

Are you getting enough sleep at night after a stressful day?

Your brain naturally produces an amino acid called gamma-aminobutyric acid, or GABA . This neurotransmitter works as a calming agent, allowing your mind to disengage from the wakeful state and enter into the sleeping state. In a Harvard Medical School study, scientists found that people with chronic sleep problems had 30% lower levels of GABA. Along with a stressful situation not sleeping restfully is on the rise. When overtired your mind is not receiving the correct amount of GABA leading to a night of tossing and turning. Below is one solution to try since our body naturally produces melatonin.

– SUPERIOR SLEEP SOLUTION –



Relax your mind
with natural
PharmaGABA



Fall asleep fast
with regular
melatonin



Stay asleep
throughout the night
with delayed-release
melatonin



Wake up feeling
refreshed and
rejuvenated – without
morning drowsiness

According to the National Institutes of Health (NIH), about 1 in 3 American Adults do not get healthy amounts of sleep.

The NIH says adults need 7-8 hours of sleep each night to stay in good mental and physical health, promote quality of life, and avoid an increased risk of injury. Below you will find ten tips to try after work today to try to enjoy 7-8 hours of sleep.

10 tips for getting a good night's sleep:

1. Go to sleep at the same time each night, and get up at the same time each morning, even on the weekends.
2. Don't take naps after 3 p.m, and don't nap longer than 20 minutes.
3. Stay away from caffeine and alcohol late in the day.
4. Avoid nicotine completely.
5. Get regular exercise, but not within 2-3 hours of bedtime.
6. Don't eat a heavy meal late in the day try a light snack before bedtime
7. Make your bedroom comfortable, dark, quiet, and not too warm or cold.
8. Turn off the TV and other screens at least an hour before bedtime. Don't lie in bed awake.
9. If you can't fall asleep after 20 minutes, do something calming until you feel sleepy, like reading or listening to soft music.
10. Talk with a doctor if you continue to have trouble sleeping.

Most of us working long hours after a stressful day can affect our sleep habits at some point during the night by lying awake and thinking about our career and future. Try today by setting work boundaries when arriving home from work. Create a buffer time between leaving work and going to bed to let stress leave our bodies. Try building in an activity between work and home such as a fitness class or phone call with a friend. Building the buffers into your routine not only to help you leave the office at a reasonable hour, but also to calm your mind.