

**PeterKC**

I know this sounds crazy, but the thing that improved my sleep the most was to start sleeping on an inclined bed. I raised the headboard end of the bed 6 inches. Right away started sleeping for 4 hours at a time instead of waking up hourly. Many other benefits as well... especially slight constant traction on the spinal column overnight. Check out IBT (inclined bed therapy) OOPs I see I am not the only one here to try Inclined Bed Therapy, should have read the comments first. Ahem. Magnesium I always take, it has cured me of kidney stones, leg cramps, and helps me sleep/

Posted On 06/01/2017

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**seg**

Pete, you're not the only "crazy" person here, jmillier, myself and others have been doing it some time now.. cheers!

Posted On 06/01/2017

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## grulla

"Early to bed, early to rise..." has been one way I get a good night's sleep. I turn in around 6PM in the colder weather, and a bit later in the summer, (which is at least one reason here in NM that I wish they would do away with DST twice a year time change, just like in AZ). Going to bed early doesn't necessarily mean I'll nod out right away, as I watch a little bit of TV, and set the TV's built in time-out timer for say an hour or two with minimal volume, and that seems to work well. In my experience, that practice is a lot better than sitting up at my desk in the evening, multi-tasking the computer and TV, and then trying to go to sleep reasonably fast.

And another practice that goes a long ways to sleeping well is intermittent fasting, (IF) where one should wait at least 4 hours of digestion before turning in. I eat my breakfast at around 5AM, a mid morning snack once my stomach has emptied a couple hours like a small organic apple, or perhaps some garnished hummus (with diced chiles, pimentos, horse radish, or cumin powder), almonds or cashews, etc., and the the last meal of the day, lunchtime dinner at noontime, which guarantees an empty stomach at least 6-8 hours before bedtime, far in excess of the minimum 4 hour requirement recommended by Dr. M. in previous IF articles.

Posted On 06/01/2017

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## grulla

And here is how some others do (or don't) get a better night's sleep: [www.youtube.com/watch](http://www.youtube.com/watch)  
[www.cartoonstock.com/.../sleep.asp](http://www.cartoonstock.com/.../sleep.asp)

Posted On 06/01/2017

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## seg

Plus the early bird catches the worm grulla :) Now post the tips from Dr Sheldon Cooper Phd lol..I can't open up the soft kitty vid, you know that copyright foolishness thingy.. This one works for me [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 06/01/2017

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## Acroyali

I remember being sent to bed early as a punishment, now I consider it a reward! Same with a mid-day siesta; getting a small child to lay down for an hour or two during the day can be a battle but they don't know how lucky they are ;)

Posted On 06/01/2017

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## ICONOCLAST

Seg. Hilarious. I never knew about the matting of the hair before. Have to watch out for that in future.

Posted On 06/01/2017

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## cindybrown12

most important thing is to remain stress-free. Your peace of mind is the key to your overall health.

Posted On 06/01/2017

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## chavah

Yes, we must lead simple lives and have pure hearts like Brother Carmelo/Friar Bigotón who appears to be exceptionally stress free. I bet he doesn't lose a wink of sleep at night:

[www.petcha.com/monastery-adopts-stray-dog-gives-him-the-cutest-habit-t..](http://www.petcha.com/monastery-adopts-stray-dog-gives-him-the-cutest-habit-t..)

Posted On 06/01/2017

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**otis101**

ZZZZZZZZZZZZZZ

Posted On 06/01/2017

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**Acroyali**

Whenever I get a bout of restless legs or muscle cramping, I put magnesium oil and a few drops of lavender together and slather it from the hips down. Out like a light! One of my relatives would awaken nightly with charley horse style cramps in his legs, painful enough that he had to stand up and walk it off. He took liquid minerals and the problem went away!

