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Natural Sleep Remedies

Are you one of the many people that can't get any sleep at night? Well, before you go to your local drug store and buy sleeping pills that terrible for your body check out these natural sleep remedies.

If sleep has plunged to the bottom of your to-do list, you're not alone. Although the National Sleep Foundation recommends getting seven to nine hours of sleep a night, the average American logs only six hours and 40 minutes. What gives? Blame crazy schedules and of course, sleeping woes. Before you rush to the drugstore to buy an over-the-counter (OTC) sleep medication, try one of the following natural sleep remedies. "These are safer and have less side effects than OTC medications," says Jacob Teitelbaum, M.D., author of 'From Fatigued to Fantastic' and medical director of the national Fibromyalgia and Fatigue Centers, adding that they're safe for anybody to use. Many of them not only help you fall asleep and stay asleep, but they also promote muscle relaxation.

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