

INSOMNIA MANAGEMENT

Lying awake, late at night, reliving the negative events of the day and dreading the morning but wishing the night was over is one of the more difficult and yet fairly common experiences of life. This is the experience of insomnia. Insomnia is the feeling of inadequate or poor-quality sleep, usually due to trouble falling asleep, or a tendency to wake up too early. Many believe that insomnia is a sleep disorder, but it is not. It is a symptom, as insomniacs typically complain of being unable to close their eyes or rest their mind for more than a few minutes at a time.

TYPES OF INSOMNIA

There are three types of insomnia:

1. Transient-(It is lasting from one night to a few weeks)
2. Acute [short- term]-(It is lasting from three weeks to six months)
3. Chronic-(It happens almost every night for at least one month)

COMMON CAUSES OF INSOMNIA MANAGEMENT

Common causes of insomnia include stress, anxiety, depression, pain, and stimulants such as caffeine and nicotine. Poor sleep habits and irregular sleep schedules can also contribute. Sometimes, the fear of not sleeping and trying too hard to sleep is enough to create a vicious cycle that keeps someone awake. It also causes daytime fatigue, impaired attention and concentration, reduced enjoyment of relationships, increased risk of depression, decreased productivity, unneeded suffering and significant use of costly health-care services.

SYMPTOMS OF INSOMNIA

Symptoms of insomnia can include:

1. Difficulty falling asleep.
2. Waking up periodically during the night.
3. Feeling tired and irritable during the day.
4. Having trouble concentrating.

PREVENTION OF INSOMNIA

Prevention of insomnia can include:

1. Sleep in loose, comfortable clothes in a comfortable bed.
2. Avoid heavy meals before bedtime.
3. Exercise daily.

4. Maintain a comfortable temperature in your bedroom.
5. Cut down on beverages containing caffeine during the day, since the stimulating effects of caffeine can last for many hours.

TREATMENT OF INSOMNIA

Changes in your bedtime surroundings and habits that can promote sleep are usually the most important ways to manage insomnia.

1. Behavioral treatment-It helps you change poor sleep habits and regulate the sleep schedule (i.e. what to do when you can't sleep, when to go to bed and when to get up).
 - a. Relaxation therapy-(Special techniques to quiet the mind and relax the muscles).
 - b. Sleep restriction-(A program that permits only a few hours of sleep per night, then gradually increases the nightly sleeping time).
 - c. Reconditioning-(A program that teaches the patient to associate the bed only with sleeping by having the patient go to bed only when sleepy and avoid daytime naps).
2. Cognitive therapy-It helps you to control the excessive preoccupation and worry concerning sleep.

10 WAYS TO CURE INSOMNIA

10 ways to cure insomnia are:

1. Limit food, liquids and caffeine
2. Learn whether you are a morning lark or night owl
3. Check your medications
4. Exercise regularly
5. Read, meditate, pray, or listen to relaxing music
6. Keep a journal or pad of paper
7. Stay positive
8. Check your sleeping partner
9. Deal with disturbances
10. Go to bed and get up at the same time each day

For any further queries, please feel free to mail in to

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