



McMinn Sleep Therapeutic Options

General:

- Discipline to go to bed on time, in order to be in sync with circadian rhythms.
- Aggressive Sleep Hygiene- See handout "Getting a Good Night's Sleep" at McMinnMD.com/documents
- Consider CBTI- Cognitive Behavioral Therapy for Insomnia. Listen to Functional Medicine Podcast #14.
- Evaluate and if needed then treat Sleep Apnea
- Reduce stress- see McMinn Stress Plan, and McMinn Stress Toolbox at McMinnMD.com/documents.
- Test Cortisol levels
- Meditation or some other relaxation response practice before bedtime.

Hormones that may help:

- Melatonin
- Progesterone- this may be very helpful for many women, especially in the oral form.
- Estrogen- especially for perimenopausal or post-menopausal women.

Herbs that may help:

- Passion Flower, Chamomile, Valerian, Ashwagandha, hops, passion flower, lemon balm.

Other Supplements that may help:

- 5HTP sleep protocol, L- Theanine, Phosphatidyl Serine, Liquid Calcium/magnesium, CALM magnesium.

Combination Sleep Formulas: Sleep Max PM, Alteril, Midnight, Teitelbaum Revitalizing Sleep Formula, 4 Sleep and Relaxation (by Genesis), Power to Sleep PM, Deep Sleep, **Rapid Sleep PM**, Deep Sleep, L-Tryptophan, Sleep Reset (Integrative Therapeutics), Melissa's Dream, cortisol manager- especially if high cortisol.

Other Options

- Aroma therapy (Lavender)
- Take a bath with Epsom salts or Ancient Minerals (Magnesium)

Devices and Techniques: Neurofeedback, biofeedback, CES (cranial electrical stimulation), Lifewave patch nanotechnology-place on acupuncture meridian, magnets, acupuncture, Silent Sleep Snore Stopper, white noise, sleep sounds by Kelley Howell, blue light blocking glasses (Uvex at Amazon).

Prescription Meds that are sometimes used for sleep: Caution- some of these meds block REM sleep, and can be harmful in the long term.

- Benzodiazepines, such as Klonopin, Xanax, Ativan, Restoril, and Valium.
- Ambien, Elavil, Trazadone, Lunesta, Roserum, Doxepin, Seroquel, Xyrem (GHB), Quetiapine Fumarate, Sonata. Lyrica, Muscle relaxer such as Flexeril or Soma, LDN, tranxene, serax, Librium, Benadryl

What works for one patient may not work for another.

Bottom line: WHATEVER IT TAKES!!

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