

Insomnia; Unrefreshed Sleep

Insomnia, also referred to as sleeplessness, is characterized by difficulty falling asleep and/or remaining asleep for as long as desired. There are two types of insomnia:

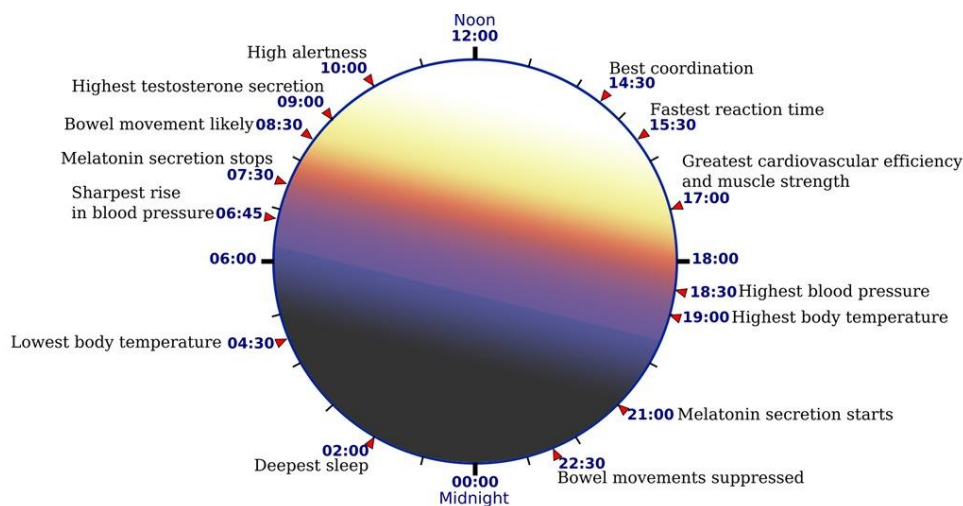
Primary insomnia - sleeplessness that is not caused by another health condition(s), environmental factors or psychiatric condition(s). Essentially the cause is “unknown”. Dr. Morse considers this type as pineal gland weakness, especially when the person feels like they’ve tried everything else (including melatonin supplementation).

Secondary insomnia - sleeplessness caused by something else (e.g. pain, pharmaceutical or recreational drugs, environmental factors, stimulants, etc.).

Furthermore, there is **acute** (short period of sleeplessness, usually due to traumatizing events) and **chronic** insomnia (long term sleeplessness). Lastly, combining the two, there is also a condition known as “chronic-acute insomnia” wherein the person will have sporadic or regular intervals of sleeplessness. As an example, one week out of each month they may be unable to sleep.

Being able to get adequate, undisturbed rest (amount of restful sleep needed for each individual will vary) within each 24-hour period is paramount for reversal of illness and restoration of health. For this reason, sleep deprivation is a high-priority condition to address as early on in the healing journey as possible, especially due to the negative impact this condition has on the adrenal glands.

Our pineal gland, when functioning normally, synthesizes and secretes melatonin - a hormone - which serves to control our natural sleep-wake cycle. At night, when secreted, melatonin induces drowsiness and slight lowering of body temperature preparing us for sleep. As the circadian rhythm biological clock below suggests, the level of melatonin in the blood has been found to be at its peak during nighttime, whereas secretion of melatonin stops early in the morning.



There appears to be a general consensus when comparing Chinese Traditional Medicine, Ayurveda and Western Medicine that the best timeframe to go to bed for a full cycle of sleep is between 9 PM and 10:30 PM.

Melatonin Supplementation

Melatonin is often recommended for the sleep-deprived, by practitioners in the alternative health field. The major problem with melatonin is that it's a hormone, and it's a substance that your body is supposed to make on its own. Taking melatonin will weaken and atrophy the gland (pineal) responsible for making it. Over time, the supplemented dosage must increase up until the point that supplementation no longer works. The next from there is often sleep medications.

Dr. Morse does not recommend supplementing melatonin and instead suggests the use of the appropriate herbs or pineal glandulars to strengthen the pineal gland itself to rectify the problem at its root.

Commonly Prescribed Sleep Medications

Following are some medications that are often prescribed for insomnia/sleeplessness:

- Ambien
- Benzodiazepines
- Lunesta
- Rozerem
- Silenor
- Sonata
- Antidepressants

Ambien, as an example, is a medication that can be very difficult to taper off of once the person has been taking it for an extended period of time. So keep in mind that getting people off of sleep medications can be a challenge in itself. But the sooner, the better, for these medications are not without serious "side" effects which even the U.S. Food and Drug Administration has [warned about](#).

