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Suffering From Insomnia? Try These Tried and True Sleep Solutions

Insomnia Symptoms and How To Decide On Sleep Aids

Insomnia can be different for each person as will be the sleep aids that you'll need to use to control you're insomnia. Some of the symptoms to look for may be trouble falling asleep or if you are lying in bed for hours and not sleeping. Another symptom may be waking during the night after sleeping for a little time and you aren't able to go back to sleep.

Maybe you're waking up too early in the morning and you don't want to go back to sleep and risk sleeping in. feeling that you aren't refreshed when you wake up. Also another symptom is feeling sleepy or drowsy during the daytime.

It is normal that adults might not need as much as sleep as you once did. But you should still try and get 8 to 9 hours of sleep. Another reason can be contributed to insomnia, like having a life-changing event, from moving to anything else. This is something you should decide that has happened before going to a doctor for medication.

If any life-changing event hasn't happened and you still haven't been sleeping well. You should go see your doctor. If you don't treat you're insomnia you could suffer from serious health problems, like depression.

Make sure that you get help sooner rather then later. If you don't want to try medication, look into natural ways to try and fix your insomnia. These could be working on a routine before bedtime, cutting out caffeine before bedtime and much more. After trying these and they still don't work, it will be for the best to go to your doctor and talk to them.

They will be able to give you something that will help. Even if you try something for a few weeks, you might find that something else works better then you think it might. If you go with medication, make sure that you read all the information in regards to any medication that you will be taking and go from there.

Most of all you should make sure that you look at everything you take medication wise. You might have to try a few things before you find the medication that will work for you. This will be the time to keep in touch with your doctor; you should report anything that happens to your doctor.

When You Know You Need Sleep Aids

The easy answer is, when you can't sleep. You should be sleeping through the night. You might not be sleeping because of other reasons and you should find out if that is the case before you

decide to go and buy some sleeping aids. Remember that each person will need something different that will work for them.

First you might not be sleeping because you could have too much stress in your life. Start by trying to have a few hours to yourself before bed. Take the time to do something that can clear your mind of the day.

Try reading a book, or listening to some music. Maybe you aren't doing enough during the day to make yourself tired. Try exercise for an hour before bed. If you do decide on this option, this will help to keep you healthy.

If doing all of this doesn't help then it is time to look into sleeping aids that are medication. These medications can help you get back to a normal sleep pattern. Talking to your doctor can help you decide what prescription you need.

Your doctor might even suggest trying some over the counter sleep aids. These should be used only a few times. Make sure you read the box for these sleep aids and that you use the medication like instructed.

Don't drink alcohol if you are going to take sleeping pills. Make sure that you know what the risks are before you continue to take these medications. If you don't or if this doesn't bring you back to your normal sleep pattern then you should again talk to your doctor.

This time your doctor will give you options on what you need to take. There are sleep aids that you can take for a longer period of time. Make sure that you read the instructions for each sleep aid before you take one that you think will work for you.

Your goal is to finally get some much needed sleep. Make sure that you sleep through the night. If none of these medications work then you should make sure that you talk to your doctor right away. They should be able to find something that will help you. Make sure that you do get help for your sleep disorder.

Treatment of Sleep Disorders and Sleep Aid Ideas

If you know that you have a sleep disorder and have decided that you need to try some kind of sleep aid to get through the night, then the first thing you need to do is contact a doctor and talk with him or her. This will help you decide what kind of sleep disorder you have.

There is a possibility that you could have sleep apnea. This is when you stop breathing during sleep. When this happens you wake up and start breathing again. This might happen many times during the night.

If you have this problem then you aren't going to remember waking up at all during the night, but it will leave you tired in the morning. You might have headaches and a sore throat. If you go to a doctor they can test you for this.

If you aren't sure that you are having trouble sleeping, then knowing the answers to a few questions might help you find out. Do other people often tell you that you look tired? Are you having difficulty with your memory? Feel sleepy during the day? Have trouble staying waking while you're sitting, like watching TV or reading?

If you have answered yes to most of these, then you might have a sleep disorder and you should check to see if some sleep aids could help. One type of sleep disorder is insomnia; this is a lack of sleep. It can be short term or longer. This could be caused by stress, change in time, bad bedtime habits.

Another is restless legs syndrome. This is a neurological disorder that causes tingly or creeping sensations in your legs. This in return makes you move your legs and keeps waking you up while you are sleeping.

To learn more about your sleep disorder you can go to a doctor and be tested. These disorders might require more than natural sleep aids to cure. But you can always try changing the way you sleep, going to bed at a certain time, getting up at the same time. Trying some natural sleep aids might cure what you have, from trying to calm yourself down with tea, or a long bath. If they don't, it is best to see your doctor right away.

What To Look For In Sleep Aids

First you need to find something that is going to work for you. You might want something that will work quickly. Something that might work for you might not work for someone else. But there are a lot of treatments out there that will help you decide what you want to do.

