

Using Meditation to Cure Insomnia May Not Be Enough

Using meditation to cure insomnia is one of a variety of methods people use to deal with the disorder. Many feel that all they need is to relax, focus and do some meditation and sleep will magically come to them. However, some forms of insomnia may require something else. While stress and other similar factors play a role in insomnia and relaxation can sometimes help in those cases, often other factors are at work. Figuring out the underlying cause or causes is critical in knowing how to address your insomnia. In cases where factors other than stress are involved, sleep meditation may not be effective as it doesn't address those root causes. While meditation to cure insomnia sounds nice, what people really need is to address the root causes. Insomnia can be brought on by poor diet. Too little of certain vitamins and minerals and too much of things like caffeine can impair the ability of your body to go to sleep. Sleep mediation won't address that. What is needed are adjustments in diet to increase foods that provide necessary nutrients. This allows your body to produce the right brain chemicals to induce sleep. We also need to consider reducing or cutting out coffee, soft drinks, etc. that pump too much caffeine into our day and keep us up at night. Meditation to cure insomnia also can't help you if your sleeplessness is brought on by a lack of certain brain chemicals. Insufficient or imbalanced brain chemicals can prevent the body from going into sleep mode. Often people who have trouble sleeping can benefit from helping the body produce enough of chemicals like melatonin. Again, having a healthy diet and proper exercise helps the body produce the right chemicals. You can also look at adding a nutritional supplement to your diet that provides compounds like 5HTP, SAMe and others that help the body build neurotransmitters. You can find supplements that provide these as well as general vitamins and minerals in combo form that can fill in the gaps in your regular diet.

About the Author

The Physicians Committee for Responsible Medicine. Find answers about vegetarian diets and protein, milk, eggs, athletic performance, essential.

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