Posted On 06/01/2017

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**seg**

Acr, just the other day i had a Churlie horse in one a me legs, i forgot which one lol... I wonder if the Mag oil would work for that one as well :)

Posted On 06/01/2017

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**seg**

acr try the one chavah just linked ...I am still trying to find out which leg was problematic tho, i know it wasn't the left and coming to think of it, i know it definitely wasn't the right either lol..That mag oil looks good chavah, i think i'll git me some ..who knows it might even help me with my temporary lapse of memory :)

Posted On 06/01/2017

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## sperryball

Hi Acroyali, i'm a 89 year old widow and have leg cramps at night & i have to stand up & walk them off.

Could you tell me the liquid minerals that your relative took to stop the cramps.

Will appreciate your reply. Patricia Grimes from Ohio

Posted On 06/02/2017

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## jmiller739

I suffered through sleep hell for about 3 years. I could fall asleep but would have waking issues in the middle of the night with difficulty getting back to sleep. Severe cyclical depression and anxiety were part of the picture. The combo of 'Tryptophan + GABA + oral Magnesium' rescued me from chronic sleep interruptions. These issues resolved a few years back. I started using transdermal magnesium (MgCl2 or magnesium oil) over a year ago. I put it on my skin in the morning after showering. The results are excellent. Inclined Bed Therapy (IBT) then took everything to the next level. Sleep posture can have an amazing impact on quality of sleep and overall health. I've been doing Inclined Bed Therapy for about a year. My energy and sense of well-being increased just days into my IBT experiment. I haven't felt like this in years. My occasional bouts of vertigo have disappeared. My hands and feet are warmer due to improved circulation. I don't wake-up as much during the night to go to the bathroom. More people need to learn about IBT and give it try. It's so simple, inexpensive and effective. Just raise the head of your bed 6 inches using blocks, books or bed risers. I never want to go back to sleeping flat again.

Posted On 06/01/2017

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## seg

Yep wish more people would try raising their bed heads instead of their blood pressure...To some it's a miracle, and i second the motion or emotion :) [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 06/01/2017

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## **jmiller739**

hi Seg, you were the one that opened my eyes to IBT last year. I was immediately hooked and haven't looked back since... many thanks!

Posted On 06/01/2017

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## **terrykaris**

Correct posture changed my sleep position from using an articulated bed to sleeping flat on an organic cotten futon. It took about 6 months to fix my posture, as I was 60 yrs, but between chiropractic adjustments and posture targeted exercises, it worked. Same for painful hips. Fortunately, in my case, targetted hip stretching caused the pain to disappear entirely. I also use a roller bar and therapy ball to soften knotty tissue, such as the IT band on the outer thigh. Maybe these ideas can help someone else.

Posted On 06/01/2017

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## **seg**

Terry ever try sleeping on an inclined bed, just raise the head about 6 inches and see how you do..But i have to warn you, folks might say it's woo, woo, or call you coo,coo....

Posted On 06/01/2017

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## **squeaky123**

What about using an electric blanket, either to heat the bed before getting into it or leaving it on at low heat during the night? I don't want to go back to having to use a hottie during the winter!

Posted On 06/01/2017

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**ragus**

Only ever use your electric blanket to warm up the bed before getting into it, and unplug it before you go to bed. While in use, it creates a strong electro-magnetic field, which you don't want to stay in for any length of time. The same goes for elevated beds, they should be disconnected from the socket in the wall during sleep.

Posted On 06/01/2017

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**seg**

lol squeaky, ragus is right,how did i miss this post... given the choices i'd go back to the hottie in a very rapid heart beat...as a matter of fact i am perplexed why you have to "go back" to your hottie lol ..Older lads and lasses here are all scratching and shaking their heads.....

Posted On 06/01/2017

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**rjdeshayes**

5HTP makes my insomnia worse do to the past use of seritonin uptake drugs, PAXIL and ZOLOFT. I can't fall asleep and I sweat heavily. Never had this problem before taking the drugs, JUST SAY NO TO DRUGS  
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Posted On 06/02/2017

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**jpi108**

Stay grounded all night long. Dr. Mercola sells grounding mats or you can make your own. Just google DIY earthing.

