

How does Chinese Medicine treat Insomnia?

Traditional Chinese Medicine has a wide array of treatment options to effectively treat insomnia.

These include, Acupuncture, Chinese massage, herbal therapy, and dietary and lifestyle modifications.

When visiting a Traditional Chinese Medical doctor, the initial consultation will involve a thorough assessment of the patients presenting problem(s), medical history and physical examination, with observation of the tongue and palpation of the pulse. The practitioner will gather this information and choose an appropriate and suitable treatment plan based on the patients specific needs.

To book an appointment and receive a Chinese Medical assessment, please call:

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(778) 355-9777

Treating Insomnia with Traditional Chinese Medicine



What is Traditional Chinese Medicine?

Traditional Chinese Medicine (TCM) is comprehensive system of medical thought dating back thousands of years. It is a holistic system that sees body-mind processes as an integrated whole. The environment, mental-emotional state, diet and lifestyle, are equally important factors, which influence a person's well being, and when balanced, lead to good health. A doctor of Chinese Medicine will take all these circumstances affecting a person's life and adjust a suitable treatment for their needs.

Traditional Chinese Medicine is currently the worlds oldest and most consistently practiced medical system.

Because Traditional Chinese Medicine does not depend on tranquilizers & sedatives, the Chinese medical treatment of insomnia promotes sound sleep without drowsiness, lethargy, addiction or withdrawal.

According to the World Health Organization (WHO), insomnia and sleep disturbances are one of the many conditions effectively treated with Acupuncture and Traditional Chinese Medicine.

Insomnia generally covers a number of different problems such as inability to sleep, inability to easily fall asleep, frequent waking, restlessness at night, waking up early in the morning, and a dream disturbed sleep.

Approximately one third of all adults, experience occasional or persistent sleep disturbances.

Sleep deprivation or disruption in sleeping cycles can lead to an impairment of daytime functioning. These changes can be distressing and may eventually require treatment to restore normal sleep patterns.

Currently, the Western medical treatment of insomnia is the administration of prescription drugs, such as Valium or other similar tranquilizers or sedatives. Prescription drugs do initially work at helping induce sleep, however they come with side effects such as drowsiness, lethargy and confusion. They can be addictive and there is a danger of overdose. As soon as one tries to withdraw from the medication, the insomnia usually returns, creating dependency.

Chinese Medicine is a safe and effective option for treating insomnia.