

Sleep Facts And Figures

Sleep Naturally

(NAPSA)—If you're one of the 65 million Americans who struggle with insomnia, rest easy. There's now a safe, natural way to get a good night's sleep.

Why some people sleep like babies and others toss and turn



Dr. Holt

remains something of a mystery. Recent research shows sleep deprivation can cause both mental and physical disability. Sleep problems cost the nation billions of dol-

lars in loss of time from work and tragic events, such as traffic accidents.

How Can You Sleep Naturally?

Lack of sleep may be responsible for hormonal imbalances and it may even contribute to the modern epidemics of obesity and maturity onset diabetes. While some sleep problems are caused by serious disease, most cases of insomnia are related to simple issues, such as adverse lifestyle, anxiety, stress and poor diet.

In the past decade, the diagnosis and management of sleep problems has become a major concern. Sleep centers have sprung up all over the country and many hospitals have specialists in treating sleep disorders.

There's a widespread tendency to rely on drugs to induce sleep. The disadvantages can include



According to Stephen Holt, M.D., you may be better able to enjoy natural sleep.

cost, side effects and developing a tolerance to the medication so it's no longer effective.

That may be among the reasons more and more people are turning to safe, natural sleep aids instead. One product that combines herbal and nutritional substances for restful sleep is called Sleep Naturally. It contains valerian root, chamomile flower, passion flower, lemon balm, skullcap whole and ashwagandha root and vitamins and minerals including magnesium, niacin, vitamin B6 and folic acid. In addition, it has the sleep hormone melatonin and the natural effects of 5-hydroxytryptophan.

To learn more about combatting sleeplessness, go to www.sleepnaturally.com or call toll-free 1-877-765-1099.