

[IMAGE]

## **When Fighting Insomnia, Consider Natural Options**

Drug-makers have tried to reduce insomnia to a simple message, repeated creatively in TV commercials every day: "Can't sleep? Take a pill. In fact, you deserve it." But according to a recent study, Americans aren't buying the commercials or the drugs these days - they're turning in increasing numbers to chiropractic and other forms of drug-free care to get a better night's sleep.

According to the study, an estimated 1.6 million Americans tried alternative health care for insomnia symptoms in 2002. Participants were asked why they chose to use alternative therapies over drugs and other treatments. Sixty-seven percent responded that they thought such options would be interesting to try and 64 percent thought alternative, combined with conventional treatment, would be helpful in treating their insomnia.

The bottom line: If you need a good night's sleep, don't just pop a pill. With all of the side effects that come along with many medications, you might end up sleeping even less. More importantly, however, remember that restful sleep is attributable to a variety of complex factors, including managing anxiety, how much you exercise or watch TV, etc. If you're struggling with insomnia, ask your chiropractor about natural, drug-free ways to get the sleep your body and mind need.

To learn all about chiropractic, visit [www.chiroweb.com/find](http://www.chiroweb.com/find).

### *Resource:*

Pearson N J, Johnson LL, Nahin R L. Analysis of the 2002 National Health Interview Survey data. *Arch Intern Med* 2006;166:1775-1782.

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