

Muscle Pain and Sleeplessness

Fibromyalgia is a painful condition that affects the muscles and joints and is seen in only 3-6% of the general population in the world. It's generally seen more in females than males with a ratio percentage of 9.1 according to the College of Rheumatology and is commonly diagnosed in females between the ages of 20-50 though it's been noted that the onset happens in childhood. This is not a life-threatening disease though the degree of pain in the condition can vary day to day with periods of flare ups and remission. The disease is being argued and viewed as non-progressive, but that's a point that remains in limbo.

This is a problematic issue that can be a reason to keep someone up at night because the pain can be unbearable with the tingling and achiness in the muscles. This drives many who deal with this to endless and chronic deprivation of sleep. Those who suffer fibromyalgia also note issues with memory and other neurological issues, but the most frequent is the issues with sleeping that individuals go through when they deal with painful, annoying flare-ups.

Other issues that surround this problem, which can make sleeping very difficult, are irritable bowel syndrome with constipation, which affects mostly women and few men. Skin disorders like dermatological disorders, headaches, myofascial twitching, and symptomatic hypoglycemia. Stress, excessive physical exertion, lack of sleep, changes in temperature and barometric pressure. This condition can worsen when individuals don't sleep or getting the proper rest and not overdoing on things in their daily lives.

The American Medical Association had officially recognized fibromyalgia as a medical condition back in 1987 when the disorder was around since the 1800s. It's been said that flare ups are not identical to the ones that are found in people

with rheumatoid arthritis, but ibuprofen like Advil, Acenomenofen (Tylenol), and Neproxine (Aleve) which are anti-inflammatory and can bring some comfort to those with fibromyalgia flare ups. Massage has also been ideal in helping those who deal with fibromyalgia to find comfort when they have flare ups. Massage helps to transfer fluids from the muscles and joints and increases circulation to the affected areas to bring some temporary relief for inflammation and flare ups.

Which can actually help improve sleep for someone in pain, but it's best to get a massage when you're not on any medication due to the high risk of side effects that can be triggered from massaging tissue and muscles.

Fibromyalgia is a manageable problem if you follow your doctor's instructions and take your medication as directed and getting the right amount of sleep and getting plenty of exercise and eating a nutritious diet consisting of fresh fruits and vegetables and drinking plenty of water and limiting things in the diet that can also aggravate flare ups. When you take care of yourself properly you can actually improve the quality of sleep as well as decreasing the debilitating pain.

That can keep someone up all night long instead of allowing them to sleep and getting in a decent amount of time for rest and feeling stress free and more relaxed, so that they can face the day with no painful flare ups and discomfort that can be annoying.