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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Insomnia – The Inability To Sleep

By Heather Colman

Insomnia is characterized by an inability to sleep and/or to remain asleep for a reasonable period.

One who suffers from insomnia will typically complain of being unable to close their eyes or "rest their mind" for more than a few minutes at a time.

Insomnia is a symptom, though a common misconception is that it is itself a sleep disorder. Insomnia is most often caused by sleep disorders, but other causes include fear, stress, anxiety, medications, herbs and caffeine. An overactive mind or physical pain may also be a cause. Finding the underlying cause of insomnia is usually necessary to cure it.

Treatment for Insomnia

Many insomniacs rely on sleeping tablets and other sedatives to try to get some rest. Others use herbs such as valerian, chamomile, lavender, hops, and/or passion-flower. The psychoactive plant cannabis sativa commonly known as marijuana has also been reputed to induce drowsiness in its user, however, use of cannabis sativa for treatment of insomnia is unlawful in most jurisdictions.

Some traditional remedies for insomnia have included drinking warm milk before bedtime, taking a warm bath in the evening; exercising vigorously for half an hour in the afternoon, eating a large lunch and then having only a light evening meal at least three hours before bed, avoiding mentally stimulating activities in the evening hours, and making sure to get up early in the morning and to retire to bed at a reasonable hour.

Traditional Chinese medicine has included treatment for insomnia throughout its history. A typical approach may utilize acupuncture, dietary and lifestyle analysis, herbology and other techniques, with the goal to resolve the problem at a subtle level.

Although these methods have not been scientifically proven, some insomniacs report these remedies are sufficient to break the insomnia cycle without the need for sedatives and sleeping tablets[citation needed]. Warm milk contains high levels of tryptophan, a natural sedative. Using aromatherapy, including lavender oil and other relaxing essential oils, may also help induce a state of restfulness.

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The most commonly used class of hypnotics prescribed for insomnia are the benzodiazepines. This includes drugs such as temazepam, diazepam, lorazepam, nitrazepam and midazolam. These medications can be addictive, especially after taking them over long periods of time.

Some antidepressants such as mirtazapine, trazodone and doxepin have a sedative effect, and are prescribed off label to treat insomnia.

Low doses of Atypical antipsychotics such as Seroquel are also sometimes prescribed for their sedative effect.

The more relaxed a person is, the greater the likelihood of getting a good night's sleep. Relaxation techniques such as meditation have been proven to help sleep. They take stress from the mind and body which leads to a deeper more restful sleep.

Disclaimer The information presented here should not be interpreted as medical advice. If you or someone you know suffers from insomnia, please seek professional medical advice for the latest treatment options.

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Insomnia Treatment - Start To Sleep Well Again

By George Royal

For people who are suffering from insomnia, there is nothing so important as finding a good insomnia treatment. After all, the persistent inability to sleep, the constant fatigue, and the frustration of failing to get any rest night after night takes its toll. Fortunately, there are plenty of options available for people who suffer from insomnia, and an effective insomnia treatment can be found by those who need one.

The first thing to do when looking for an insomnia treatment is to look at insomnia prevention. Eliminating caffeine in the evening hours, exercising in the early evening, avoiding television and the internet near bed time, and getting to bed early are all excellent ways to prevent insomnia before it starts. And prevention is the best way to start treatment.

Probably the best-known insomnia treatment is the classic glass of warm milk. For as long as anyone can remember, when somebody has trouble falling asleep, someone has recommended a nice glass of warm milk. The reasons for its effectiveness are still not entirely understood, but warm milk does help people fall asleep. Though it will not necessarily help someone who is suffering from chronic insomnia, it will help people who just need a little something that will help them relax enough to get to sleep.

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When the insomnia is a little more stubborn, stronger methods may be necessary. There are several herbal insomnia treatments available and they can be very effective assistants when someone is having trouble falling asleep. The most common herbal treatments include ingredients such as lavender, chamomile, or valerian and they can be very effective when sleep will not come otherwise.

Another option for people who need help falling asleep is melatonin, a naturally-occurring hormone. This hormone is vital in regulating human sleep cycles and, when taken in pill form, it can help people get their insomnia under control and fall asleep when they need to fall asleep. And because it is a naturally occurring hormone in mammals, it is not as hazardous as some of the stronger insomnia treatments.

Unfortunately, some people do not respond to any of these methods and need a stronger insomnia treatment. Which means, of course, sleeping pills. Admittedly, sleeping pills are very effective. However, they also carry a risk of dependency and even addiction and should, therefore, be used sparingly. But, for people who are suffering from extreme, chronic insomnia, there is sometimes no other choice and sleeping pills are needed to finally get a good night's sleep. While it is not a method that should be taken lightly, serious insomnia sometimes require serious measures and sleeping pills are an extremely effective insomnia treatment.

Insomnia treatment is vital for people who want to start getting a good night's sleep again. And there are several treatment options available for people who are suffering from an inability to sleep, ranging from simple methods of prevention to the use of sleeping pills. But the best method is one created by sitting down with a doctor and putting together an insomnia treatment plan that tailor made for the person who is struggling with sleep.

<http://sleephq.com/>

Sleep HQ: your guide to sleep apnea and getting a good night's sleep.



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