



# THE SOLINGER METHOD

by Root Health L.L.C.

## Insomnia

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Insomnia

Root Health L.L.C, The Solinger Method

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## What Is Insomnia

Insomnia is a disorder of **sleep initiation, sleep maintenance, or sleep quality**, resulting in non restorative sleep and daytime impairment. It is not simply difficulty falling asleep, it is a state of **nervous system dysregulation**, altered circadian signaling, and impaired neurochemical balance.

Insomnia is both a symptom and a driver of dysfunction. Poor sleep worsens inflammation, insulin resistance, pain perception, immune activity, hormone imbalance, mood disorders, and cognitive decline.

Common presentations include:

- Difficulty falling asleep
- Frequent night waking
- Early morning waking
- Non restorative or light sleep

- Racing thoughts at night
  - Fatigue despite adequate time in bed
- Insomnia reflects a body that does not feel safe enough to rest.
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## Conventional Medicine Perspective

Conventional medicine often categorizes insomnia as primary or secondary and focuses treatment on symptom suppression.

Common approaches include:

- Sedative hypnotics
- Benzodiazepines
- Antidepressants used for sleep
- Melatonin

While these may induce sleep, they often do not address:

- Why the nervous system remains activated
- Circadian rhythm disruption
- Blood sugar instability
- Cortisol rhythm inversion
- Inflammatory and immune signaling
- Nutrient depletion contributing to poor sleep

Many medications alter sleep architecture rather than restore it.

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## Naturopathic Medicine Perspective

Naturopathic medicine views insomnia as a **systems level imbalance**, involving the nervous system, endocrine signaling, inflammation, metabolism, and circadian biology.

Key systems involved include:

- Hypothalamic–pituitary–adrenal axis
- Cortisol and melatonin rhythm
- Neurotransmitter balance, GABA, serotonin, dopamine
- Blood sugar regulation overnight
- Inflammatory cytokine signaling
- Mineral status, particularly magnesium and calcium
- Gut–brain axis signaling

The goal is to **restore physiologic sleep signaling**, not force sedation.



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## Core Pathophysiologic Mechanisms

### Cortisol Rhythm Dysregulation

Elevated evening cortisol delays sleep onset and cause night waking. This is common with chronic stress, under eating, over exercise, or inflammation.

### Blood Sugar Instability

Nocturnal hypoglycemia triggers cortisol and adrenaline release, causing night waking, sweating, and anxiety.

### Neurotransmitter Imbalance

Low GABA or serotonin reduces the brain's ability to downshift into sleep.

### Inflammation and Pain

Inflammatory cytokines disrupt sleep architecture and increase nighttime arousal.

### Circadian Rhythm Disruption

Inconsistent light exposure, screen use, and irregular schedules blunt melatonin release.

### Nutrient Deficiency

Magnesium, B vitamins, iron, and zinc deficiencies impair sleep regulation and neurotransmitter synthesis.

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## Nutritional Strategy

Nutrition for insomnia focuses on **stabilizing blood sugar, supporting neurotransmitter production, and reducing nighttime stress signaling**, not restriction.

### Core Nutritional Priorities

- Regular meals without long fasting
- Adequate carbohydrate intake
- Evening protein sufficiency



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- Mineral rich foods
  - Anti inflammatory nutrition
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## **Therapeutic Foods to Emphasize**

Protein at dinner, targeting 25 to 35 grams. Mechanism, provides amino acids needed for neurotransmitter synthesis and prevents nocturnal hypoglycemia.

Complex carbohydrates in the evening, such as rice, potatoes, or oats. Mechanism, support serotonin production and reduce cortisol release overnight.

Magnesium rich foods including leafy greens and seeds. Mechanism, support nervous system calming.

Calcium rich foods when tolerated. Mechanism, support melatonin release and neuromuscular relaxation.

Tryptophan containing foods such as turkey, eggs, and dairy if tolerated. Mechanism, precursor to serotonin and melatonin.

