

BACK PAIN NO MORE: 5 EASY MOVES

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DAISY FUENTES
& MARI WINSOR
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If counting sheep, listening to the ocean or popping a pill don't send you off to Slumberland, you may be at risk for more than just a groggy tomorrow. Chronic insomnia can lead to bigger problems. "Trouble sleeping is associated with serious health conditions, including congestive heart failure, high blood pressure, heart disease and even obesity," says Ronald Stram, M.D., director and founder of the Center for Integrative Health and Healing.

But when conventional methods don't work, what can you do? According to a survey undertaken by the National Center for Alternative and Complementary Medicine, 1.6 million Americans are forgoing prescription meds—which can be addictive—in favor of alternative

therapies to conquer sleeplessness.

One promising natural newcomer, Rescue Sleep, is made from the distilled essences of plants. New-agey as it may sound, it's actually a tried-and-true approach with a pedigree: It's made by Nelson's, the 140-year-old British natural-medicine manufacturer that brought the world the popular anxiety-relieving, plant-based Rescue Remedy. Stram explains that because this contains the "energetic imprint" of plants rather than bioactive herbs, it has no side effects and is especially effective for people who are losing sleep due to emotional disturbances, like anxiety or anger.

The plants used to make Rescue Sleep are Rock Rose (diminishes panic), White Chestnut (banishes repetitive thoughts) and Impatiens (alleviates edginess), and hopefully the non-habit-forming spray will send you sailing toward Lala-land. Rescue Sleep sells for \$10.95 at drugstore.com or your local health food store.

—AA

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