

Best Natural Sleep Supplement

Sleep is a naturally repeating state of mind and body, reduced interactions with the surroundings and decreased ability to react to stimuli. Getting a good night's sleep is predominant for all of us. Adults need 7-8 hours of sleep.

Insomnia (Sleeplessness / Sleep Deprivation):

It is a sleep disorder, which makes us awake and causes difficulty in falling asleep, sleep disruption, waking up a lot during the night and waking up too early. Sleep Initiation and duration are affected. Insomnia is a common sleep problem that adults face.



Types of Insomnia:

Acute Insomnia and Chronic Insomnia

Acute Insomnia is short term insomnia. It is due to the change in the regular sleep routine, sleeping environment, time being stress and work pressures. This can be rectified by following healthy sleep habits.

Chronic Insomnia is long term insomnia. It is complex condition which lasts for more than few months and the sleeping hours is affected completely. It is due to high levels of stress, depression and anxiety.

Symptoms of Insomnia:

- Sleepless nights
- Waking up often during the night and having trouble going back to sleep
- Feeling sleepy in the daytime

- Tiredness
- Feeling unrefreshed
- Lack of concentration
- Decreased performance
- Low energy level
- Irritability

Causes of Insomnia:

- Stress / Depression / Anxiety / emotional strain / tension
- ADHD – Attention deficit/hyperactivity disorder where mind is hyper active and thus not allowing it to relax & finally that affects sleep
- Medical conditions like Asthma, Arthritis, Sinus, Back pain

Best natural remedies for sleep problems:

Insomnia sufferers prefer **natural remedies for sleeping through the night.**

Valerin and Hops plays major role in providing *natural remedies for sleep disorders*. They have tranquilizing and sedative effects that in turn reduces the anxiety and induces relaxation & sleep.

HerbaNutrin's Sleep Tablets are the *natural remedies for good sleep at night*. The mixture of valerian extract and hops makes these tablets as the **best natural sleep supplement**. 30 caps Sleep bottle costs \$9.00 and 60 caps Sleep bottle costs \$18.00. Sleep tablets being a relaxation inducer promote sleep and serve as best **herbal medicine for sleeping disorder**.



These tablets are formulated with standardized herbal extracts that provides relief from sleep disorders, anxiety, insomnia, restlessness, tension, ADHD, nervousness and irritability. The combination of valerian extract and hops extract seems to improve sleep quality. Consumption of these tablets restores natural sleep.

General Tips to have proper sleep:

- Avoid using laptops, mobiles late night as the light from them makes brain alert
- Avoid long naps in the afternoon

- Avoid stimulants like coffee, tea, energy drinks in the night
- Avoid heavy foods in the night
- Avoid Alcohol
- Do Yoga and Meditation

- Fell relaxed and keep your mind calm

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