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## **Reduce or Avoid**

Late night caffeine. Mechanism, blocks adenosine and increases sympathetic tone.

Alcohol. Mechanism, fragments sleep and worsens night waking.

Very low carbohydrate intake. Mechanism, increases nocturnal cortisol.

Large meals immediately before bed. Mechanism, increases digestive arousal.

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## **Targeted Supplement Support**

Therapeutic Adult Dosing

### **Magnesium Glycinate or Threonate**

Mechanism, calms neuromuscular excitability, supports GABA signaling, improves sleep quality.

Dose: 400 to 600 mg nightly



## **Glycine**

Mechanism, lowers core body temperature and supports sleep onset.

Dose: 3 grams nightly

## **L Theanine**

Mechanism, increases alpha brain wave activity and supports relaxation without sedation.

Dose: 200 to 400 mg nightly

## **GABA (When Indicated)**

Mechanism, supports inhibitory neurotransmission and nervous system downregulation.

Dose: 250 to 750 mg nightly

## **5 HTP**

Mechanism, precursor to serotonin and melatonin, supports sleep onset and mood regulation.

Dose: 50 to 200 mg nightly

Avoid with serotonergic medications unless supervised.

## **Melatonin (Low Dose, Short Term)**

Mechanism, reinforces circadian rhythm signaling rather than sedation.

Dose: 0.3 to 1 mg nightly when needed

## **Vitamin D3 + K2**

Mechanism, supports circadian rhythm regulation, immune balance, and sleep quality when deficient.

Dose: individualized to labs

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## **Targeted Herbal Support**

### **Valerian Root**

Mechanism, increases GABA availability and improves sleep latency and quality.

Dose: 400 to 600 mg nightly

### **Passionflower**

Mechanism, supports GABA signaling and reduces nighttime anxiety.

Dose: 300 to 600 mg nightly or tea



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## **Lemon Balm**

Mechanism, calms the nervous system and supports parasympathetic tone.

Dose: 300 to 600 mg nightly

## **Ashwagandha**

Mechanism, lowers cortisol and improves stress resilience affecting sleep.

Dose: 300 to 600 mg daily, earlier in the day if stimulating

## **Skullcap**

Mechanism, supports nervous system calming and reduces mental overactivity.

Dose: 300 to 600 mg nightly

Herbal strategy focuses on calming and rhythm restoration, not forced sedation.

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## **Celery Juice Support for Insomnia**

Celery juice may support insomnia indirectly by improving hydration, mineral balance, and adrenal signaling, particularly when low blood pressure or nighttime cortisol spikes are present.

Suggested use is 6 to 8 oz fresh celery juice daily, taken in the morning or early afternoon rather than at night.

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## **Supplement Access**

A complete supplement protocol for Adult Insomnia is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

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## **Lifestyle Support That Matters**

Consistent sleep and wake times anchor circadian rhythm.

Morning light exposure is critical for nighttime melatonin release.

Screens off at least one hour before bed.



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Breathing and nervous system downshifting practices in the evening support sleep onset.

Insomnia improves when **the body feels safe, nourished, and regulated**, not when sleep is forced.

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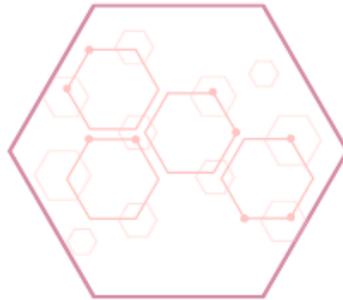
## When to Dig Deeper

Further evaluation is warranted when insomnia persists:

- Cortisol rhythm testing
- Ferritin and iron status
- Magnesium and B vitamin status
- Thyroid function
- Blood sugar patterns
- Inflammatory markers

Sleep restores when inflammation calms, cortisol rhythm normalizes, neurotransmitters are supported, and metabolic stability is restored.

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