



SLEEP

Difficulty falling asleep, night waking and early waking can be a nightmare for parents and other family members. Sleep deprivation negatively affects the immune system.

Here are some suggestions to discuss with your physician for helping sleep problems.

- 1. Protein in the morning and carbohydrate in the evening**
- 2. Dark at night, light during the day**
- 3. Magnesium and Calcium**
- 4. 5 Hydroxy Tryptophan (5-HTP)**
- 5. Melatonin**
- 6. Herbs** such as Chamomile, Milk thistle (silymarin), Kava Kava and Valerian
- 7. Exercise**
- 8. Calming bath with baking soda, Epsom salts and lavender oil.**

The above is intended as information and does not represent the only options in addressing this problem. Please contact your primary physician prior to beginning any treatment.