

Natural Sleep Aids: Studies Confirm Calcium and Magnesium Effective

From a nutritional perspective, several research studies have shown certain minerals to be effective natural insomnia remedies that help people fall asleep and stay asleep through the night

November 24, 2014 (FPRC) -- According to the National Sleep Foundation (NSF), almost six out of ten Americans report having insomnia and sleep problems at least a few nights a week. Insomnia is defined as "An inability to fall asleep or remain asleep long enough to feel rested, especially when the problem continues over time." In an effort to combat this, as many as 25 percent of the people in the United States use medications to help them sleep.

Most sleeping pills, especially when taken over long periods of time, can have multiple side effects. The drugs stay in the bloodstream, give a hangover effect the next day and beyond, tend to be addictive, and can increase the risk of car and work accidents. They also impair memory and performance on the job and at home.

From a nutritional perspective, several research studies have shown certain minerals to be effective natural sleep aids that help people fall asleep and stay asleep through the night. James F. Balch, M.D., author of Prescription for Nutritional Healing, writes: "A lack of the nutrients calcium and magnesium will cause you to wake up after a few hours and not be able to return to sleep."

Calcium is directly related to our cycles of sleep. In one study, published in the European Neurology Journal, researchers found that calcium levels in the body are higher during some of the deepest levels of sleep, such as the rapid eye movement (REM) phase. The study concluded that disturbances in sleep, especially the absence of REM deep sleep or disturbed REM sleep, are related to a calcium deficiency. Restoration to the normal course of sleep was achieved following the normalization of the blood calcium level.

William Sears, M.D. writes: "Calcium helps the brain use the amino acid tryptophan to manufacture the sleep-inducing substance melatonin. This explains why dairy products, which contain both tryptophan and calcium, are one of the top sleep-inducing foods."

In magnesium deficiency, chronic insomnia is one of the main, central symptoms. Sleep is usually agitated with frequent nighttime awakenings. On the other hand, a high magnesium, low aluminum diet has been found to be associated with deeper, less interrupted sleep. This was proven in a study done by James Penland at the Human Nutrition Research Center in North Dakota. The study was titled "Effects of trace element nutrition on sleep patterns in adult women."

It's important to note that a balanced calcium magnesium ratio is important to overall health, and these two minerals should be taken together for best results (in a two to one ratio -- twice as much calcium as magnesium).

Jobee Knight, a nutritional researcher and founder of Nutrition Breakthroughs in Glendale, CA., is someone who fought her own battle against sleeplessness and insomnia. She decided to put her background to use by searching out effective natural ingredients for relaxation and deeper sleep.

The result was Sleep Minerals II, which contains highly absorbable forms of the best minerals for sleep and relaxation: Calcium and magnesium, with Vitamin D. The ingredients are delivered in a softgel form with healthy carrier oils, making them more easily assimilated than capsules or tablets and providing a deeper, longer-lasting sleep.

Doctor P. P. of Houston, Texas says: “I had developed severe sleeping problems and took two different sleeping medications over the course of several weeks. When I discontinued them the insomnia came back even worse. Sleep Minerals II was just what I needed. I’ve been taking it and getting many hours of sleep a night. As a doctor I would definitely avoid prescribing sleeping drugs — I would recommend Sleep Minerals II.”

For more information on Sleep Minerals II visit www.NutritionBreakthroughs.com

Contact Information

For more information contact Jobee Knight of Nutrition Breakthroughs
(<http://www.NutritionBreakthroughs.com>)
1-818-913-4308

Keywords

[natural sleep aids](#)

[calcium magnesium ratio](#)

[Sleep Minerals II](#)

You can read this press release online [here](#)