



FLOWER REMEDIES AND INSOMNIA

Many people find that flower remedies can help with sleep problems. The most famous and most commonly used flower remedy is '**Rescue Remedy**' which is a blend of different flower extracts and excellent to help overcome extreme physical and mental stress and shock.

Rescue Remedy can be bought in most chemists and is considered by many to be an essential for any home first aid box.

Learn more about Flower Remedies by buying a book. We suggest 'Bach's Flower Remedies' from Country Bookshop. Enjoy excellent discounts on all books by clicking on the country bookshop logo from our website at www.sleepwise.co.uk.

Flower Remedies for Sleep Problems

| Remedy | Suitable For: |
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| Aspen | Vague and irrational fears leading to night sweats, sleep walking and sleep talking |
| Banksia robur | The temporary effects of jet lag |
| Black-eyed Susan | Repressing disturbing memories and / emotions |
| Boronia | Grief Broken heart Obsessive thoughts |
| Chamomile | Calming down from anger, excitability or even moodiness Stress sensitive digestive disorders e.g. IBS Hyperactive children |
| Dill | The temporary effects of jet lag Stress Excessive stimulation |
| Green Spider Orchid | Nightmares Night terrors |
| Lettuce | Restlessness Excitability Inability to concentrate |
| Morning Glory | Managing erratic sleep habits, shift work, etc Overcoming stimulants Overcoming addicting to sleeping pills |
| Rock rose | Nightmares brought on by shock or accident |
| Stock | Tense, nervous and hyperactive people prone to exhaustion and mood swings |

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| Valerian | Night restlessness Pain Stress Exhaustion Recovery from illness |
| Verbena | Wound-up or hyperactive people <i>(only use just before bedtime)</i> |
| Vervain | Tense people who are unable to sleep due to excitability |
| Walnut | People who find it hard to accept that we need less sleep as we age |
| White chestnut | Helping to switch off from events during the day Stilling mental chatter and unwanted reflection on arguments and events of the day |
| Ylang ylang | The temporary effects of jet lag Emotional stress and upheaval |