



Stay Away from Alcohol to Get Better Sleep, Says Research

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Calgary, Canada based premium nutritional supplements company Nutriden Inc. has released new information on the impact of alcohol consumption on sleep quality as a part of its insomnia and sleep awareness campaign.

Consuming alcohol before bedtime introduces a chemical called adenosine that helps people fall asleep faster. However, this chemical interrupts restorative sleep as it reduces rapid eye movement (REM) during sleep. According to the National Institute of Health, REM sleep is a critical stage of a person's sleep cycle as this is when the brain sorts through memory, clearing space for the next day. Not getting enough REM sleep can lead to problems such as daytime drowsiness, lack of focus, poor memory among other things. Says Tom Schumlich, CEO of Nutriden Inc, "Alcohol can assist a person in feeling drowsy for some quick sleep but it's a poor substitute for natural sleep aid and other therapies that can lead to better sleep."

Furthermore, drinking before sleep can also lead to an interruption of a person's circadian rhythms. Circadian rhythms, as defined by the National Institute on Health, are physical, mental and behavioral changes that follow a roughly 24-hour cycle, responding primarily to light and darkness in an organism's

environment. This natural cycle is inhibited by the same chemical adenosine. The problem with this substance is that while it assists a person in falling asleep quickly, it also dissipates very quickly and causes the person to wake up in the middle of the night.

Alcohol not only does not allow one to get a healthy night's rest, it also hinders a person's normal sleeping patterns. It causes a person to wake up several times during the night for reasons such as taking bathroom trips and does not allow for restorative sleep to take place, making it extremely harmful for those looking to get some sound sleep. To learn more about healthy methods of getting a good night's rest, visit Nutriden Inc.'s official website or log on to its Amazon storefront.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing it's customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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