

Insomnia Timmins

Insomnia Timmins - The definition of insomnia is the report of an individual's problems in sleeping. Sufferers of insomnia will usually respond "yes" to these subsequent questions, "Do you have difficulty falling or staying asleep?" and "Do you experience trouble sleeping?" The term of insomnia is usually used in sleep literature so as to describe a disorder which is evidenced by disrupted sleep.

Insomnia has normally been seen as a symptom or sign which accompany several psychiatric, medical and sleep disorders. The condition of insomnia is characterized by a recurring inability to fall asleep or to stay asleep or by poor quality of sleep. Usually, because of not enough rest, insomnia is normally followed by functional impairment whilst awake. One definition of insomnia is "difficulties maintaining or initiating sleep." Non-restorative sleep is another factor and is linked with marked distress and poor sleeping for a month and impairments in daytime functioning.

There are three main categories which Insomnia can be grouped, including: primary and secondary or co-morbid insomnia. Primary insomnia refers to a sleep disorder which is not resulting from whichever medical, environmental or psychiatric cause. A comprehensive diagnosis is required in order to differentiate between: insomnia as secondary to a different condition, primary insomnia co-morbid with one or more conditions and free-standing primary insomnia.

Transient insomnia is defined as lasting less than one week. This may be caused by changes in sleep environment, severe depression, stress, and timing of sleep or by another illness. The main consequences of transient insomnia are impaired psychomotor performance and sleepiness, similar to those of sleep deprivation.

Acute insomnia is the inability to consistently sleep for a time period of less than a month, whereas chronic insomnia generally lasts for longer than one month. Chronic insomnia can be a primary condition or it could be a result of another illness. The circumstances can differ based on its causes and can consist of hallucinations, muscular fatigue and mental exhaustion. Several people who suffer from this disorder describe stuff as almost occurring in slow motion, as though things seem to blend together and causing double vision.

Patterns of Insomnia

Nocturnal awakenings are defined as difficulty going back to sleep after waking in the middle of the night or waking too early in the morning. There is also terminal insomnia, that can be a characteristic of clinical depression and middle-of-the-night insomnia that can be an indication of pain disorders or sickness.