

[IMAGE]

Losing ZZZs? Melatonin Could Be What You Need

By Editorial Staff

We all know the feeling of being a little tired; maybe you had to work late to meet a deadline, or perhaps you stayed up with your sick child. These are situations we all encounter at some point, but dealing with insomnia is a different beast. Insomnia entails lying awake, looking at the clock and calculating how many hours of sleep you can still get if you fall asleep at that exact moment. You close your eyes, but you can't stop your mind from racing ... what is it that is keeping you awake?

According to the Mayo Clinic, insomnia is caused by stress, anxiety, depression, medical conditions, and more. They also suggest insomnia becomes more common as you age. Aside from being tired after a night of tossing and turning, there are other problems sleep deprivation can cause, such as such as accidents, weight gain, and even serious health problems.

losing sleep - Copyright â Stock Photo / Register Mark So, how do you get back on track? It is likely your doctor will write you a prescription for a sleep aid, but perhaps you prefer something natural. Melatonin may be your answer. Although most people have heard of melatonin and know it is a hormone, they might not know it helps control your sleep and wake cycles. Traces of melatonin can be found in foods such as meats, grains, fruits, and vegetables, but it's also available in supplement form.

Wondering how much you should take? Always use as directed on the package, or as directed by your doctor or herbalist. Never use more than is recommended on the label, and it is wise to start with the lowest dose.

Talk to your doctor to learn more about melatonin. For more information about insomnia and other sleep-related disorders, [click here](#).

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