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Is Insomnia A Real Disease Or Just A Habitual Mental Disease?

By Jason Rickard

Many psychologists claim that insomnia is a mental disease developed by strong thinking patterns

which trick the victims mind into believing that sleep is hard to achieve. Some others believe that insomnia is a real disease where a person cannot achieve a state of sleep due to many reasons, including and not limited to, too much caffeine consumption, anxiety and stress disorders, extreme excitement and or depression.

Psychologists who support the idea that insomnia is just a mental disease is due to the fact that over ninety percent of insomniacs can be put to deep sleep using hypnosis techniques by slowing down the brain activity. In some recorded cases of insomnia, it was noted that due to high brain activity a person was not able to sleep even when drugs used to induce sleep were used. Only when the brain activity was slowed down using hypnosis, were the insomniacs able to sleep. Another important fact used to argue that insomnia is merely a mental disorder is due to popular beliefs that caffeine and other such stimulating chemicals, increase brain activity.

It is believed that people become insomniacs through a simple process which becomes habitual leading to insomnia. To further explain this, when someone has increased brain activity, they cannot sleep. They soon begin fearing that they will not be able to go to sleep in time to get up for work in the morning. This fear turns a reality and in the morning they drink coffee and tea which contains high concentrations of caffeine to remain active during the day. The high concentrations of caffeine prevent the person from falling asleep. Night comes and this turns into a habitual process that goes on and on every night.

Some others claim that insomnia is a direct result of patients suffering from anxiety, depression and stress. These create restlessness during the night time, and victims are unable to sleep. So in order to treat insomnia, the patient must first be treated with his other illnesses that lead to insomnia.

What ever it may be insomnia can be cured, and it is not an illness that can have serious health defects, unless a person begins resorting to drugs to induce sleep, which takes insomnia to a whole new level. Nevertheless, you should check with an expert if you fear that you have developed this bad habit.

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Jason Rickard is the owner of Your Favourite Shop –

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Lyme Disease in Dogs

By Niall Kennedy

It is hard to get an early diagnosis of lyme disease in your own dog. The first sign of lyme disease in humans is a rash, well; animals do not develop this rash. Lyme disease is also not one of the first illnesses that the veterinarian looks for when you take your dog in for a visit. Many other common illnesses can produce some of the same symptoms, so it can be hard to detect.

Lyme disease does affect each dog different as it does with humans. Many dogs that are affected with lyme disease seem to be in pain and many stop eating. They may even run very high fevers. Lyme disease affects the entire body and some dogs may become lame and then even if untreated the lameness can disappear but can reappear later on. Your dog may not even show any signs of an illness for a long period of time and in fact have lyme disease, and then the symptoms can show up a year later.

Diagnosis of lyme disease can be done with a blood test. But, if your dog has had the illness for a long time even confirming that it is, in fact lyme disease can be hard to prove. In many cases, the antibodies that are present when a dog has lyme disease may have already disappeared or have not been created yet.

So, of course, the best way to go to ensure that your dog does not contract lyme disease is in the prevention. Always groom your dog after they have been outdoors in and around where ticks live, high grass, thick brush, or even in the woods.

Niall Kennedy

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