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Natural sleep aids

Not getting enough shut-eye can impact a lot more than your mood: Sleep deprivation heightens the risk of hypertension, depression, and heart attack. These gentle remedies can help you rest easy.



- **Bach Rescue Sleep.** Wandering mind keeping you wide awake? This mind-calming, mild-tasting tincture combines botanical extracts—rock rose, impatiens, clematis, star of Bethlehem, cherry plum, and white chestnut—to pacify anxiety and still repetitive thoughts.
- **Dreamerz.** Infused with 0.3 mg of sleep-regulating melatonin and 150 mg of lactium—a protein derived from milk casein—which promotes relaxation, this nighttime beverage is also rich in calcium. Flavors include Chocolate S’Nores, Vanilla Van Winkle, and Crème de la REM (dark chocolate mint).
- **Hyland’s Calms Forté.** A homeopathic blend of passionflower (*Passiflora incarnata*), avena sativa, hops (*Humulus lupulus*), and chamomile (*Matricaria chamomilla*) that alleviates irritability and tension to lull you into deep sleep.
- **White Dove Herbals Sound-A-Sleep.** One packet of this single-serving herbal elixir relaxes muscles, lowers blood pressure, quiets the nervous system, and induces drowsiness. Contains a variety of herbs, including chamomile for proper digestion and valerian (*Valeriana officinalis*) to ease restlessness.

—Rachel Odell



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