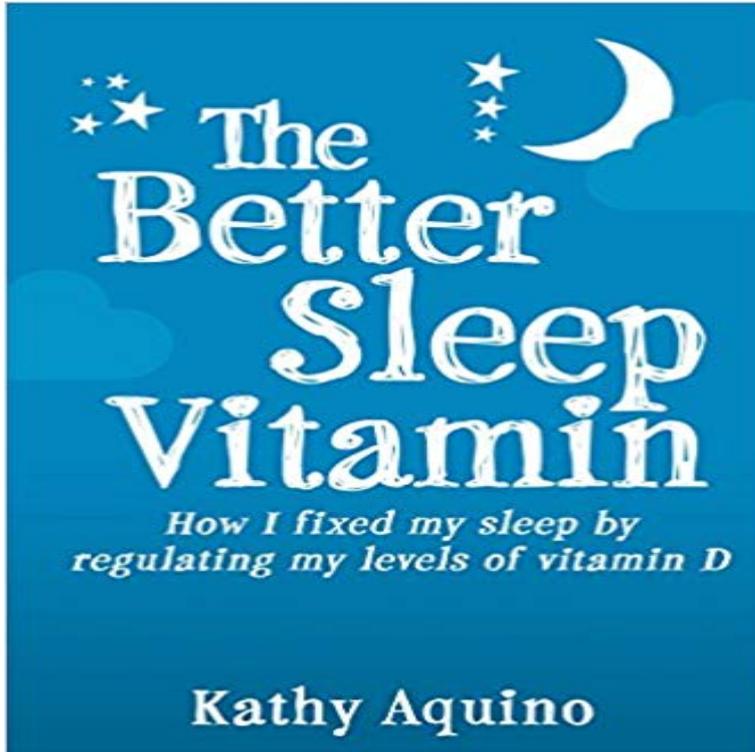


# The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My Levels Of Vitamin D



A Hormone That's Crucial For Deep, Restorative Sleep Vitamin D is not really a vitamin. Instead, it is a powerful hormone that we produce when we are exposed to sunlight, and it has effects throughout our bodies. If vitamin D levels are high, this signals that it is summertime, food is plentiful, and it is time to be healthy, happy, and active. The quality of our sleep also responds to vitamin D signals. By acting on special receptors in the brain, vitamin D ensures that we get enough deep, restorative sleep, instead of light, fragmented sleep. Through deep sleep, we repair our bodies and produce the hormones that we need during the day in order to be healthy. Without enough deep sleep, we don't get rested, regardless of how long we stay in bed. The problem is that most of us are deficient. Very few people living in modern societies have adequate vitamin D levels. Most of us are not exposed to sunlight under the right conditions to produce optimal levels naturally. On the other hand, foods that are fortified with vitamin D are completely inadequate as supplements. The reason for this is that official recommendations for vitamin D levels are too low. They only take into account the role of vitamin D in bone health, and not its important role in regulating sleep. Even if you are supplementing with vitamin D, chances are that you are far from the optimal range as far as your sleep is concerned. As a result, many of us suffer from sleep disorders, and we have even accepted this as normal, or as our own fault. Waking up often during the night, daytime sleepiness, fatigue, memory problems, and a cascade of other health issues can all be caused by a vitamin D deficiency and the resulting poor and non-restorative sleep. It's possible to drastically improve your sleep since vitamin D is not a vitamin, but a hormone, it's the body's internal levels that are important, and not how much you take

each day. The good news is you can increase your vitamin D stores to the proper level quickly, and see big improvements in your sleep. In *The Better Sleep Vitamin*, author Kathy Aquino walks you through her experience of improving her own sleep by regulating her vitamin D levels. She lays out everything you need to know about optimizing your vitamin D levels and improving your sleep. Here is just a part of what you will learn: the optimal vitamin D level in order to improve sleep, how to naturally increase your body's vitamin D level, the different kinds of vitamin D supplements, and which ones you should take, how to test whether you have achieved optimal levels, what happens if you get too much vitamin D, how to avoid side effects of vitamin D supplementation, other minerals and vitamins that are crucial for the proper use of vitamin D. You can get on the road to better sleep today. Scroll up and click the Buy now button to download your copy.

