



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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www.naturalhealthresearch.org

Better Sleep, Naturally



Sleep is essential for good health. Getting the proper amount of sleep allows your body and mind to recharge and leaves you feeling refreshed and ready for the day. Every person is different when it comes to the exact amount of sleep that's optimal for them, but most people fall within a range, depending on their age. Generally, adults between the ages of 18 and 64 should aim for seven to nine hours of sleep each night. If you are older than 65, you may need a little less.

Unfortunately, not everyone is able to achieve a good night's sleep. The American Sleep Apnea Association estimates that 50 to 70 million Americans are affected by some form of sleep-related problems. Too little sleep can interfere with your mental health by affecting your outlook, mood, and attention span. Chronic sleep deprivation, or experiencing sleeplessness over an extended period of time, is associated with more serious medical conditions including, high blood pressure, diabetes, heart attack, heart failure or stroke. Other potential problems include obesity, diabetes, depression and anxiety, lower fertility rates and weakened immunity.

While you might not be able to control the factors that interfere with your sleep, you can adopt these easy, natural fixes that encourage better sleep.

- Stick to a sleep schedule
- Create a bedtime routine
- Put away technology and turn off your phone
- Try bedtime yoga or meditation
- Relax with a cup of tea
- Exercise regularly
- Take a hot bath or shower
- Listen to soothing music
- Set bedroom temperature between 60-67°
- Try a sleep-promoting supplement such as melatonin, magnesium, valerian root, ashwagandha, lavender, tryptophan, ginkgo biloba or l-theanine



[Ashwagandha Extract Shown to Help with Sleep](#)



[Blocking Blue Light Exposure from Smartphone Screens Improves Sleep Quality](#)



[Tai Chi Qigong Improves Sleep in Older Adults with Cognitive Impairment](#)



[Chamomile Extract Improves Quality of Sleep in Older Adults](#)

March is National Nutrition Month



During the month of March, everyone is encouraged to learn about making informed food choices and developing healthful eating and physical activity habits.

View the research:

[Anti-Inflammatory Diet Associated with Reduced Risk of Dementia-Related Diseases](#)

[Greater Intake of Fruits and Vegetables Is Associated with Longer Telomere Length](#)

[Increased Intake of Healthy Plant-Based Foods Attenuated Overall Blood Pressure](#)

Remembering Jim Turner



Jim Turner was one of the true pioneers in the defense of health freedoms. He fought for consumer interests and advocated consumer policies across a broad range of issues while influencing regulatory matters concerning food, drugs, health, the environment, and product safety.

We would like to share an audio version of a discussion that Jim Turner and Jeffrey Smith, Founder, Institute for Responsible Technology and Protect Nature Now, had about topics such as aspartame, genetically engineered bovine growth hormone from Monsanto and the genetically engineered L-tryptophan that caused an epidemic in the 1980s.

[Click here to listen](#)

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Written by Taylor Woosley, Staff Writer. Participants with an increased niacin consumption of ≥ 21.01 mg/day had a significantly reduced likelihood of developing glaucoma. [Read more »](#)



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Written by Jessica Patella, ND. Researchers suggest that to reduce the risk of mortality, it is essential to address vitamin B6 levels. [Read more »](#)



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