

# Dr. Dalal Akoury from AWAREmed Reveals Natural Sleep Tips for Restful Nights and the Vital Role of Melatonin

*Integrative Medicine Expert Dr. Akoury Empowers Individuals to Embrace Healthy Sleep Habits for Optimal Well-Being and Vitality*

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/EINPresswire.com/ -- AWAREmed Health and Wellness Resource Center is thrilled to announce that Dr. Dalal Akoury, the esteemed founder and visionary integrative medicine specialist, is sharing her invaluable insights on achieving restful and rejuvenating sleep through natural approaches. Dr. Akoury's dedication to holistic well-being has transformed countless lives, and her latest focus on sleep health aims to empower individuals to experience optimal rest and vitality.



Embrace daily sunlight exposure to boost your body's natural melatonin production, paving the way for better sleep and brighter mornings. Let the sun's warm embrace guide you to a well-rested night!

Quality sleep is an essential aspect of overall well-being, impacting physical, mental, and emotional health. Dr. Akoury emphasizes that sleep is not just about the hours spent in bed, but the quality of sleep obtained. To achieve restful nights and wake up refreshed, Dr. Akoury highlights the following natural sleep tips:

“

A good laugh and a long sleep are the two best cures for anything.”

*Irish Proverb*

**Embrace Natural Sunlight:** Exposure to natural sunlight during the day helps the body produce melatonin, a

hormone responsible for regulating sleep-wake cycles. Spending time outdoors and letting natural light flood your space can promote healthy sleep patterns.

**Create Darkness at Night:** Ensuring a completely dark sleep environment is crucial for melatonin

production. Dim the lights and avoid using electronic devices with bright screens before bedtime.

**Stay Hydrated:** Proper hydration throughout the day can positively influence sleep quality. Dr. Akoury recommends drinking water regularly but moderating fluid intake close to bedtime to minimize nighttime awakenings.

**Incorporate Tryptophan-Rich Foods:** Tryptophan is an amino acid that plays a role in promoting restful sleep. Foods such as avocado, asparagus, banana, turkey, and others rich in tryptophan can be included in evening meals to support relaxation.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6158605/>)

**Understanding Melatonin's Importance:**

Melatonin is a hormone produced by the pineal gland in the brain and plays a significant role in regulating sleep-wake cycles. Dr. Akoury highlights that melatonin production is influenced by exposure to light and darkness, making it essential to create an optimal sleep environment for its release. By supporting the body's natural production of melatonin through lifestyle adjustments, individuals can experience more restorative sleep and wake up feeling refreshed.

Dr. Dalal Akoury's natural sleep tips align with her holistic approach to health, emphasizing the interconnectedness of mind, body, and spirit. Through personalized guidance and evidence-based practices, Dr. Akoury empowers individuals to achieve optimal well-being and embrace vibrant living.

About AWAREmed Health and Wellness Resource Center:



Sip on water throughout the day to promote deep and restful sleep at night. Proper hydration sets the stage for a rejuvenating night's rest. Sweet dreams!



Meet Our Beloved Holistic Expert, Dr. Akoury! With unwavering passion and expertise, she's dedicated to transforming lives and empowering your journey to optimal health. Discover the healing power of holistic medicine with Dr. Akoury by your side!

AWAREmed Health and Wellness Resource Center, founded by Dr. Dalal Akoury, is a leading integrative medical practice that prioritizes personalized health solutions. The center offers a wide range of integrative and holistic services to optimize the health and well-being of each individual patient.



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