

Ready2Heal wants you to sleep well!!



Soothing Insomnia: 5 Tips to Getting a Good Night's Sleep

Have you ever been home alone late at night when a tiny sound suddenly sounds like a gunman breaking in?

That's your **Reticular Activating System (RAS)** trying to keep you safe. Like an early-warning alarm system built into your brain, it prepares your body to leap into action when you're faced with fear or survival.

The problem is, the RAS doesn't distinguish between real or imagined threats. And that internal confusion may be at the heart of the insomnia that's keeping you up nights.

Insomnia (Latin for "no sleep") is one of the most common sleep complaints among Americans. According to the National Institutes of Health, some 10-15% of adults report chronic insomnia lasting months, even years.

Unfortunately, sleep deprivation affects you long into the day. It messes with your memory as much as it alters your mood, making you feel groggy and irritable. Over time it can even trigger depression and bouts of low self-esteem.

While the sources of insomnia can vary, one of the easiest ways to soothe the symptoms is by going straight to the RAS.

Here are 5 ways to relax your RAS so you can get a good night's sleep without having to rely on sleeping pills:

1. Take a personal relaxation inventory.

Which particular activities help you feel calm and centered?

Some of them may be obvious, like taking a bath by candlelight. And they may be offbeat, like browsing the aisles of a neighborhood bookstore.

Take a few moments and make a quick list of those things that help you relax. Then whenever you feel stress winding you up, pull it out and take a healthy break.

2. Go on a media fast.

Do you like to unwind in front of the evening news or a late-night murder mystery? Unfortunately, the effects continue stimulating your brain long after you turn off the TV.

Put some distance between you and bad news, and give your body an opportunity to recover.

3. Infuse your day with good news.

Just as bad news keeps your body in fear and your RAS on high alert, a healthy dose of good news can flood your body with uplifting, feel-good natural chemicals.

Try <http://www.goodnewsnetwork.org> for inspiration.
Or <http://cuteoverload.com> when you just need a smile.

4. Cut out that late-night glass of wine.

Sure, a late-night drink makes you sleepy. But it also creates a rebound effect that stimulates your liver to wake you up 4-6 hours later.

So enjoy a glass of wine with dinner. Then indulge in healthy beverages for the rest of the night. Try a squeeze of lime in sparkling water for a luxurious touch.

5. Relax with bodywork that releases tensions in your nervous system.

While massage can make your muscles feel great, light-touch approaches like CranioSacral Therapy are more focused on relaxing your entire nervous system.

It is a light-touch therapy that soothes the central nervous system so the whole body can relax and self-correct.

If you've been struggling with insomnia for some time, try a few CranioSacral sessions in a row. They'll help bring your body into balance fast. And give your RAS a much-needed night off.



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