

Hydrogen Water and a better sleep

KYK Hydrogen Water | 1,500 PPB of DH | KYK Co., Ltd. (South Korea)



Many people try to resolve their sleeping problems by taking sleeping pills every night. However, sleeping pills can be addictive and can cause harmful long-term side effects like daytime drowsiness, mental slowing or problems with attention or memory, dizziness and headaches. Some better and more natural ways of fixing your sleeping problems are to eat a diet of foods daily with a mix of

magnesium, B6, calcium, potassium, and tryptophan and the easiest yet effective way is to drink hydrogen-rich water in your routine.

Oxidants are known to have bad effects on the body, such as contributing to inflammation and contributing to a weakened immune system. Oxidants also contribute to sleeping problems. A study confirms that there is a negative relationship between oxidative stress and obstructive sleep apnea. On the other hand, antioxidants from the molecular hydrogen in hydrogen water help maintain the body's internal equilibrium while sleeping that leads to a deep and restful sleep. Drinking hydrogen-rich water also helps support the immune system and fight inflammation that could lead to irritability and restlessness during bedtime.

Call Now: 1800-102-0908

Website: <http://www.kykindia.com>

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3634962/>