Initially you might want to go with some natural ways before you go with any kind of medications. Trying something simple to start off with might fix your sleeping problem and you won't have to go any further. Some of these ways are just a change in habit.

See what time you go to bed and need to get up. Your sleep problem might not be a sleep disorder; you just might not be getting enough sleep. You should try and get at least eight hours of sleep if you are feeling tired when you wake up. Some people might require less than that, but if you are feeling tired for most of the day, then you need to get a few more hours of sleep.

Deciding how much sleep you need might take a few weeks to decide. Start with eight hours and if you are waking up too early lower your sleeping hours down.

Stress is another reason that you might not be sleeping. Taking a few hours before you go to sleep to wind down might be what you need. Take a long bath, maybe walk around the block and let your mind clear from the days work.

If you just can't go to sleep it might help if you try reading, or listening to some music. If this helps, but you can't sleep through the night then you should get a hold of a doctor. Your doctor will be able to give you information on sleep aid medications.

Sleep aid medication is safe when used for a small amount of time. Using these medications can help your body get back into a natural sleep pattern. There is also medication that let you take the medication for a long period of time.

You should contact your doctor if you can't sleep after using these medications. Not sleeping can lead to serious health problems and it would be wise to get in contact with someone that can help you.

Using Natural Sleep Aids

If you are having problems sleeping then you can look at all your options. If you don't want to go with an over the counter product or even go to your doctor you can start with some natural sleep aids. You have a lot of choices with this type of sleep aid. Some may be able to help you better than others. Make sure you read the information for each sleep aid before you decided to use it.

The first one you can try is called Valerian. This seems to ease tension; it calms you down and levels out emotions. Or maybe a tea from valerian, chamomile, and other herbs made into teas can have a calming effect and they will help you sleep.

If these don't work, or you don't like tea, you could try using massage aromatherapy. If you go this route you can ask the massage therapist what kind of oils will work better for sleep. This might help you relax after a long day or a long week. But if you're having trouble sleeping every night, then this might not be the right thing for you.

If you're still looking for natural ways to help you sleep, try setting up a normal routine. Get up at the same time and go to be at the same time. You could also stretch before you go to bed by moving your arms and legs.

Maybe you could listen to some music or read. This could help keep your mind off of other things. Or stop thinking, let your mind clear itself from everything you've done for the day. This might be hard, but it could work. If this still doesn't work, maybe see if you're drinking a lot of caffeine before bedtime. Cutting caffeine from your diet might be hard, but think about doing so. If you don't want to go that far, maybe stop yourself from having any caffeine related products a few hours before you go to bed.

We are all different. So something that works for one person might not work for someone else. These are all ways to try to get back to a normal sleep pattern without taking anything. If these don't work, or aren't what you are looking for then you should think about trying something else.

Herbal Sleep Aids

If you have tried prescription sleep aids and find that they don't work, you can go for another route with herbal sleep aids. To start with you should know how much sleep you need for yourself.

Some people might only need a few hours, while others might need eight hours or more, while someone else might only need four to five hours of sleep. Each person will be different as would be the help you need with your sleeping problem. Each person will need something different that will help them.

It might be setting up some kind of routine before you go to bed. From reading a few chapters in a book, listening to some music, or even setting a time that you will go to bed and go to bed at that time and always at that time.

Searching on the internet you can find some herbal pills that you can buy. Or see if you have a local herb store. Talking to the owner, they might be able to point you in the right direction of something that could help.

You could even go to a local book store and find books on the subject of sleep and of using herbs to get a good night sleep. Looking through these books might give you a better insight to what kind of sleep problem you are dealing with.

If you still like the ideas of using herbs, you might feel better with being able to grow your own. Finding the right herbs online will be easy, you should be able to get seeds and grown them right in your home. This way you'll know that you'll always have something on hand in case you need to get to sleep.

If you don't want to go to all that trouble there are herbal sleep aids you can buy that have valerian, chamomile, and more herbs in them that will give you a lot more help in getting to sleep. Most of all find what works for you; you might have to try a few products before you find something you feel is right for you. If you are going to try some medication given by a doctor you will have to tell him about the herbal treatment you have been trying.

Do You Need Prescription Sleep Aids?

If you've looked at natural sleep aids and they don't seem to work for you. Or you have tried them and do not like them. Then it might be time to look into prescription sleep aids. There is lot to choose from. You can go to your local doctor's to ask what you would work for you. You first need to check out any kind of sleep aids that you decide might work for you. Any kind of drug like this might have some side effects.

The most commonly used medications for sleep aids are, benzodiazepines. This medication is used for the stronger sleep aids. This will be used if you can't sleep at all or you have a sleep

disorder. This is where your doctor will come in handy of telling you what would be good for you.

There are non-benzodiazepine sleep aids. This is a newer class of prescription sleep aids. This newer type of sleep aid will help with normal sleep problems. This is another time you can talk with your doctor. Any doctor will be able to give you information about any type of prescription sleep aids that are on the market.

