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Reasons for sleeplessness

URL of this page: Insomnia is a common sleep disorder. If you may have trouble falling asleep, or both. As a result, you may have trouble falling asleep, or both. As a result, you may have trouble falling asleep, or both. As a result, you may not feel refreshed when you wake up. What are the types of insomnia? Insomnia can be acute (short-term) or chronic (ongoing). Acute insomnia is common. Common causes include stress at work, family pressures, or a traumatic event. It usually lasts for days or weeks. Chronic insomnia lasts for a month or longer. Most cases of chronic insomnia are secondary. This means they are the symptom or side effect of some other problem, such as certain medical conditions, medicines, and other sleep disorders. Substances such as caffeine, tobacco, and alcohol can also be a cause. Sometimes chronic insomnia is the primary problem. This means that it is not caused by something else. Its cause is not well understood, but long-lasting stress, emotional upset, travel and shift work can be factors. Primary insomnia usually lasts more than one month. Who is at risk for insomnia? Insomnia is common. It affects women more often than men. You can get it at any age, but older adults are more likely to have it. You are also at higher risk of insomnia if you Have a lower income Work at night or have frequent major shifts in your work hours Travel long distances with time changes Have an inactive lifestyle Are African American; research shows that African Americans take longer to fall asleep, don't sleep as well, and have more sleep-related breathing problems than whites. What are the symptoms of insomnia? Symptoms of insomnia include: Lying awake for a long time before you fall asleep Sleeping for only short periods Being awake for much of the night Feeling as if you haven't sleep at all Waking up too early What other problems can insomnia cause? Insomnia caus may have trouble focusing on tasks, paying attention, learning, and remembering. Insomnia also can cause other serious problems. For example, it could make you may feel drowsy while driving. This could cause you get into a car accident. How is insomnia diagnosed? To diagnose insomnia, your health care provider Takes your medical history Asks for your sleep history. Your provider will ask you for details about your sleep study measures how well you sleep and how your body responds to sleep study measures how well you sleep study measures how well you sleep and how your body responds to sleep study. A sleep study measures how well you sleep and how your sleep study measures how well you sleep and how your body responds to sleep study. A sleep study measures how well you sleep and how your body responds to sleep study. lifestyle changes, counseling, and medicines: Lifestyle changes, including good sleep habits, often help relieve acute (short-term) insomnia. These changes might make it easier for you to fall asleep and stay asleep. A type of counseling called cognitive-behavioral therapy (CBT) can help relieve the anxiety linked to chronic (ongoing) insomnia Several medicines also can help relieve your insomnia and allow you to re-establish a regular sleep schedule If your insomnia is the symptom or side effect of another problem, it's important to treat that problem (if possible). NIH: National Heart, Lung, and Blood Institute Insomnia (Department of Health and Human Services, Office on Women's Health) Also in Spanish The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health. Insomniasleepeducation 2021-05-06T14:44:53+00:00 Insomnia is the most common sleep complaint. It occurs when you have trouble falling asleep or staying asleep even though you had the opportunity to get a full night of sleep. The causes, symptoms and severity of insomnia may include: Difficulty falling asleep throughout the night Waking up too early in the morning Insomnia involves both a sleep disturbance and daytime symptoms. The effects of insomnia can impact nearly every aspect of your life. Studies show that insomnia negatively affects work performance, impairs decision making and can damage relationships. Insomnia can affect your mood and make other medical conditions more difficult to manage. In most cases, people with insomnia report a worse overall quality of life. Everyone has the occasional night of poor sleep. This does not mean you have insomnia. In many cases it means you may have stayed up too late, gotten up too early or woken up in the middle of the night. Stress is a common cause of a night of poor sleep. As many as 35 percent of adults complain of insomnia. It is more common in groups such as older adults, women, people under stress and people with certain medical and mental health problems such as depression. Types of Insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia: This type of insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms: Short-term insomnia based on the regularity and duration of the sleep disturbance and daytime symptoms are short-term insomnia based on the regularity and daytime symptoms. 