

Solutions for sleep-deprived parents

The Bach Centre has welcomed the publication of research into sleep deprivation, which shows that parents of new babies can miss out on up to six months' sleep in the first two years.

Nearly two-thirds of parents questioned slept less than four hours a night – considerably less than the recommended minimum of between five and eight hours. As a result many suffered mood swings and depression, which led in turn to family arguments and breakdowns in relationships.

'Anybody who has been a parent knows how hard the early years can be,' said Bach Centre Consultant Kathy Nicholson. 'The first step to getting help is to recognise there is a problem, so anything that publicises the issue and shows people they aren't alone must be good.'

Sleep problems are one of the main reasons people turn to complementary medicine, and the Bach Centre team are often asked for help.

'We always start by finding out what the problem feels like to the person concerned,' says Mrs Nicholson. 'Lack of sleep makes some people angry and irritable – that could be Cherry Plum, Beech, Impatiens, for example, while others get into a dreamlike state, or feel down, which could be anything from Clematis to Wild Rose to Mustard to Gorse.'

'Even tiredness can feel different to different people, so the exact remedy depends on the personal response. The key is to understand the individual, and once we've done that we can move onto making an accurate selection.'

NOTES:

1. 1,000 parents took part in research conducted on behalf of Silentnight Beds Ltd to mark the UK National 'Love Your Bed' Week
2. The Telegraph's report on the research is at <http://www.telegraph.co.uk/family/7904189/New-parents-miss-6-months-sleep-in-two-years.html>
3. The Bach Centre web site www.bachcentre.com contains background information on Dr Bach and the Bach Centre's work and contact information for Bach Foundation Registered Practitioners all over the world
4. Bach flower remedies were discovered in the 1920s and 1930s by Dr Edward Bach, a Harley Street consultant and bacteriologist
5. Bach flower remedies are a complementary medicine that helps resolve imbalanced emotional states, which can in turn lead to improvements in general health