

Study Shows Antidepressants May Lead to Hot Flashes and Insomnia

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December 2, 2014 (FPRC) -- Hot flashes and night sweats can create a sudden feeling of warmth and often a breakout of sweating in the upper half of the body. These flashes are experienced by 80% of women around the time of menopause, and also by men due to a lessening of testosterone in middle age.

Another source of hot flashes can be medications. According to WebMD, "Taking certain medications can lead to night sweats. Antidepressant medications are a common type of drug that can lead to night sweats. From 8% to 22% of people taking antidepressant drugs have night sweats. Other psychiatric drugs have also been associated with night sweats."

Hot flashes are normally brought on by a reduced function in the brain's temperature regulation, caused by changing hormone levels. Night sweats that occur while sleeping can lead to overheating and frequent awakenings.

The "Sleep in America" poll results from the National Sleep Foundation found that more than half of all Americans (60%) experience a sleep problem every night or almost every night.

Interestingly, a ten-year study to discover which drugs are used to treat insomnia was published in the journal "Sleep". The study found that prescriptions for sleeping medications have decreased by 53.7%, but that antidepressant drugs prescribed for insomnia have increased by a surprising 146%. Examples of antidepressants prescribed for insomnia are trazodone, doxepin, trimipramine, and amitriptyline.

Medications may not always have the desired effects. For example, Drugs.com says the following about an antidepressant drug called Welbutrin -- "Nervous system side effects have frequently included headache (27%), insomnia (16% to 33%)....and sleep abnormalities."

Nature has provided us with some natural sleep aids and relaxants that have stood the test of time. Regarding mineral deficiency as we age and at the time of menopause, the pioneering nutritionist Adelle Davis says, "The amount of calcium in a woman's blood parallels the activity of the ovaries. During the menopause, the lack of ovarian hormones (estrogen and progesterone) can cause severe calcium deficiency symptoms to occur, including irritability, hot flashes, night sweats, leg cramps, and insomnia. These problems can be easily overcome if the intakes of calcium, magnesium, and vitamin D are all generously increased and are well absorbed."

One sleep remedy increasing in popularity is Sleep Minerals II from Nutrition Breakthroughs. This natural sleep aid contains highly absorbable forms of calcium and magnesium, the best minerals for sleeplessness and insomnia, as well as for restless legs syndrome, bone strength, aches and pains, and menopause insomnia. The formula also includes vitamin D and zinc and is delivered in a softgel form with healthy carrier oils, making the minerals more quickly assimilated than tablets or capsules.

The softgel formulation provides a deeper, longer-lasting sleep and is an effective alternative to

medications.

Valerie. H. in Santa Clarita, CA. says: "I had such bad menopause insomnia that I couldn't fall asleep. It took me hours to get to sleep even though I was very tired. I also had creepy crawly feelings in my legs at night. I got the Sleep Minerals II and started taking it. I fall asleep now within 20 minutes and no more restless legs."

Alex R. of Ramseur, North Carolina says: "Sleep Minerals II has been a blessing for me. It has given me the opportunity to withdraw from a highly addictive sleep medication over time, and has allowed me to sleep while going through this most difficult ordeal. What's great about it is it doesn't lose its effectiveness, which is something that happens with sleep medications. I am most thankful for this product."

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

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