If you want to do some research on your own, you can find a ton of information on the internet. You may find what type of sleep aid that might work for you. If you are looking for some names to research; there is Ambien; this will help you stay asleep longer and Lunesta will help you get to sleep faster and stay asleep longer.

There are many other ones that you can use and see if they will work for you. Each of these will be given to you by a doctor. So you will have to go to your local doctor before you can get these prescription sleep aids. Some sleep aids might work better for you than another person.

Don't worry if one doesn't work right away. Give the medication time to work. Also getting into a routine before nighttime will help with the medication you are taking. This will help your body wind down from the day. Make sure that you read the information with each prescription sleep aid carefully and following the directions, this will help even more.

Types of Prescription Sleep Aids

Looking at types of prescription sleep aids might be the right thing to do. Learning about something that you are going to be taking is wise. To start with here is some history about sleeping pills for you to learn.

Sleeping pills are nothing new, years ago they used to be based on mainly herbs. In the 1900's barbiturates were introduced into these herbal extracts. In 1960's benzodiazepines became available.

Today's options for sleeping pills do carry the risk of being dependant on them. They also can be lethal if you do take more than the prescribed amount. These pills can also be dangerous if you have other health problems.

If you don't have a doctor then you can look at the over the counter sleep pills. These are used when you have an occasional sleepless night. They shouldn't be used for a long period of time, because your body will get used to the drug.

Nonbenzodiazepine hypnotic medications, these are the newest class of sleeping pills. They quiet your nervous system; which will help with sleep. Benzodiazepine hypnotic medications are an older class of sleep pills. These are more likely to cause headaches the next morning. Sedating antidepressants are also used to treat insomnia when taken in small doses.

When taking any kind of sleeping pills you should try natural ways first. From seeing how you sleep you may consider changing your nightly routine. If this has not helped and you know that you have to have some kind of medication to get some sleep, you should see your doctor right away.

You don't need your doctor to tell you if it is all right to talk over the counter sleep pills. But you should read the directions on them and to make sure that you use them safely. If they do not work, then it will be the time to contact your doctor.

New Prescription Sleep Aids

There are a ton of new prescription sleep aids on the market. Each one gives you the sleep that you need for the night. With each new prescription sleep aid that becomes available there is more chance that they might help you better than the last.

If you decide to switch to a new prescription sleep aid then you need to contact your doctor to tell him that you wish to switch to something different. You might have to wait a few weeks before you can take the new medication. If this is the case you might find that you can sleep without the medication.

If you still cannot sleep then contact your doctor and you can get a new medication to try. If you have decided to do this you will have to wait for the medication to start working. If they don't start working for more than a few days then you should contact your doctor again. Some of the drugs that you will be using will be for a short term.

Needing something for a longer term could be something you need to look into. There is one medication on the market that can be used for long term for adults called Rozerem. Each drug will have different side effects. So you might want to look into them before you decide what direction you want to go.

Make sure that you know as much as you can about any sleep drug before you take any kind of medication. This will help you know what you are going to go through before you begin to take the drug. You might cross some of the sleep aids off your list after reading about any side effects.

There are many options out there to try before you go to your doctor. Trying all the natural treatments first could be the answer for you. Going to your doctor after all natural treatments have been tried is the best step to try. If you don't have a doctor you can stick to a natural treatment.

But if you still can not sleep after trying these. Then you should try and talk to a doctor. Health problems can arise if you do not get good enough sleep at night.

Non-Medical Sleep Aids

If you want an easy approach to getting better sleep you might want to look at how you've been sleeping. It might not be a mental reason that you can't get any sleep. It might be the way you are sleeping.

If you can change some of the ways you sleep you might find yourself sleeping better than you thought you could. Start with how you have your head and neck placed on your pillow. You can buy special pillows that have a cervical pattern in them. This will help you keep your neck stable and reduce snoring. Look into other pillows that could help you sleep better.

Maybe even getting a new mattress might help you sleep better. See how old the mattress you are using now is and think about getting a new one. There are many types of new mattresses on the market. You can find one that will work for you and your spouse if you are married.

If you can't afford a new mattress, look into getting a mattress pad. They'll give you more support for your bed. A simple change like this might help you get a better night's rest. But if you are still feeling tired in the morning, or still not sleeping through the night you might have to try something different.

If you want something more, then look into a CD of music that is made with sounds that will help you sleep. Playing this in the background of your bedroom could help you focus on something else while you fall asleep. There are some scents that can help with sleep also.

There are many things that you can buy that aren't medical in nature. From buying something that will create a white noise or something that lets you hear the sounds of nature. Even getting some kind of routine down for sleeping may help. Go to bed at a certain time and get up at a certain time. Maybe even try reading a book before you go to bed.

If any of this still doesn't work, it might be time to try something different. From getting an over-the-counter sleep aid to using something more powerful that you can get from your doctor. Sleep is important to your health, so make sure you try something.

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