

Trouble sleeping?

Try the Power of *Passionflower*



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You run through an exhausting day filled with work, school, family, traffic. At the end of it, you go to bed ready for a deep sleep. But what happens next? Suddenly you're wide awake: you can't turn off your brain! The events of the day and the commitments of tomorrow and beyond run through your mind like a movie. Not being able to sleep adds to your stress and you start the next morning less refreshed than you would like.

This is a very common phenomenon — almost everyone has experienced it to some degree. And while the solution might be just to relax the body and calm the mind, for many people this just isn't possible. Many turn to prescription medications to soothe stress and anxiety, or medications to help them sleep. These can potentially be addictive, and have side effects such as drowsiness, which is great when you are falling asleep, but not very good the following morning.

However there are effective natural remedies which you can try, depending on your symptoms that prevent falling asleep.

First, analyze why you cannot fall asleep. Are you physically uncomfortable in your bed, with achiness or restlessness? Does your mind run on and on? Do you have hormonal-related sleep disturbances?

Stress and anxiety are the most common reasons most people have trouble sleeping. There are a lot of good, well-researched natural therapies which can be helpful for insomnia or other sleep problems which are due to these causes.

Melissa, valerian, hops, St. John's wort and passionflower are all herbs which are indicated for helping a person sleep. In particular, St. John's wort and passionflower are both very good at improving sleep disturbances caused by stress and anxiety and have been shown to be effective in clinical trials. Both herbs work at the level of the brain, to increase the neurotransmitters GABA and serotonin which are responsible for mood and feelings of anxiety. St. John's wort also has a modifying effect on cortisol levels in the body: a low dose taken throughout the day can be very helpful for reducing the overall effects of stress. However, many people are fearful of taking St. John's wort for sleeping due to unknown potential drug interactions or side effects.

Passionflower is a very important herb when it comes to sleep. It has been known for centuries to be an excellent remedy to help with sleep disturbances, particularly in cases of stress and anxiety. Recent studies have shown that passionflower can reduce both chronic and acute anxiety, which supports its traditional use. While it is not a sedative (it does not make you drowsy), it helps you sleep by turning off all the anxious thoughts which are running through your mind at bedtime. The mind can relax, which is then followed by the body, and as a result, sleep will follow. As one of the safest herbs, there are no concerns with side effects such as addiction or drowsiness. Take one tablet of passionflower before bed in cases of stress-related sleep problems. You can also take one tablet twice daily if you seek daytime relief while experiencing a lot of stress and anxiety.



For those who simply cannot relax enough at night to fall asleep, passionflower provides an excellent solution for helping to turn off the brain and allowing you to drift off naturally, wake up refreshed, and be better prepared to tackle any stresses that the new day throws at you.

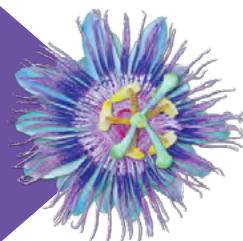
Robbin Coedy, B.Sc., M.Sc., holds a degree in nutritional and nutraceutical sciences from the University of Guelph and a Masters in human biology and nutrition. She has been in the natural health field for many years as a researcher, writer and guest speaker.



Stay relaxed and alert!

Situations that can be helped by passionflower:

- Insomnia due to running thoughts
- Restlessness
- Mental stress



PASCOFLAIR® is a unique preparation of 425mg of Passionflower extract which calming properties have been proven for centuries! For more information on passionflower and a self-directed quiz to evaluate your symptoms, visit www.passion-flower.ca.