

# Insomnia

When you think of insomnia you're thinking of someone who can't sleep for a reasonable amount of time. A typical complaint from an insomniac is not being able to close their eyes or rest their mind for over a few minutes at a time. There are many reasons for this ranging from anxiety to bipolar disorder. Yet sometimes there's no real causes and can just happen for any given reason, but too much activity and physical pain can be causes for someone not to be sleeping at night.

Finding the underlying causes is key to finding a cure for this problem. It's also been found that not eating has contributed to someone not sleeping. There are 3 types of insomnia and they are transient insomnia which lasts anywhere from a single night to several weeks, acute insomnia is the inability to sleep well for a single period of 3 weeks to up to 6 months, and chronic is deemed the most serious where it's happening nightly for at least a month or longer.

There are options to treat insomnia the most common is medicinal since there's commercials on for Ambien, Ambien CR (Controlled Release) , Rozerem, and Lunesta prescribed for people dealing with sleeping disorders.

It seems in this day and age that sleeping disorders are becoming more common and prevalent because with the new line of sleeping pills coming out explains clearly shows that there is an increase of sleeping disorders of many variations. Some of the medications out there that's used in treatment of insomnia have proven that it was effective in helping insomniacs wake and sleep at the right time, but it lacks the data information to prove the theory as truth and factual. Lunesta and Ambien are noted to having a high psychological dependence than the older brands of sleeping pills and now cognitive behavior therapy is one of the many options widely

used in someone dealing with insomnia and using the medication Rozerem because of the like hood of getting hooked to the drug is reduced and is widely prescribed for people who have a history of overusing their medications.

Some insomniacs have used herbs like chamomile when drunk in tea and lavender for aromatherapy as a means to relax. Insomnia can also result in a deficiency of magnesium and getting the right amount has proven to improve the quality of a person's sleeping patterns.

Pomegranates are also good for insomniacs since there's a nutrient in the fruit key for everything from immunity to cardiovascular health and are good for improving sleep. Insomniacs are also advised to eliminate a lot of the stress and tension in their lives because this is a triggering problem in the everyday life on an insomniac. Chinese medicine has also been introduced into helping those with sleeping disorders and other issues surrounding that. According to statistics taken from the U.S. Department of Health and Human Services it's estimated that 60 million Americans suffer from some type of insomnia and is noted to increase with age. 40% of women and 30% of men suffer from this.

Women tend to deal with this more because of increased level of responsibilities in their lives since more and more households in the United States are becoming single run homes and 75% of women are the heads of them which makes them the sole bread winners and taking on the role of mother and father which makes their lives increasingly difficult when they don't have a partner or spouse to give them the support they need.