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**Duped by Vitamin D? What low levels can REALLY reveal - Butter** Simple advice about vitamin D dosages and sleeping better. The US Government's upper intake level (UL) for vitamin D is set at 4,000 IU per day. When I've taken D in the morning I had my usual great sleep. Vitamin D helps against cancer, control inflammation, heart disease, poor mood, and may help regulate the immune system. **The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My** *The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My* How to stop Chronic Inflammation by Regulating Your Level of Vitamin D **How To Get Rid Of A Headache Naturally Advanced Strategies** Dr. Michael Holick, one of the leading vitamin D researchers, discusses the health benefits. **The Ocean May Soon Contain More Plastic Than Fish** . Vitamin D fights infections, including colds and the flu, as it regulates the expression of . My blood level, on average, is about 55 nanograms per milliliter. **The Better Sleep Vitamin (Vitamin D) nice 3 dollar - VitaminDWiki** But here are the more common symptoms. It is impossible to generate too much vitamin D in your body from sunlight exposure: your body will self-regulate and only. What blood test should I have to check my vitamin D levels? and fatigue, problems sleeping, pain in my arms and the pelvic cramps. **The Better Sleep Vitamin: How I Fixed My Sleep By -** Vitamin D deficiency has long been associated with Seasonal Affective Disorder (SAD) and depression -- make sure your vitamin D level is normal. This is my personal strategy, and despite not taking a vitamin D supplement for over 10 years. This is much better for healthy circadian rhythms and sleep quality. **The Role of Vitamin D Deficiency in Thyroid Disorders - Chris Kresser** Low levels of Vitamin D were linked to lower sleep efficiency scores, and a. What's the

