

## **Homeopathic Treatment for Sleep Disorders**

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### **General Principles:**

Sleep is like a little death: the body falls asleep and the soul is wandering. Sleep disorders are often related to a fear of death, a sequel of mourning. Sometimes they represent an inability to separate from a love fusion with a parent.

This is often the case after a stressful pregnancy, for a baby too long desired, or conceived using modern techniques of assisted reproduction (with or without a gamete donor). In all cases a baby over 3 months must always sleep in his room and the bedtime ritual should be brief. Stop on the syndrome of "goodbye" that drags on as if we will never see each other again.

We fall into a sleep deeper and deeper every 2-3 hours but there is a brief revival which we do not remember. As result, any child who falls asleep in the arms will require arms every three hours to get back to sleep!

If the child sleeps poorly and suckle a pacifier or a bottle (which represents mom's breast), you have to go with the child to throw them in the trashcan with Dad. Give him instead a gift! At 18 months the child leaves the oral stage. So turn down the pacifiers and baby bottles. Otherwise the face deformed and the child cannot go to the anal stage and become clean.

In case of thirst during night, do not give the child a bottle of milk or any sweetened liquid otherwise the teeth will destroy itself with multiple cavities!

### **Usefull Homeopathic Remedies**

**ACTEA RACEMOSA 15CH** : insomnia in pregnant women, afraid of giving birth, fear of having an abnormal child.

**AGARICUS MUSCARIUS 15CH** : night terror in the first sleep. Frostbite. strong mind and body creaking.

**AMBRA GRISEA 15CH** : the patient wants to sleep but as soon as he laying he cannot sleep, mulling over traumatic events. Patient can sleep only in total darkness. Overwork.

**AURUM METALLICUM 15CH** : bone pain of growth, daredevil child, generous.

**ASARUM EUROPEANUM 15CH** : child born of gamete donation. Sensitive about the slightest little noise.

**ARSENICUM ALBUM 15 CH** : fear of death: wake after midnight agitation +++ meticulous, collector and chilly.

**BELLADONNE 15CH** : night terror in the first sleep, dilated pupils, anxiety devouring.

**BORAX 9CH** : teething, aphthas, does not support lowering movement. Shout when it is placed in bed

**CALCAREA SILICICA 15CH** : fear of ghosts, child bearing the name of a deceased person. The night he hears noises...

**CALCAREA BROMATA 15CH** : insomnia of the teething. There is a "danger in the family" (the little sister tormented by the big jealous brothers)

**CAPSICUM 15CH** : insomnia when you're away from home. Tend to gain too much weight

**CARCINOSINUM 10 000K** (order on [www.remedia.at](http://www.remedia.at)) : total insomnia. Since birth has never slept correctly at night! Very fusional, falls asleep in the arm, skin spots "coffee with milk", history of cancer in the family.

**COCA 9CH** insomnia at high altitudes: do not exceed 1000m the first year and 2000m the second years

**COCCULUS INDICUS 15CH** : insomnia of the home nurse(s). The patient wants to control the movement of life. Carsick unless it drives.

**COFFEA 9CH** : insomnia due to excitement. Never wants to taste something new.

**COPAÏVA 15CH** : The father left the mother during pregnancy. urticaria.

**CYPRIPEDIUM 9CH** : he child wakes up fit and wants to play !

**HURA BRASILIENSIS 15CH** : death of a child before, miscarriage.

**IGNATIA 15CH** : Insomnia following a separation, bereavement, divorce of parents.

**KALI BROMATUM 15CH** : nightmares of the second part of night: restless child and touch all.

**KALIUM ARSENICOSUM 15CH** : insomnia around 2-3am. Worried about his health.

**LYCOPODIUM 15CH** : awakened by the HUNGER. Bloating and anger

**MEDORRHINUM 15CH** : insomnia in the mountains, only sleeps on his stomach.

**MURIATICUM ACIDUM 15CH** : maternal death, severe reflux, hemorrhoids

**NATRUM MURIATICUM 15CH** : Insomnia following grief, absent father, desire of salt.

**NUX VOMICA 9CH** :insomnia due to alcohol abuse or overeating. Perfectionist. Wake between 3am and 5am and thinks of his work.

**OPIUM 15CH** : fright during pregnancy, risk of preterm labor at 6 months, severe prematurity.  
CONSTIPATION +++ breathing pauses during sleep, snoring +++

**PHOSPHORUS 15CH** : wake by HUNGER. very cuddly child, fear of being alone, very important thirst.

**PULSATILLA 15CH** : unable to leave mom. Sob spasms. Absence of thirst.

**STAPHYSAGRIA 15CH** : TAKES THE DAY FOR NIGHT atmosphere BDSM, trial....

**STICTA PULMONARIAE 15CH** : insomnia following a bone fracture.

**SILICEA 15CH** : amniocentesis during pregnancy, poorly supported vaccine, no appetite

**STRAMONIUM 15CH** : nightmares, night terrors during the second part of the night. Devouring anxiety, biting child

**TUBERCULINUM 15CH** : insomnia when at seafront, recurrent ear infections, acne.

**URTICA URENS 15CH** : father's death, urticaria

**ZINCUM METALLICUM 15CH** : Restless legs syndrome, sleepwalking, fear of the police. Father too severe.