

Insomnia

Insomnia is defined as not getting enough sleep or not feeling rested after sleep and is associated with daytime impairments such as diminished quality of life, fatigue, restlessness, irritability, anxiety, or tiredness. People who have insomnia often experience physical and emotional problems, an increased occurrence of accidents and comorbid psychiatric disorders, a loss of work productivity due to absenteeism, and difficulty performing work duties (Krystal et al., 2013).

Emotional disorders that can cause insomnia include depression, anxiety, and posttraumatic stress disorder.

For insomniacs, anything can keep them up at night, a snoring partner, physical pain, emotional distress, or traveling and suffering from jet lag. Eventually exhaustion catches up and throws off the biological clock, causing havoc on the circadian rhythm. When an individual experiences severe sleep deprivation over long periods of time signs and symptoms of respiratory disorders, gastric intestinal problems and even heart disease can begin to develop.

Additionally, when one part of the body experience pain, injury or there's emotional response, all body systems are affected. All forms of systematic responses trigger chain reactions in the body causing the body mind and body to be in disharmony and eventually breaking down on a physiologically level. In the article "*Comorbid Insomnia: Current Directions and Future Challenges*" reveals people with the following medical problems reported significantly more chronic insomnia than those without insomnia: breathing problems (59.6% vs 21.4%), gastrointestinal problems (55.4% vs 20.0%), chronic pain (48.6% vs 17.2%), high blood pressure (44.0% vs 19.3%), and urinary problems (41.5% vs 23.3%) (Roth, 2017).

There are ways to break the cycles of sleeplessness. Managing levels of stress that leads to hyper arousal and good sleep practice can help rebuild relationship with bedtime and curve insomnia symptoms. Make sure your bedroom is dark and comfortably cool to minimize threats of hyperarousal. Use the bed only for sleeping. If you're restless leave the room and tired yourself out with relaxing activities like still or slow-moving meditation (qigong), reading or journaling, listening to classical music. Regulate your metabolism by setting consistent resting and waking times to help orient biological clock. Circadian rhythm is also sensitive to light so avoid phones, TVs and computers at night.

Some doctors prescribe medication to aid in sleep. But there aren't always reliable, can be highly addictive and typically lead to withdrawals and worsen symptoms. Our sleeping and waking cycle is delicate and vital to our physical and mental well-being. For the reason mentioned its worth putting in the time and efforts to sustain a stable bed time routine and develop healthy habits around sleep.