15 to 20 percent of people. Chronic insomnia: This type of insomnia occurs at least three times per week and lasts for at least three months. About 10 percent of people have chronic insomnia. A sleep doctor diagnoses chronic insomnia. A sleep doctor diagnoses chronic insomnia. treatment of chronic insomnia are best discussed with a sleep doctor. The sleep doctor. The sleep doctor. The sleep medicine, the leader in setting standards and promoting excellence in sleep medicine, health care, education and research. Insomnia in children can begin at any time, from infancy through adolescence, and in some cases can develop into a long-term problem. Symptoms can include: bedtime refusal and struggles going to bed frequent or prolonged night wakings with difficulty returning to sleep independently waking earlier than desired resistance to an appropriate sleep schedule difficulty napping trouble waking in the morning or getting up for school In addition, parents or caregivers of children with insomnia often report that the child suffers during the day. Daytime symptoms can include: fatigue, tiredness, sleepiness attention, concentration or memory impairments problems (hyperactivity, aggression or oppositional behavior) reduced motivation poor decision-making and impulse control low tolerance for frustration What causes insomnia in children? Many times insomnia is a symptom that is caused by something else. Possible causes of insomnia can include: another sleep disorder (such as restless legs syndrome or obstructive sleep apnea) anxiety or stress a medical, mental health or developmental condition such as asthma, depression, attention-deficit/hyperactivity disorder (ADHD) or autism certain medications, such as steroids or antidepressants caffeine, found in many types of soda and energy drinks Make an appointment Contents: Why Can't I Sleep? How Do I Know If I Have Insomnia? Short-term Insomnia vs. Long-term Insomnia What is NOT InsomniaOther Sleep Disorders Daytime Effects of InsomniaEffects of Insomnia on Insomnia vs. Long-term Insomnia vs. Long-term InsomniaOther Sleep Disorders Daytime Effects of InsomniaEffects of Insomnia vs. Long-term Insomnia vs. Long-term InsomniaOther Sleep Disorders Daytime Effects of InsomniaOther Daytime E HealthWhat Causes Insomnia?Why Can't I Sleep? It seems like a simple enough question - one that could be a combination of causes - so the question may not be that simple after all. How Do I Know If I Have Insomnia? Insomnia is trouble sleeping and it could be a combination of causes - so the question may not be that simple after all. falling asleep, trouble staying asleep, waking too early and not going back to sleep, and/or trouble waking up in the morning. It could also be a combination of these conditions. Regardless, it means that a person isn't getting quality -- or good sleep -- and they don't feel well-rested. Short-term Insomnia vs. Long-term Insomnia Sleep experts classify insomnia as either short-term or long-term. A person with short-term or acute insomnia has trouble sleeping at least 3 nights a week and they have trouble with daily activities from too little sleep. The difference is that it lasts for 3 or more months. What is NOT Insomnia, the person has the time and opportunity to sleep, but they still have trouble. To explain, it helps to think about an example of what is not considered insomnia; new parents who do not get enough sleep. Due to the demands of a newborn baby, new parents don't get enough sleep because they don't have the time and opportunity, say a family member offers to watch the baby for a night, it would be likely that they would easily fall and stay asleep. Other Sleep Disorders Insomnia is one type of sleep disorder. As we said, it is the medical term for trouble sleeping. Again, it is: trouble sleeping at least 3 nights a week; difficulty falling asleep, staying asleep, waking up, or waking too early; and not feeling rested. However, people may use the term insomnia to refer to many different sleep problems that are not really insomnia. They may say "I had insomnia last night," when they simply did not sleep well for a night. Or, they may refer to other sleep disorders as insomnia, when they really are not. Restless leg syndrome and obstructive sleep apnea are two other causes, symptoms, and treatment. According to the American Academy of Sleep Medicine (AASM), these sleep disorders are two of many different sleep problems. Restless Leg Syndrome (RLS)One of the main symptoms of restless leg syndrome is unusual sensations in the legs, for example, throbbing or itching that may interfere with sleep. Movement actually helps relieve the symptoms. Evidence suggests one specific area of the brain is involved. RLS may be treated with lifestyle changes and medicines. Obstructive sleep ApneaObstructive sleep apnea means there are periods during sleep when a person briefly stops breathing due to a blocked airway. It is often related to a weight problem. There are different treatments including sleeping with a continuous positive airway. pressure machine. These and other sleep disorders are usually diagnosed and treated by a doctor or a sleep specialist. Sleep studies, either at home or at a medical facility, are often done. Daytime Effects of Insomnia A person with insomnia obviously has symptoms at bedtime and during the night - they may not be able to fall asleep and they may wake up during the night. But that is not all - the trouble sleeping also leads to daytime symptoms that may include: Feeling tired, sleepy, or even ill Feeling tritable or moody Trouble paying attention, concentrating, or remembering decreased energy, drive, or motivation. upsetsIn fact, as many as 3 out of 5 people with insomnia have such symptoms. They increase the risk for:Poor work, school, or other activity performance. For instance, it may be difficult for a person to perform well in an athletic competition when their energy or motivation is low. Errors or accidents. As an example, a person having trouble with attention and concentration has an increased chance of having an accident while, it usually isn't a problem. But, sleep trouble that happens a lot can actually have many negative effects. Poor sleep can worsen a person's health both physically and emotionally. Physical HealthInsomnia is associated with worse outcomes in many medical conditions. It may increase the risk of heart attack (myocardial infarction). Irregular sleep may also increase the chance of other serious health problems like: weight problems, high blood cholesterol, and high blood sugar. Mental Health Difficulty sleeping may increase the risk and symptoms of depression, anxiety, and other mood disorders. 