Ambien, Edluar)	Have a history of depression, liver or kidney disease, or respiratory conditions.	May become less effective over time. Sleep behaviors, such as sleep-driving and sleep-eating may occur.
Temazepam (Restoril)	Have a history of severe depression, substance abuse, lung disease, or kidney or liver problems. Are pregnant or breast-feeding.	May interact with alcohol and many medications. Can be habit-forming.