

# Trouble sleeping? Difficulty staying asleep at night?

**KRISTA GARCIA, CPHT.**  
Pharm.D. Candidate, Annie's Apothecary

These sleep problems could be due to stress. Some factors that can contribute to stress are: work, school, finances, family and friends. To help with stress, the body releases a hormone called cortisol, also known as the "stress hormone." Cortisol has many functions such as increasing blood sugar, suppressing the immune system, and helping with fat, protein and

carbohydrate metabolism. Most importantly, cortisol provides a burst of energy and increases memory function.

Normally, cortisol is released as bursts in the morning and gradually decreases throughout the day. At night, cortisol levels should be at the lowest level to allow the body to relax. However, with chronic stress, cortisol levels often remain elevated at night. Constantly elevated cortisol levels at night could lead to insomnia, or trouble sleeping.

What can be done about stress related sleep problems? Annie's Apothecary offers two solutions:

**Cortisol Simple Saliva Test:** This test involves taking saliva samples four times throughout the day to make sure that cortisol is being properly released, especially during stressful times, and that it is tapering off throughout the day.

**Seriphos®:** Seriphos® is a supplement used to help manage elevated levels of cortisol as well as improve brain function.

Hormone imbalances are another factor associated with sleep problems. Low estrogen levels can cause night sweats making it difficult to fall asleep and remain asleep throughout the night. Post-menopausal women usually experience these effects due to lower levels of estrogen. Progesterone is another hormone made by the body that can affect sleep.

Annie's Apothecary offers solutions for hormone imbalances that lead to problems with sleep:

**Hormone Saliva Test:** This test can measure progesterone, estrogen, DHEA, and testosterone levels which can determine if a person is deficient in any of these hormones.

**Progesterone:** Progesterone has many roles

in the body but it can also help with sleep problems by restoring normal sleep patterns and acting as a mild sedative.

Annie's Apothecary also carries Melatonin CR® for people who cannot sleep.

**Melatonin CR®:** This controlled release formulation helps you fall asleep and maintain sleep as it continues to release melatonin throughout the night.

Here are a few helpful hints to help you sleep:

- Create regular times to wake up and go to the sleep
- Go to bed only when you feel tired
- Do not watch television in bed
- Avoid trying to force sleep
- Avoid day time naps

Come to Annie's Apothecary for more information about these options to help you get the sleep you need!



## Sight

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Strabismus or "crossed eyes" - a condition where eyes are misaligned, or do not line up with each other. This problem is caused when the muscles do not work together. Strabismus may eventually lead to amblyopia. Approximately one in 50 children has strabismus.

Parents should hit the books as well to learn more about how to keep their children's eyes healthy. Prevent Blindness America

has created "Star Pupils," a free program specifically designed to educate parents on what they can do to ensure healthy eyesight for their kids. Parents may visit [Starpupils.org](http://Starpupils.org) and receive free information on everything from common eye conditions in children to tips on how to protect eyes from injury while playing sports.

To book your child's vision appointment, call us today at Boerne Vision Center at 830-331-8745.