

## Insomnia

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Classified as sleeplessness that turns into a habit. If this should happen over a one-month timeframe, it is called chronic insomnia

**California poppy, Hops, Kava Kava, Lemon Balm, Passionflower, Skullcap, and Valerian Root- Internal** Purposes: All of these herbs can be taken in either capsule or extract form. All may be able to assist you in getting a good night's sleep as well as REM sleep. California poppy and chamomile can calm you down before you go to bed by making your nervous system stronger. Recommendation is to not have a dependency on one herb for too long - it's best to switch off to another. Dosage: Take before bedtime.

**Catnip and Chamomile- Internal** Purposes: These two herbs can act as sedatives. Even children can take these two herbs if they are in tea form. For adults, drinking chamomile tea several times during the day can help to relieve stress and firm up the nervous system which both lead to a restful sleep. Cautions: Chamomile should not be taken for too long a period. If your doctor has told you that you are allergic to ragweed, don't take chamomile.

**Kava Kava- Internal** Purposes: Kava Kava may allow you to relax enough to feel peaceful, relaxed, and some people have even reported to be slightly euphoric. This will foster better sleep habits.

**Slumber or Silent Night- Internal** Purposes: Slumber is a product manufactured by Nature's Answer; Silent Night is from Nature's Way. Both are prepared from combination herbal extracts.