



Nutriden Inc. Releases Announcement on the Impact of Anxiety on Sleep Issues

August 24, 2017

August 24, 2017 - PRESSADVANTAGE -

Nutriden Inc. the Calgary, Canada based nutrition supplements brand has highlighted the impact of anxiety on sleep issues as a part of its sleep awareness campaign.

While there are many physical causes for sleep issues, physiological reasons can cause sleep related diseases as well. When one's mind is anxious, it is hard to fall asleep or stay asleep as the body reads these signals and responds to them. It creates a feeling of jitteriness that keeps the natural sleep process from happening and while taking a natural sleep aid may help, it does not guarantee a good night's rest.

According to Tom Schumlich, CEO at Nutriden Inc. "Sometimes one has such a hard time going to sleep that the very thought of sleeping causes anxiety. Keeping a sleep diary before talking to a therapist are all things that they can try to help get past this anxiety."

Having worried thoughts can prevent one from going to sleep at night. If the issue is temporary, one should strive to place their worries in perspective and allow for more positive thoughts to intervene. However, if constant stress in one's daily life is causing anxiety it is important to seek medical attention to treat the

underlying problem.

Being afraid of nightmares is another type of sleep anxiety issue. For problems of this nature talking to a therapist helps. One can also try and process their dreams during the day to find the solutions to the dilemmas they face at night, which might also help in treating anxiety.

People with anxiety issues should be careful of what they include in their diet - caffeine from coffee or chocolates should be avoided. Consumption of spicy food and alcohol, which can cause stomach aches for people suffering from anxiety, should also be reduced. To learn more about sleep apnea, insomnia and other issues that can ruin your sleep pattern, visit Nutriden Inc.'s official website.

###

For more information about Nutriden Inc, contact the company here: Nutriden Inc
Tom Shumlich 844-466-8874
tom.shumlich@nutriden.com
PO Box 36119 Lakeview PO
Calgary AB T3E 7C6 Canada

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.

Website: <http://nutriden.com/>

Email: tom.shumlich@nutriden.com

Phone: 844-466-8874



Powered by PressAdvantage.com