



Insomnia-Causes and a Breakthrough Cure

Sleeptracks.com, December 14, 2007

URL: <http://www.pr9.net/business/marketing/6911december.html>

Sleeping disorders such as insomnia comes in many forms. The causes of insomnia can be just as diverse. Sleeptracks.com has proven to be an effective and cost-efficient cure for this problem.

PR9.NET December 14, 2007 - Angier, NC - Helpguide.org is a very reputable authority on health problems. In one of their issues on insomnia they said, "Insomnia is the inability to get high quality sleep." Just what is the answer or cure for this age long problem? Though there seems to be several answers and on the surface, there may seem to be validity for some of them. Lets consider some of the causes and then talk about a breakthrough therapy that is producing staggering results.

First of all, there seems to be as many causes and insomnia symptoms as the stars in the sky. Makes you wonder how any of us get a good nights sleep. But I only want to focus on a few and those will be enough to help us realize where a lot of sleeping problems are coming from.

It is no wonder many cannot get proper rest when there is a poor attitude about sleep. There are gonna be problems when people don't view sleep as essential in their mental and physical well-being. To compound this problem, quite often these same folks are so stressed out that it is impossible to sleep. Stress cannot only inhibit sleep, it can cause huge physical problems.

Drugs in both the prescription and over the counter form can also present problems. Prescription drugs often contain caffeine and stimulants. Whereas sleeping pills sold over the counter often contain antihistamines. While light sleep may come, these make deep sleep "high quality sleep" difficult.

Then there is the problem of negative sleep patterns. By this, I mean irregular naps that may hinder deep sleep later. Exercise before going to bed can hinder good sleep, as well as eating a lot before going to sleep. My Dad use to tell me he couldn't eat chicken before going to bed or he would have bad dreams with chickens attacking him. The point is, eating before going to bed is not advisable.

Also, there may be physical problems or medical issues involved that are causing sleeping problems. Illness and pain would certainly hinder sleep. But so would depression. These are just some of the causes of insomnia. While they are not all conclusive, they do help us realize that there is plenty to hinder one from getting the good night of sleep that he or she needs.

Sleeptracks.com has emerged as a legitimate cure for insomnia. There have been staggering results from the application of this insomnia remedy. Mr. Van Muckles has come up with a program that has shown to be effective and cost efficient. In a day when each of us need that "high quality sleep", Sleeptracks.com delivers and provides the answer for the problem of insomnia. To read more about Sleeptracks.com, go to <http://www.sleeptracks.com/go.php?offer=wordman1&pid=1>. For more on Helpguide.org and many of their health related issues including insomnia, www.helpguide.org.

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About Sleeptracks.com

Sleeptracks.com was founded by Mr. Van Muckles. He has come up with a breakthrough cure for insomnia and sleeping disorders. In a day when it is essential for a good night's sleep, Sleeptracks.com has emerged to provide just that.

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