

How About A Good Nights Sleep

Having trouble with your sleep is called Insomnia. Sleeping problems occur in a large percentage of the population affecting all ages. Insomnia is a difficulty getting to sleep, staying asleep, or getting back to sleep that lasts for at least 1 month. As a result, it can cause a significant distress or impairment in social, occupational, or other important areas of your life. Insomnia is divided into two types called primary and secondary. Primary Insomnia is not related to any other medical problem. Secondary Insomnia is related to another medical problem that you have for example Gastro Esophageal Reflux Disease, Parkinson's Disease, Pain, Depression, Anxiety, Shift Work, Jet Lag, Sleep Apnea, and Restless Leg Syndrome. There have been many medications that we take for a variety of medical problems that have been associated with sleep disturbances as well. Often as these conditions are treated or the offending medication is withdrawn, your sleep could improve quickly. Most cases of insomnia only last for several days and will go away without any changes or treatment. Insomnia that lasts for several days to several weeks is called Recurrent-Intermittent and cases lasting longer are called Chronic. The later two will often create frustration and a change in your life.

Numerous things that someone can do to help improve their sleep are called sleep hygiene practices. For a better nights sleep try the following tips: Maintain a regular bedtime and wake-time schedule, including weekends; Establish a regular, relaxing bedtime routine for example soak in a hot tub, read a book, or listen to soothing music; Create a sleep-conducive environment that is dark, quiet, comfortable, and cool; Sleep on a comfortable mattress and pillows; Finish eating at least 2-3 hours before your regular bedtime; Exercise regularly, but complete your workout at least 3 hours before bedtime; Avoid caffeine foods like coffee, tea, soft drinks, and chocolate close to bedtime; Avoid nicotine close to bedtime (OR BETTER YET, QUIT); and avoid alcohol close to bedtime.

If the above tips do not help with your sleep, then you might want to discuss this with your doctor. A good history and examination might give clues to the underlying cause of your problem. If all else fails, than a trial of medication could be prescribed.

I hope you all have a good night sleep tonight!