

Insomnia

What is Insomnia?

Insomnia is a sleep disorder that makes falling asleep, staying asleep or both difficult, waking up too early or experience poor sleep quality, leaving you feeling unrefreshed and having low energy.

Signs and Symptoms

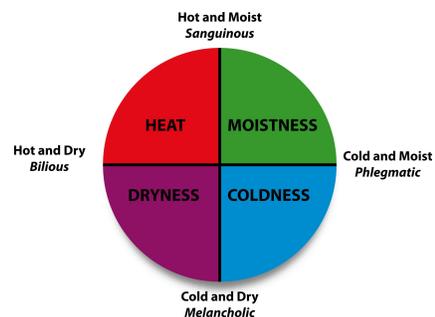
Difficulty falling asleep at night; difficulty staying asleep during the night; waking up too early; feeling unrefreshed and not rested after a night's sleep; lack of physical or mental energy; feeling tired and sleepy during the day; irritability, depression, anxiety; lack of concentration and memory problems; and tension headaches.

What Causes Insomnia?

A number of factors that contributes towards insomnia. Common ones include: **Psychological:** Mental or physical stress, especially anxiety and depression; **Medical Conditions:** over-active thyroid, acid reflux, chronic pain, arthritis and frequent urination. **Poor sleep hygiene:** Mental overstimulation at night, for example from reading books or watching TV; an inappropriate or unsuitable sleep environment; using the bed for activities other than sleep or sex. **Medication:** Regular use of certain antidepressants, anti-histamines, Ritalin, steroids and nasal decongestants. **Stimulants:** Caffeine, nicotine, and alcohol; certain foods and drinks; eating before bedtime or eating a big meal at supper time. Insomnia is also more prevalent with increasing age, as there is a shift in quality towards dryness.

The Tibb View of Insomnia

According to Tibb philosophy the quality associated with the brain is **moistness**. This is essential for the proper conduction of electrical impulses. Insomnia is associated with an excess of **dryness** in the body, especially that of the brain and its nerve pathways. If the weather and living environment are predominantly dry; if there is an excessive intake of spicy foods, meat; or if a high level of mental stress from active thinking at night time exists, then insomnia is most likely to develop. Consuming coffee and caffeinated tea late in the day increases dryness in the body, and these habits predispose the person to insomnia. Although everybody will experience bouts of insomnia sometime in their lifetime, people with a dominant/sub-dominant melancholic or bilious temperaments are most predisposed to it, due to their inherent dominance of dryness.



Treatment and Management of Insomnia

Treatment and management is aimed at **reducing the excess dryness** associated with insomnia, by implementing Tibb Lifestyle Factors that will **increase the quality of moistness**. This assists Physis in addressing both the symptoms and the causes of insomnia.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold and Moist foods** – like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Eat a light supper at least three hours before going to bed.
- Avoid alcohol, tea, coffee and tobacco and spicy foods in the late afternoon and evening.
- In the evenings eat bananas, figs, dates, milk, and whole grain crackers. These foods are high in the essential amino acid tryptophan which promotes sleep.
- Avoid bacon, cheese, chocolates, eggplant, potato, sausages, tomatoes and wine close to bedtime. These foods contain the chemical tyramine, which increases the release of nor-epinephrine, a brain stimulant.
- Eat carrots, cucumber and lettuce with plain yogurt in a salad.

Other Lifestyle Factors

- A small amount of alcohol can help induce sleep initially, but invariably disrupts sleep cycles later. While smoking may seem to have a calming effect, nicotine is actually a neuro-stimulant, and can cause sleep problems.
- Avoid taking nasal decongestants late in the day
- Establish a set of habits and follow them consistently to establish healthy sleep cycle.
- Go to bed only when you are sleepy.
- Do not stay in bed if you are not sleepy. Better to get up and read, watch TV, or do something quietly until you are feeling really sleepy.
- Use the bedroom only for sleep and sex, not for iPhones, tablets, reading, working, eating, or watching TV.
- Keep a regular sleep-wake cycle. Try to go to bed and wake up at the same time every day.
- Set an alarm clock and get out of bed at the same time every morning, no matter how you slept during the night. Once normal sleep patterns are re-established, there may be no need for an alarm clock.
- Sleep in a dark, quiet room with a comfortable temperature.
- Do not nap in the afternoon if this isn't a normal thing for you to do. Avoid napping, especially later than later afternoon.
- Keep the bedroom comfortable and quiet. If the room is too quiet, a running fan or quiet background music helps.
- Exercise regularly in the late afternoon or early evening, but not within 2 hours of bedtime. Physical exertion is an excellent way to tire the body, so sleep comes about more easily. Exercising five to six hours before bedtime can help you sleep more soundly.
- Breathe: inhale through left nostril slowly, hold for as long as possible, and breathe out through the mouth slowly. Repeat 5 times.
- Empty the bladder immediately before going to bed.
- Take a hot bath one hour or two before bedtime. For further relaxation, put several drops of soothing essential oils such as lavender or camomile in the bath water.
- Learn to put worries out of your mind by practicing meditation or visualisation.

Medication

Herbal Remedies

Drink 1 cup warm milk with 1tsp honey and two pinches of nutmeg powder, 30 minutes before bedtime. Apply lavender oil to the soles of the feet.

Tibb Medication

Stress-Away tablets or syrup - This product improves brain function, and helps restore mental balance. It also enhances memory, increases attention span and mental concentration. It also stimulates more

peaceful sleep. Stress-Away is associated with qualities of moistness which counters the dryness associated with insomnia.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament <http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix