

YOU FEEL SLEEPY! 14 REMEDIES FOR INSOMNIA

Lynnette Fornoff

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Is it OK to use over-the-counter antihistamines to treat insomnia? These sleep aids are intended to be used for only two to three nights at a.

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Dauphinot V, et al. Regularly getting too little sleep is linked to a number of chronic diseases, not to mention irritability and sluggishness during the day. Alcohol not only disrupts sleep quality, but it increases the sedative effects of sleeping pills.

The closer to the time you get up, the better. Yet many of us regularly toss and

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