Unrefreshed Sleep

Briefly, Dr. Morse has observed that when the individual is unable to fall asleep, the **pineal gland** should be considered. On the other hand, if the person endures restless sleep or is not refreshed upon awakening (but gains more energy and alertness several hours later) one should look at the **adrenal glands**.

General Tips

Try to have your last meal before 7 PM and go to bed before 10 PM.

At least 1 hour prior to bed time, switch off the computer, television and other mind-stimulating electronics, as well as switching off all bright lights. Use only dimmed lighting.

Try to exempt yourself from stressful situations and environments and immerse yourself in light, relaxing physical activities such as gentle barefoot walking (on the beach, in the park, in a forest, etc.), light swimming, qigong, tai chi and/or meditation.

Make the room you'll be sleeping in as dark as possible, and check that the temperature is comfortable for you to sleep in.

Protocol Recommendations

Insomnia:

Check for signs of:

- Pituitary gland weakness
- Pineal gland weakness
- Suboptimal bowel state (also radii solaris radiating into the upper iris region)
- Head congestion (and relating symptoms)

SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)
* Kidneys & Bladder formula
* Stomach & Bowels formula
* Endocrine Glands
* Lymphatic System I
* Brain & Nervous System II
* Pineal glandular
ADDITIONAL FORMULAS (IF NEEDED)
* Pituitary herbal formula or pituitary glandular
* Lung Tea (for steam inhalants to help with sinus congestion)

Single Herbs

Single herbs that can be used during the day:

- Lavender tincture or tea
- Milky oats (fresh) tincture
- Milky oats (dried) decoction
- Holy basil tincture or tea
- Skullcap tincture

Single herbs that can be used during nighttime (prior to going to bed):

- Valerian tincture
- Kava tincture
- Skullcap tea (strong) (2-3 teaspoons of dry herb steeped in 8 fl. oz. of water for 10-15 minutes)

Relaxing Baths

A regular warm bath prior to bed time can aid in promoting relaxation. For greater results, aromatherapy baths are another way of inducing relaxation and preparing yourself for sleep. The following essential oils are superb for this:

- Lavender
- Marjoram
- Frankincense

5-10 drops of one of the above oils are diluted in a carrier oil (e.g. jojoba oil, olive oil, coconut oil, sweet almond oil) before adding to the bathtub while it's filling with water.

Soak and relax yourself in the bath for ~20 minutes or so.

Complete instructions can be found [here](#).

Biomagnetic Therapy

[Another detoxification specialist](#) has had excellent and quick results helping clients improve their sleep using [Biomagnetic Therapy](#). One case included a female with a multidecade history of chronic-acute insomnia. To effect these results, a 2-stack of [power wafers](#) are placed and held on the crown (center) of the head with the green side of the magnet facing down. The magnets can be held in place with a barrette, loose headband, band aid, etc. This biomagnetic therapy is referred to as the "Nighttime Therapy".

The Nighttime Therapy should be done in conjunction with the Daytime therapy. In other words, during the day, use the daytime therapy (a 2-stack of power wafers placed on the sternum/breastbone) all day long. Then at the end of the day, prior to bedtime, remove the magnets from the sternum and use them for the Nighttime Therapy.

The Nighttime Therapy should be done for 10 days initially, which will help re-orient the pineal gland for maximum melatonin output. The company behind the magnets (BiomagScience Corp.) report that seniors do this therapy every night and enjoy better sleep and that the Nighttime Therapy can be continued indefinitely.

Note: before using biomagnets, please read and study the '[Conquering Pain: The Art of Healing With BioMagnetism](#)' book to learn how to use and apply them correctly. The book contains instructions on how to use the magnets for a broad spectrum of health conditions.

Restless and Unrefreshed Sleep:

Check for signs of:

- Pituitary gland weakness
- Adrenal gland weakness
- Thyroid weakness (unrefreshed upon awakening)
- Suboptimal bowel state (also radii solaris radiating into the upper iris region)

SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)
* Kidneys & Bladder formula
* Stomach & Bowels formula
* Endocrine Glands
* Lymphatic System I
* Adrenal Glands or adrenal glandular
ADDITIONAL FORMULAS (IF NEEDED)
* Pituitary herbal formula or pituitary glandular
* Thyroid herbal formula or thyroid glandular