

Wrestling Against Insomnia; The Basic Information You Need Before Saying Sleep Tight to Yourselves

Tell me that your days are tiring and your only wish is to recharge your energy by having a good night sleep. But, sometimes sleeping is fancy. Insomnia, one of the most common sleeping complaint that makes counting flock of sleep a useless routine.

What is insomnia actually? Insomnia can be defined as a sleep disturbance that mainly about the inability to fall asleep. Not only does it affect your sleep cycle, but it can also affect many other aspects including your relationships and working performances.

Insomnia Symptoms

It is reported that there is at least 60% of the American adults suffer insomnia. With different level of severity, the stats indicate groups of people that suffer two different types of insomnia, namely the short-term insomnia and chronic insomnia. Both types are distinctly recognized based on the frequency of the symptoms to strike in the given time.

So, what are the **insomnia symptoms**? According to helpguide.org, insomnia symptoms involve one or more of these following indicators.

- Difficulty or inability to fall asleep despite the tiredness
- Difficulty or inability to stay asleep at night
- Waking up too early in the morning
- The unrefreshed feeling with drowsiness, fatigue, and difficulties to concentrate in the daytime
- Using drugs or alcohol In order to fall asleep

Insomnia causes

There are bunch of reasons that keeps Sleeping Beauty from staying asleep during the night. One of the most common causes of insomnia is due to the emotional distress. Stress, worry, and trauma are likely be the culprits. Some medical illnesses such as asthma, Parkinson's disease, kidney disease, and cancer are also linked to **insomnia causes**. The current medication you take might also affect your sleep cycle. Antidepressant, high blood pressure medications, some contraceptives, and stimulants for ADHs are included in the list. Besides, it might be an indication of another sleep disorder such as sleep apnea or restless legs syndrome. Or, it is simply because your Netflix chilling routine and a cup of coffee that you take.

Insomnia Cures and Treatments

Both your emotions and health contribute in your sleeplessness. In order to fix that, such changing routines must be initiated in order to get a greater health as well as better state of mind.

One part of the **insomnia cure** should involve your concern about the sleeping qualities. In order to get a better sleep, you need to pay attention to your bedtime routine. Caffeine, alcohol, nicotine, even late meals should be cut off from your bedtime routines. Make sure that you are focus on sleeping itself. Stay away from your phone or any other devises in order to soothe your mind. Get even more relaxed by placing some aromatic candle or essential oil that can calm and untangle your mind.

Priorities your night sleep before naps. Try to adjust the cycle and eliminate overwork your night. Try to exploit your daytime and let your brain and body rest at night.

Another **insomnia treatment** should involve your sweat pants on. Try to fix both your emotional and health by having a better, well-scheduled workouts habits. Pay attention to the time before you rock the gym; a morning run is preferable compared to evening workouts. Consider taking yoga class will be a great idea too. You can get your sweat on while practicing meditation for your inner wellness.