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Insomnia can be defined as the inability to get sufficient amount of sleep during night. Factors contributing for insomnia vary from one person to another. Post-traumatic stress disorder, depression, chronic pain and narcolepsy are some among the common causes leading way to sleeplessness. Cures are usually prescribed by analyzing the actual cause of problem. Changing lifestyle is recommended as a natural remedial measure for solving insomnia problems. Patients suffering from chronic insomnia are advised to follow a sleep schedule by following regular time schedule for sleep. It is also recommended to make bed room dark, cool and quiet. Practicing relaxing techniques like yoga and meditation relax nerve cells and helps in inducing fast asleep. Herbal sleeping aids are found to be very effective in curing insomnia. It helps in delivering long lasting result without inducing any adverse action on user.

Siberian ginseng is an effective herbal sleep aid in curing insomnia problems. This herbal remedy helps in curing nervous disorders and improves sleep. As per research, ginseng is found to be as an excellent herbal cure for relieving stress, depression and anxiety. This in turn helps in curing sleeplessness troubles. You can use this herbal cure as tea or as dietary supplement. Consistent use of ginseng extract helps in improving both physical as well as mental health of person. Presence of ginsenoside compound in ginseng relieves stress and cures sleeping troubles in person.

Lemon balm is a safe and effective herbal sleeping aid in curing insomnia. You can easily prepare lemon balm tea from your home. Key ingredients used for the preparation of lemon balm tea include dried leaves, honey and lemon. For user assistance, lemon balm is now commonly available in market in the form of tinctures, oils, extracts and as capsules. Terpenes, an active compound present in lemon balm induce fast asleep and cure insomnia.

Passiflora, well known for anti-depressant action is an effective herbal sleep aid in curing insomnia. It acts as a mild sedative and relieves anxiety troubles in user. Apart from improving sleep, intake of passiflora also helps in curing other health risks like whooping cough, menstrual problems and pain. Maca is another herbal sleeping aid in preventing the risk of insomnia. It is a composition of essential nutrients like vitamin B1, vitamin B2, vitamin C and vitamin E. Intake of maca root powder as per the correct dosage level improves mood stability and cures insomnia due to high stress condition.

Valerian root is a safe and effective herbal sleeping aid in curing insomnia. You can use this herbal remedy in variety of forms like capsules, tablets and as extracts. This herbal remedy has been used for centuries for the treatment of insomnia problems. Intake of valerian root not only cures insomnia, but also helps in preventing other health disorders like indigestion, headaches and arthritis. Mild tranquilizing and sedative property enriched in valerian root enhance sleep and cures insomnia rapidly. Other effective herbal sleeping aids for curing insomnia include kava, lettuce, orange and lavender.

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Peter Filinovich - About Author:
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