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5 Strategies for Insomnia and How Panic Away Can Stop Anxiety

[panicaway](#) can help CURE your anxiety that keeps you up all night tossing and turning... the good news is that you don't have to pop a pill to summon the sandman to arrive. Try these natural remedies to lure you to la-la land.

Who doesn't need a restful sleep to feel great in the morning. If you don't get a good night's sleep the next day's usually a right off, you feel grumpy, exhausted and unable to concentrate.

A natural cure will avoid the next day drowsiness of sleeping pills.

Natural Insomnia Cures:

1. Chamomile calms your nerves. Drinking a cup of chamomile tea before bed soothes and relaxes the central nervous system. Make sure to steep your tea for at least 2 minutes.
2. Lavender invites slumber. Making you feel well rested in the morning, 'deep sleep' is vital for healing the body. Sniff lavender essential oil, or sprinkle a couple of drops on your pillow. It triggers the release of serotonin that is needed for sleep.
3. Melatonin is available in health food or vitamin stores. People with insomnia are in short supply. Make sure to check with the health food consultant on this natural supplement and take an hour before bed.
4. L-theanine is an amino acid that helps people to toss and turn less. You will feel more rested and energetic the next day. Purchase in vitamin stores.
5. Snack your way to sleep. Tryptophan an amino acid helps the body make serotonin and melatonin. Approximately 30-60 minutes before going to bed, try eating these foods.

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