Posted On 06/01/2017

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## Keepivinon

Blood sugar drops can interrupt sleep too. Adrenalin kicking in will surely wake you up. Make sure your adrenals are functioning well. Also Theonine can help quiet the mind, before bed. Use with caution if on blood pressure meds. And, be well!!

Posted On 06/01/2017

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## JayJay33

Forgot all about the electric warmer I use under a quilt to avoid feeling the wires underneath me. Will shut off power strip its plugged into. Not sure thats good enough? Hmm?

Posted On 06/01/2017

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## Almond

It seems life is just not fair. Children fight against taking naps while their mothers need them. By the time you are old enough to stay up as late as you want with no responsibilities the next day, you probably don't want to.

Posted On 06/02/2017

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## ced3298

did anyone notice the change in color of night glasses recommendation? Dr M used to recommend an orange/rust color blue light blocking glasses. But above he says red. Hopefully both work.

Posted On 06/01/2017

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## InderVohra

1.Homeopathic Passiflora Q (Passion Flower) is very effective to cure insomnia due to anxiety and nervousness. 2.Yoga conscious deep breathing gives sound sleep. 3. A cup of warm milk taken before going to bed helps.You may also add a quarter tea spoon of turmeric powder into warm milk.

Posted On 06/01/2017

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## se\_faja

Please everybody don't forget to try some 1 or 2 pounds of magnesium sulfate in a foot soaking bowl. It will work wonders. Remember that the mayor neurotransmitters need sulfate to be synthetize and that one of heavy elements toxicity symptoms is insomnia. Since magnesium sulfate is great for detoxification it should be and staple of any insomnia treatment. Just remember if you have renal insufficiency you cannot use it.

Posted On 06/05/2017

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## margotsis

I could solve my no-sleep issues if the CFS/ME, and MS diseases were solved. anything short of that, is a waste of time. The Diseases alter the mechanisms that bring sleep. I resort to pharmaceutical sleep because the little suggestions in here are just that: too little. My sleep loss is the most constant pounding symptom I have.

Posted On 06/03/2017

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## bog2796

I suffered from insomnia for years and now use the pod cast "sleep with me" to put me to sleep. It works 95% of the time. It's taken the stress out of sleeping for me.

Posted On 06/01/2017

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## JayJay33

Hi, Now you've got me thinking. What about my c-pap machine right beside my bed? It does have a blue light on it which I will tape up, even though it is behind my field of vision. Very interesting article. Thanks...

Posted On 06/01/2017

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## npolog

What can help for sleep issues is a fitness tracker like the Fitbit Charge 2. It automatically tracks sleep patterns on 4 levels from awake to deep sleep. I find that deep sleep is restful sleep and try to increase my % of the sleep period at this level. My target is around 7 hrs per night...I usually need to take a nap during the day to get this much. If I wake up during the night...it helps to take an l-theanine cap and an aspirin and go back to bed. This supplement helps with sleep: [www.swansonvitamins.com/swanson-condition-specific-formulas-sleep-esse..](http://www.swansonvitamins.com/swanson-condition-specific-formulas-sleep-esse..)

Posted On 06/01/2017

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## FitnessLawyer

DON'T LEAVE HOME WITHOUT IT! Your Tiger Tail that is. Have been using it for last 10 years. As Canada's foremost Golf Fitness Instructor- I call it the 15th Club in a golfers bag.

Posted On 06/01/2017

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## Guillermou

Taurine is a type of amino acid that helps calm anxiety levels by supporting the function of the neurotransmitter GABA, which allows the brain to shut down and promotes rest. Supplements containing 1 to 3 grams of taurine should be taken before bed to see the full benefits. Treatment with 0.1-1.5% taurine reduces locomotor activity by 28-86% and changes it from daytime to nighttime. At 0.75%, taurine also increases total sleep by 50%. The results show that taurine increases sleep, while caffeine, as previously reported, attenuates sleep. This substance may actually have an anxiolytic (anti-anxiety) effect.

