

Natural Help for Insomnia!

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Insomnia is an extremely frustrating problem for many. In an effort to avoid using “often addictive and non-restorative prescription drugs”, I am always on the lookout for a healthy alternative. Many of you have done well with magnesium glycinate*. However, I continue to search for something that might help you if the magnesium glycinate is not enough.

The most recent and hopefully helpful information is based on a study from Italy. This study assessed response of primary insomnia to a combination of natural remedies. Insomnia robs us of our ability to get to sleep or to stay asleep, or both. We simply can't obtain an adequate amount of quality sleep. Primary insomnia is sleeplessness that cannot be attributed to a medical, psychiatric, or environmental cause, such as drug abuse, medications or the neighbor's barking dog. When there is a recognized cause of the insomnia, it is called secondary insomnia.

This study focused on primary insomnia. We know that many studies suggest that as we age, sleep becomes more elusive. So, although this was a relatively small group of people; 43 in total; they were also quite “mature”, having an average age of 78 years.

The participants received either placebo or a nightly supplement that consisted of melatonin (5 mg), zinc (11.25 mg), and magnesium (225 mg). The authors' stated rationale for including zinc and magnesium was that previous research suggested these substances improve mood and enhance our own body's production of melatonin. In previously published studies of melatonin used alone to treat insomnia, the results have not been very consistent; it doesn't seem to help as many of us as the advertisements might lead us to believe.

The study lasted for 60 days, or nights; it depends on how you want to count it! The quality of sleep was determined by using a questionnaire, the Pittsburgh Sleep Quality Index.** This questionnaire consists of a point system totaling 21 points The

people who used the placebo did not report any improvement in their sleep. However, those who took the supplement experienced a dramatic improvement in their quality of sleep. Their sleep index score improved by a dramatic 7 points. Did it improve anything other than sleep? Oh, yes! Quality of life and depression were reported as improved. No adverse effects were recorded.

These results are almost too good to be true — an apparently safe and highly effective treatment for primary insomnia. This is something you might want to try. And yes, Custom Rx has the recipe and will compound this for you. You will not need a prescription. When they have named the compound, I will let you know what you can specifically request, until then, just ask for the new natural sleep compound.

*To read more about the various forms of magnesium please refer to the Return of Passion Library article “Modern Mineral Marvel” by Jan Gerber, RPh.

**Information about the Pittsburgh Sleep Quality Index can be found at <http://www.sleep.pitt.edu/content.asp?id=1484&subid=2316>.

Rondanelli M et al. The effect of melatonin, magnesium, and zinc on primary insomnia in long-term care facility residents in Italy: A double-blind, placebo-controlled clinical trial. J Am Geriatr Soc 2011 Jan; 59:82.