

[Background](#)

INSOMNIA Reasons

PHYSICAL

- **Physical discomfort** – unsuitable bed/mattress; cold room; inadequate bedding; noise; not dark enough
- **Physical stimulation** - Blue light; clubs etc. Also, drinking too much water – bladder discomfort
- **Discomfort from disease** – arthritis, cancer, acid reflux, dental and other pain, RLS; hormonal imbalances e.g. PMS (premenstrual)
- **Unsuitable food** – causing intolerance, allergic reactions etc.
- **Biochemical agitation** - Eating late
- **Blocked breathing** due to inflammation or posture (can be corrected)
- **Body clock** – not synchronised due to social demands – jetlag – shift work – total blindness: Melatonin & sunlight
- **Magnesium deficiency** – muscle tension

MENTAL

- **Mental agitation** - Too much TV or computer-based work before bed; over-active mind
- **Psychological problems** – anxiety, depression, causing tension

Treatments & Strategies

PHYSICAL

- **Better sleep routine**
- **Diet**
- **Relaxants** – magnesium, menthol, alkalising drink, cocoa, nutmeg, cinnamon
- **Energy healing** – Reiki; acupressure/acupuncture; EMDR
- **Relaxing exercises** – deep [breathing](#), Tai Chi
- **Relaxing music** – e.g. nature sounds
- **Circadian rhythm & Sunlight**
 - **Melatonin** - [Use SUNLIGHT to Optimize Health & BOOST MELATONIN \(Light Therapy\) | Dr. Roger Seheult](#)
 - Eat your sandwiches outside in the sunlight, even if you sit in the shade.

PSYCHOLOGICAL/SPIRITUAL

- **To-do list** before going to bed to reduce anxiety
- **Delegate**
 - Talk to a worry doll and put it under your pillow
 - Phone a friend (one in Australia? to allow for time difference)
 - Think of a friend
 - Hand the problem over to someone you trust; e.g. Christ, a deity etc., until the morning.
- **Physiological** - If your mind is running around in circles over the same thing, it could be due to:
 - Some allergy which is also undermining your ability to cope
 - Some deficiency,
 - Potassium phosphate, remedy is Kali Phos.
 - Magnesium phosphate, remedy Mag Phos
- **Relaxation Techniques**

- Put lavender on your pillow
- Try deep breathing and/or meditation
- Engage in positive thinking
- Read a book for 30 mins
- Listening to relaxing music
- Have a hot milky drink, e.g. cocoa or Golden Milk
- Say a prayer or recite something calming, eg 23rd Psalm
- **Stop worrying** that you are not getting enough sleep
 - What will be will be. Believe that no harm will come to you.
- **Address the cause of the problem**
 - Make a list of everything you are expected to do - how long it takes etc. and what problems you are having with any. Seek advice from others, including your senior at work.. Keep a file on - when you saw them, what you said, what they said, etc. Do you have a union? Clearly, it is not in their interest if you suffer from burnout and/or leave - so they may be keen to find solutions.

Resources

https://royalpapworth.nhs.uk/application/files/5316/4640/2088/PI_215_How_to_tackle_insomnia_V2_online.pdf

Sunlight: Optimize Health and Immunity (Light Therapy and Melatonin)
https://www.youtube.com/watch?v=5YV_iKnzDRg

Background

These suggestions were made on [24th July 2025](#) by members of [Self-Healing@Chesterfield](#) in response to one member (MM) who reported that the volume of her paid work sleep was causing sleep disruption (waking up several times at night and being unable to get back to sleep). MM reported at the [28 Aug 2025 meeting](#) that she tried out 3 suggestions and that they and a pause from being at work had led to improved sleep and that she appreciated having a forum where she could raise her problem and thanked the members for their suggestions. People respond differently to different methods – so it is worth experimenting as she did.