

Insomnia Kawartha Lakes

Insomnia Kawartha Lakes - The definition of insomnia is the report of a person's problems in sleeping. Sufferers of insomnia will normally answer "yes" to these next questions, "Do you have trouble staying or falling asleep?" and "Do you experience difficulty sleeping?" The term of insomnia is usually used in sleep literature to be able to describe a disorder which is evidenced by interrupted sleep.

Insomnia is normally thought to be a sign and a symptom which can accompany some medical, sleep and psychiatric disorders. It is usually characterized by poor quality of sleep or persistent problem falling asleep or staying asleep. Usually, due to insufficient rest, insomnia is usually followed by functional impairment while awake. One definition of insomnia is "difficulties maintaining or initiating sleep." Non-restorative sleep is another factor and is connected with marked distress and poor sleeping for a month and impairments in daytime functioning.

There are three main categories that Insomnia could be grouped, comprising: primary and secondary or co-morbid insomnia. Primary insomnia refers to a sleep disorder which is not caused by whichever medical, environmental or psychiatric cause. A comprehensive diagnosis is needed so as to differentiate between: free-standing primary insomnia, insomnia as secondary to a different condition, and primary insomnia co-morbid with one or more conditions.

Transient insomnia is defined as lasting less than one week. This may be a result of severe depression, changes in sleep environment, timing of sleep, stress or by a different sickness. The main effects of transient insomnia are sleepiness and impaired psychomotor performance, like those of sleep deprivation.

Acute insomnia is the inability to consistently sleep for a time period of less than a month, while chronic insomnia generally lasts for more than a month. Chronic insomnia can be a primary condition or it can be a result of another disorder. The circumstances can differ according to its causes and can include hallucinations, muscular exhaustion and mental fatigue. Some people who suffer from this disorder describe stuff as practically happening in slow motion, as though things seem to blend together and causing double vision.

Patterns of Insomnia

Nocturnal awakenings are defined as problem returning to sleep after waking in the middle of the night or waking too early in the morning. There is even terminal insomnia, which can be a characteristic of clinical depression and middle-of-the-night insomnia that can be an indication of illness or pain disorders.