

Your name

Tutor's name

Course

Date

Insomnia Treatment

Insomnia is a disorder that is characterized by difficulty or inability to fall asleep and/or stay asleep. A lot of people all over the world suffer from it, and they usually have such bad consequences as sleepiness, lethargy, and a general feeling of being tired both mentally and physically (National Institutes of Health, 2015).

Among people who are at risk of suffering from insomnia are the following:

- Have a lot of stress.
- Are depressed or have other emotional distress, such as divorce or death of a spouse.
- Have lower incomes.
- Work at night or have frequent major shifts in their work hours.
- Travel long distances with time changes.
- Have certain medical conditions or sleep disorders that can disrupt sleep.
- Have an inactive lifestyle (National Heart, Lung, and Blood Institute, 2011).

There is a common classification of insomnia types:

Transient insomnia - occurs when symptoms lasts from a few days to some weeks.

- Acute insomnia - also called short-term insomnia. Symptoms persist for several weeks.
- Chronic insomnia - this type lasts for at least months, and sometimes years. According to theNational Institutes of Health¹, the majority of chronic insomnia cases are secondary, meaning

they are side effects or symptoms of some other problem.

There are methods of treating insomnia, or just preventing it, if you don't have it, but are at risk because of your lifestyle. So, there are some tips to follow in order to prevent and fight insomnia:

- Avoid smoking, since nicotine is a stimulant, so it will trigger insomnia, as well as lead to higher blood pressure, heart attacks, or cancer
- Do not drink alcohol, since it may seem that it can help you relax, but on the other hand you will not be able to pass on to the deeper stages of sleep, when your body can fully rest. Caffeine is also not a good choice, since it is also a strong stimulant. At least you should not drink coffee after lunch.
- Exercise more often. Twenty to thirty minutes a day can help you fall asleep better. In addition, exercising will also help you avoid cardiovascular diseases, obesity, and diabetes.
- Maintain a diet. Avoid eating food that has too much fat, as it can lead to heartburn and indigestion. Moreover, it is not recommended to eat before you go to bed.
- Use various relaxation techniques. Muscle relaxation, biofeedback, and breathing exercises can help you relax and be less anxious before bedtime.
- Consult mental health therapist to change negative patterns of thinking.
- Restrict your bedtime. In other words, there must be a certain part of time when you have to sleep, so you shouldn't sleep during other times, e.g. during daytime.
- Consult a doctor to get sleep aids. Note that it is not recommended that you take this kind of pills for more than three weeks, as it can become a habit, and you won't be able to fall asleep without them (Krucik, 2014).

Bibliography

Explore Insomnia. National Heart, Lung, and Blood Institute. 2011. Web.

Krucik G. *Insomnia Treatments*. 2014. Web.

"*What is Insomnia?*", National Institutes of Health. 2015. Web.