Taurine is known to directly affect GABA, an inhibitory neurotransmitter of the central nervous system, which is capable of increasing calm and serenity. Perfect for inducing a good night's sleep. sleep and ensure you wake up in tip-top shape. However, a lack of taurine is clearly associated with stress and therefore lack of sleep. Therefore, taurine supplementation may help alleviate these symptoms.

[www.ncbi.nlm.nih.gov/.../PMC3630960](http://www.ncbi.nlm.nih.gov/.../PMC3630960) (2010).--- [wikigimnasio.com/wp-content/uploads/Effects-of-  
taurine-on-rat-behavior..](http://wikigimnasio.com/wp-content/uploads/Effects-of-taurine-on-rat-behavior..) (2006).---- [www.tandfonline.com/.../14737175.2019.1593827](http://www.tandfonline.com/.../14737175.2019.1593827) (2019).--

Posted On 04/20/2024

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## Guillermou

Researchers at Columbia University in New York also found that while taurine levels drop by 80 percent with age, increasing them to more youthful levels helped improve the monkeys' health. Martin Seeley, CEO and sleep expert at MattressNextDay, told The Mirror that taurine can also help regulate a person's sleep-wake cycle, as it helps reduce levels of cortisol, also known as the hormone of stress, in the body. Taurine can promote restful sleep more quickly, as it can prevent you from feeling stressed before bed.

He said: "The body uses taurine for many functions, including fat, carbohydrate and protein metabolism, as well as playing a role in muscle contractions, heart function and more. However, it is also known to help regulate a person's sleep and wake cycle. "Although there is still much research to be done to better understand taurine's positive impact on sleep, taurine is thought to help reduce a person's cortisol levels. As many studies show, stress can have a significant impact on sleep.

the time it takes a person to fall asleep, taurine may therefore promote restful sleep more quickly." Martin added that taurine is also thought to help regulate the body's production and release of melatonin, which is the chemical that tells the brain when it should be sleepy and when it should feel more awake. Martin would recommend adding more magnesium to his nighttime routine.

[www.mirror.co.uk/news/health/taurine-sleep-regulation-benefits-health-..](http://www.mirror.co.uk/news/health/taurine-sleep-regulation-benefits-health-..) (2023)

[cdn.mdedge.com/files/s3fs-public/issues/articles/Caine\\_TaurineAndEnerg..](http://cdn.mdedge.com/files/s3fs-public/issues/articles/Caine_TaurineAndEnerg..) (2016)

Posted On 04/20/2024

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## WillieBe

I replaced Lisinopril with Taurine a few months ago, for lowering my blood pressure. It's doing a great job and I sleep sound.

Posted On 04/20/2024

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## MarKe

I find that drinking a cup of goat kefir, or probably any such drink, practically instantaneously ends leg/foot cramping. It is a miraculous remedy. Dr. Mercola mentions magnesium, potassium. Is there not also a calcium deficiency, too?

Posted On 04/20/2024

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## egis123

Na:K 1:2-3 , Mg.:Ca 1:2, always in a balance relationship, if one out off sinc other automaticly not in a balance.

Posted On 04/20/2024

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## Ambereyes

I solved my problem of 'racing thoughts' with one of Dr. Ray Peats advice by taking a teaspoon of glucose with a glass of water where a dispersible aspirin was dissolved. It worked from day one!

Posted On 04/21/2024

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## Muckrake

I tried valerian many years ago (probably the lowest dose available) and was more mobile, anxious and aroused than I'd ever been. I learned later that valerian is high in salicylates and I am salicylate sensitive. Also, chamomile is a relative of ragweed, to which I am seriously allergic. I do not have to use these, however, I can't control the guy next door (on my bedroom side) in an apt. buiding who has his computer and his stereo speaker up against my bedroom wall. He leaves his WiFi on all the time (I pull the plug on my router in my livingroom every night). He will not move his equipment. Any suggestions?

Posted On 04/20/2024

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**ela3783**

I read somewhere that one can block the EMF from walls with simple Aluminum foil , run a wire clipped to the foil on one end and alligator clip on the other end of wire to plug into the neutral port of the wall electrical socket

Posted On 04/20/2024

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