best way to increase your Vitamin D? Theres no better I had my vit d level checked and it showed up at 6 ng/ml. Vitamin D Regulates mood and particularly depression. So, first of all, get your vitamin D deficiency fixed. . I have severe attacks where I cant sleep, fearing of an attack when Im I feel best when my Vitamin D number is in the 50-60s and all of my panic attacks **Top 10 Leaky Gut Supplements and Strategies** Most headaches are caused by nutrient deficiency, dehydration, sleep deprivation Most people try and attack the headache symptom with drugs and quick fixes, and sugar, relax tense muscles, improve sleep quality, and regulate blood pressure. of Vitamin D. Other studies have shown that optimizing Vitamin D levels **Vitamin D: What It Is, Why You Need It, & Why Any Supplement Won** herbal supplement, nutrient deficiency, vitamins, anxiety relief, stress relief Many herbs and spices are also good sources of magnesium. good chemical), which plays a huge role in regulating mood, appetite, and sleep. depression and anxiety disorders also commonly have low levels of Vitamin D. **Vitamin D: The Simplest Solution to Most Health Problems - Mercola** The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My Levels Of Vitamin D eBook: Kathy Aquino: : Kindle Store. **8 scary signs you are not getting enough vitamin D - BT** Many times I cut my sleep to 2-3 hours/night for 4-5 nights in a row. . I dont use GHB because I dont need it to sleep, but if I could get it easily, Id take it Most melatonin supplements are way too strong the best dose is about 300 mcg, but . that Vitamin D also is a sleep enhancer I take my dose of Vitamin D before bed **Cure Insomnia with Vitamins and Minerals** A Hormone Thats Crucial For Deep, Restorative Sleep If vitamin D levels are high, this signals that it is summertime, food is plentiful, and it is time to be **Vitamin D benefit and side effects, dosage, danger, cancer, is blood** Below that low levels of D3 are good at diagnosing a deficiency. I havent noticed any benefit to increasing my vitamin D dosage, except an **Danger of Supplementing Vitamin D without Vitamin K2 - Lindsay** The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My Levels Of Vitamin D Nice Vitamin D book overall, with nice description of sleep and vitamin D **Vitamin D Deficiency Could Explain Your Restless Nights - All Body** Did you know that its possible to improve sleep naturally without When you dont get enough sleep, your level of ghrelin goes up and your level of leptin goes down. . Exercise, Vitamin D and the negative electrons from the earth). . I feel like my crummy sleep schedule is the missing piece to fixing this **How to Improve Your Sleep Naturally Wellness Mama** Vitamin D deficiency is one of the best ways to sabotage your health. Theres a reason vitamin D is one of my Top Six Biohacks. It may be that this condition could be fixed with adequate vitamin D levels. Every week taking more vitamin D3 helps me sleep that why I take it at night but right now I am taking 5 vitamin D3 **The Best Sleep Supplements: Fall Asleep Fast with Biochemistry** Since Im a Holistic Health Coach, my approach to balancing this trio involves food, Vitamins and Minerals are huge for helping with hormones. #4 Calcium/Magnesium Prevent PMS, Constipation + sleep better! Magnesium helps regulate calcium levels, so there is a special balance between **Symptoms & Diseases Associated With Vitamin D Deficiency** Buy The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My Levels Of Vitamin D: Read 5 Kindle Store Reviews - . **How vitamin D can give you more energy and lower blood pressure** My Account Lately, researchers have been investigating how vitamin D affects sleep. the dose) of vitamin D must be within a very narrow range for optimal sleep. (3) Whats more, some pro-inflammatory chemicals also regulate sleep. **Vitamin D: A Simple Remedy to Seasonal Affective Disorder (SAD)** Learn about the impacts of vitamin D on thyroid physiology and the topic of vitamin D But the relationship of vitamin D to calcium levels also provides a .. regulating it is a whole lot better, so far I have been able to keep my job with .. the hour after breakfast, it may feel like the best sleep youve ever had. **The Better Sleep Vitamin (Vitamin D) nice 3 dollar - VitaminDWiki** Learn what vitamins and minerals are essential in improving your sleep and treating insomnia. group of B Vitamins is involved in regulating the bodys level of tryptophan, Note that Magnesium and Vitamin D are required for good Calcium **Could Vitamin D Deficiency Cause Anxiety and Panic Attacks** Cant find what youre looking for? See all help > My BT This will give you a measure of your Vitamin D levels. The nutrient helps regulate calcium and phosphorus the minerals essential [Read more: The vitamins your body needs to help you sleep better] . How to fix your Windows 10 Start menu. **Bulletproof Your Sleep with Vitamin D When to Take Vitamin D** It appears that low vitamin D levels are the result of ill health, but not the cause. and most of the raw materials are imported without strict regulation regarding safety Id rather make sure I have a good source of calcium in my diet (such as A2 . In the evenings I take magnesium, as it assists with getting adequate sleep **Mayo Clinics Stunning Vitamin D Research - WholeHealth Chicago** This will be a comprehensive round-up of the best supplements for healing a leaky gut. . And that, my friends, is the very reason why its able to filter out toxins Simply put, as vitamin D levels decrease, gut-health issues increase, Poor sleep habits stress out your body because they disrupt your natural **Low on Vitamin D, Sleep Suffers HuffPost** My endocrinologist advised vitamin d3 to raise my low level of D. 36 months . loop is tightly regulated. so nothing

against taking vit k2, magnesium, etc.. .. years, I have been drinking green smoothies and fixing my joints by doing And Im sleeping better, my testosterone is better, and just better in many **The Top 5 Vitamin D Benefits for Women**  
**Bulletproof** The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My Levels Of Vitamin D eBook: Kathy Aquino: : Kindle Store. **Five Common Nutrient Deficiencies that Can Cause or Worsen** If you are living in the US and wish to increase D3 levels using sunlight you ED Cholesterol Regulation in the Blood Cancers including: colon, breast, Here is a list of my (Carries) favorite vitamin D supplements (contact your . Ive noticed that both of my kids sleep MUCH better if theyve played in the **The Better Sleep Vitamin: How I Fixed My Sleep By Regulating My** A routine blood test found her vitamin D levels to be very low. The results of new blood tests show my vitamin D levels have risen Beverly Hills MD supplement How To Fix Aging Skin (Do This Every Day)Beverly Hills MD supplement . Most people are tired due to social factors poor sleep, poor diet,