3 out of 5 people with insomnia have symptoms of depression and up to 1 out of 4 have a diagnosis of depression. Having insomnia puts a person at risk for worsening depression. And, treating insomnia is also reported in many people with anxiety. Up to 1 out of 3 people with insomnia have a diagnosis of anxiety. Anxiety is also often identified as the reason people have trouble falling and staying asleep. What Causes Insomnia? You have read about insomnia-what it is, what it is not, and what it is not, and what it is not, and what it seffects may be a combination of factors, not just one. This is often the case. Some of the common causes of insomnia include: Behaviors - a person's actions and habits. Situations - the sleep environment. Medical and mental health conditions - some short-term and long-term health problems and psychological disorders or symptoms. Medicines - dietary supplements, herbal remedies, over-the-counter and prescription medicines. Cause: Behaviors Some behaviors may be the cause of or contribute to insomnia. They include daytime napping, lack of exercise, eating and drinking or staying asleep. That is if they are long, frequent, and late in the A short nap does not usually cause trouble sleeping. In fact, it may help with the daytime symptoms of insomnia. For those that take a nap, it should be under 20 minutes and before 3:00 PM.Related: Sleep Restriction Therapy TipsLack of Exercise Lack of regular exercise and physical activity is another factor in insomnia. Many studies have looked at exercise and sleep and determined that regular exercise helps with sleep. Timing of sleep has also been studied; they have found that it is best to exercise and sleep and determined that regular exercise and sleep has also been studied; they have found that it is best to exercise and sleep and determined that regular exercise and sleep. Timing of sleep, but closer to bedtime is usually okay. Eating and Drinking Having large amounts of food close to bedtime can interfere with sleep. And foods that cause indigestion and heartburn may lead to trouble falling or staying asleep due to symptoms. Foods, drinks, or even some medicines with caffeine may stimulate the brain, making it difficult to sleep. Caffeine may stimulate the brain, making it difficult to sleep. Some drinks, like coffee and tea, often have a lot of caffeine. It is best to stop drinking them several hours before bedtime. Smoking Nicotine in cigarettes and other smoking products also stimulate the brain. Due to this effect, smoking may interfere with sleep, especially if close to bedtime. Alcohol and Marijuana Alcohol is a sedative meaning it has a calming effect. Other substances, like marijuana, may also be calming. They may help with falling asleep, but they can interfere with the normal stages or the quality of sleep. Cause: SituationsThe sleep environment is an important factor when trying to go to sleep or stay asleep. Some elements of your physical environment is an important factor when trying to go to sleep. Cause: SituationsThe sleep environment is an important factor when trying to go to sleep. electronic devices such as phones, computers, and even television near bedtime may be a problem. The type of light and the stimulation may result in trouble sleeping. Discomfort in BedMany factors may add to feeling uncomfortable when trying to sleep. An environment that is too hot or too cold, too bright, or too noisy may make it hard to relax and fall or stay asleep. Mattresses, pillows, and bedding may also be factors if they are not comfortable and supportive. Sleep Partners may move around, snore, or wake up during the night. Children can get into bed with their parents at all hours of the night. Pets may take up too much space or paw their owners for attention. A person may also have a combination of all three, making for a sleepless night. Cause: Medical and Psychological Conditions and emotional problems. But the opposite is also true - some health problems, both medical and mental health, can cause or worsen insomnia. Long-Term (Chronic) Pain Painful conditions make it difficult to relax and get comfortable. Gastrointestinal conditions also cause problems with sleep. It is common for the symptoms of gastroesophageal reflux, such as heartburn, to be worse when lying down, thus keeping a person awake. People with trouble controlling their urine (incontinence), as well as other urinary tract problems, often have their sleep disrupted. They may wake to find they have lost bladder control or they may wake a lot with the need to urinate. Breathing Problems Shortness of breath, chest congestion, and coughing occur with conditions like asthma, chronic obstructive pulmonary disease (COPD), and heart failure. Lying down to sleep makes it more difficult to breathe and often worsens coughing. Many people with these conditions have insomnia. Psychological Disorders Trouble sleeping is a symptom of depression, anxiety disorder, and substance abuse. A person with any of these conditions will often have insomnia. When the disorders are treated, sleeping often improves. Anxiety and Stress Both anxiety and stress are huge factors in trouble sleeping. They make it challenging to fall and stay asleep. Cause: Medicines Many medicines, both prescription and over-the-counter (OTC), have side effects or ingredients that may increase sleep problems. How Goodpath Can HelpInsomnia is a wide-spread problem with many different causes It affects a person's physical and mental health and their ability to function well in daily activities. Please take our assessment about your insomnia. We will provide you with a personalized care plan based on your responses. Take this step today to feel better every day.

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