

Insomnia Study Shows a Cooler Body Temperature Helps Sleep

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January 12, 2015 (FPRC) -- A drop in body temperature may help people to fall asleep easier. According to a study in the Journal "Sleep", making a special effort to cool down before bedtime may be of particular benefit to insomniacs.

Sleep specialists have long debated whether the regular nighttime drop in temperature induces sleep or follows it. To investigate this question, Doctors Murphy and Campbell of the New York Hospital's Cornell Medical Center in White Plains, recruited 21 men and 23 women, aged 19 to 82.

The researchers identified the time at which the subjects' body temperature fell most sharply. This point almost always occurred in the two hours before sleep began. Therefore, people with trouble falling asleep may benefit from taking hot baths about 90 minutes before bedtime, the researchers speculate. When they get out of the bath, body temperature will drop rapidly, and this might help them to fall asleep faster. Other tips would be to keep the bedroom comfortably cool, wear cool nightclothes, and use a fan as needed.

Regarding nutrition that helps sleep, warm milk has long been a highly recommended natural sleep aid. Regarding this, William Sears, M.D. says: "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."

Chronic insomnia is one of the main symptoms of magnesium deficiency. Sleep in magnesium deficiency is usually agitated with frequent nighttime awakenings. On the other hand, a high magnesium 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."

A balanced ratio of calcium to magnesium is important to overall health and the two minerals should be taken together for best results. The best calcium and magnesium ratio is two to one, or twice as much calcium as magnesium.

One mineral-based insomnia remedy containing highly absorbable forms of calcium and magnesium is Sleep Minerals II from [www.Nutrition Breakthroughs](http://www.NutritionBreakthroughs.com). Sleep Minerals II contains quickly assimilated forms of calcium and magnesium, the best minerals for sleeplessness and insomnia, as well as for heart health, restless legs syndrome, bone strength, and menopause insomnia. The formula also includes vitamin D and zinc and is delivered in a softgel form with healthy carrier oils, making it more quickly assimilated than tablets or capsules and providing a deeper, longer-lasting sleep.

Doctor P. of Houston, Texas says: "I had developed an insomnia problem and took two different sleeping medications over the course of several weeks. When I discontinued them, I suffered with tremendous rebound insomnia. I was seeking a natural solution and Sleep Minerals II was it. I've been taking this for a couple weeks now and I'm 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

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