

Awake and refreshed during the day time-restfully asleep at night

(A sevenfold anthroposophic approach)

We suggest these remedies as constitutional helpers based on Rudolf Steiner's indications (especially from March 22nd, 1910) and clinical experiences. Since these remedies are not meant to be for immediate symptomatic relief but rather to gently affect a deeper healing they need to be taken over a longer period of time. They can be combined with the more customary natural sedatives, or of course with the occasional prescription medication. (All other disclaimers mentioned on this site apply.)

1. Our going to sleep is facilitated by the same forces that we encounter in the potentized, subtle iron energy-paradoxically as it may sound. Consequently take:
Ferrum metallicum 6x –5 glob at night before going to sleep
2. REM sleep and dream life are crucial to health. REM sleep f. ex. enables a better memory of motor skills. Infants and children, who grow and develop both mentally and physically, have more REM sleep than adults. To support:
Stannum metallicum 30x -5 glob at night before going to sleep
3. For agitated restless sleep; “tossing and turning”; tendency to sleep walk:
Plumbum mel 30x -5 glob at night before going to sleep
Both Stannum and Plumbum can be taken at night if one wakes up in the morning without feeling refreshed, energized.
4. In the morning **Cuprum metallicum 6x** - 5 glob, should be taken if one desires a better waking up or sense of being better awake during the day. This is meant in the sense that many people experience a depressing sense of not being engaged, not really enjoying the sense impressions around them, being apathetic, indifferent to their surroundings.
5. To assist thinking, the analytical ability, digesting information during the day, use:
Mercurius vivus 30x -5 glob several times throughout the day.
6. One can experience the difficulty in following through from thinking to action, the tendency to procrastinate. For a boost to carry through our decisions to go from idea to realization use :
Argentum metallicum 6x - 5 glob during the day as needed.
7. Finally use **Aurum metallicum 30x** (the usual 5 glob) if one is neither quite awake nor asleep as one tries to go to sleep at night- a bothersome in between “dazed/hazy feeling”. Can be combined with Ferrum. Aurum metallicum 6x can be used in the morning if like in the evening one is neither quite awake nor still asleep. Again can combine with Cuprum or others.