

Sleep Inducing Foods - Study Shows Potassium and Calcium Remedy Insomnia

Certain minerals have been studied for their benefits to good sleep. Research journals and doctors recommend specific minerals to help remedy insomnia and provide a deeper sleep.

July 17, 2014 (FPRC) -- According to the National Sleep Foundation, almost six out of ten Americans report having insomnia and sleep problems at least a few nights a week. The side effects and dangers of sleep medications continue to grow. There are some special sleep-inducing foods and minerals that have been shown to have a calming effect on restless sleep.

Some of the types of insomnia include sleep apnea, which involves interrupted breathing and snoring during the night; insomnia from hormone fluctuations such as with menstruation or menopause; restless leg syndrome, which causes sensations in the legs such as creeping, crawling, pulling, or pain; and insomnia from the use of medications, caffeine or alcohol.

One recent study from the Journal "Sleep" researched the effects of potassium for sleep quality. The researchers gathered data from wrist monitors and notes made in sleep diaries. Normal young males on a low-potassium diet participated in the study. After one week of taking potassium supplements, there were significant improvements in their quality of sleep and less waking up during the night.

One of the healthiest, highest sources of potassium is the banana, which contains 400 milligrams. Eating a banana before bedtime may help reduce nighttime awakenings and provide better, deeper sleep. A banana can also be eaten in the middle of the night to help one get back to sleep.

Here is a list of some other high-potassium foods; courtesy of the Linus Pauling Institute:

Potato, baked with skin, 1 medium, 926 mg
Prune juice, 6 fluid ounces, 528 mg
Plums, dried (prunes), 1/2 cup, 637 mg
Orange juice, 6 fluid ounces, 372 mg
Tomato, 1 medium, 292 mg
Spinach, cooked, 1/2 cup, 420 mg
Sunflower seeds, 1 ounce, 241 mg
Almonds, 1 ounce, 200 mg

Calcium is also directly related to our good sleep. In one study, called "The Nutritional Relationships of Magnesium", the author notes that the type of insomnia associated with a calcium deficiency causes difficulty with falling asleep. This same study says that: "Muscle cramps associated with calcium deficiency often occur at night and without exertion. Such cramps usually involve the calves and thighs, but not the hands or feet."

Regarding magnesium for sleep, this study notes that the "Classical sign of magnesium deficiency is insomnia characterized by falling asleep easily but awakening frequently throughout the night, with individuals finding themselves tired even after several hours of sleep."

One natural insomnia remedy showing good results is Sleep Minerals II from Nutrition Breakthroughs. This natural sleep aid contains powerful forms of calcium and magnesium, the best known minerals for relaxation and sleep, as well as for restless leg syndrome, stomach health, teenage insomnia, and menopause insomnia. The ingredients are formulated in a softgel with healthy oils, making them more quickly absorbable than tablets or capsules and providing a deeper, longer-lasting sleep.

Kimberly B. of Troy, Michigan says: "I have been taking Sleep Minerals II for about a month now. I have tried everything out there and this supplement is amazing. I have suffered with insomnia for 2 1/2 years. I have also had restless leg syndrome my entire life and this is the first relief I've ever had...gone for a month now."

So make good use of natural minerals and sleep inducing foods as your first line of defense against insomnia.

For more information on Sleep Minerals II visit www.NutritionBreakthroughs.com.

Contact Information

For more information contact Jobee Knight of Nutrition Breakthroughs
(<http://www.NutritionBreakthroughs.com>)
(818) 913-4308

Keywords

[natural sleep aid](#)
[magnesium for sleep](#)
[potassium for sleep](#)

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