

Insomnia Abbotsford

Insomnia Abbotsford - Insomnia is defined as a person's report of trouble sleeping. Individuals who suffer can usually respond 'yes' to the subsequent questions, "Do you have difficulty staying or falling asleep?" and "Do you experience problems sleeping?" The term of insomnia is often used in sleep literature so as to describe a disorder which is evidenced by disturbed sleep.

Insomnia has usually been seen as a sign or symptom that accompany several medical, sleep and psychiatric disorders. The condition of insomnia is characterized by a persistent inability to stay asleep or to fall asleep or by poor quality of sleep. Usually, because of inadequate rest, insomnia is normally followed by functional impairment whilst awake. One definition of insomnia is "difficulties initiating or maintaining sleep." Non-restorative sleep is one more factor and is linked with marked distress and poor sleeping for one month and impairments in daytime functioning.

Insomnia could be grouped into various categories consisting of: primary and secondary or co-morbid insomnia. Primary insomnia is a sleep sickness which is not attributed to an environmental, psychiatric or medical cause. A comprehensive diagnosis is considered necessary so as to distinguish between: free-standing primary insomnia, insomnia as secondary to another condition, and primary insomnia co-morbid with one or more conditions.

A form of insomnia that defines the sleep disturbance lasting less than a week is called transient insomnia. The reasons can be changes occurring in the sleep environment, timing of sleep, severe depression, stress or by another disorder. 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, whilst chronic insomnia usually lasts for longer than a month. Chronic insomnia can be a primary condition or it could be caused by another disorder. The effects can differ according to its reasons and can consist of muscular fatigue, mental fatigue and hallucinations. Various individuals who suffer from this disorder describe stuff as practically taking place 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 even terminal insomnia, that can be a characteristic of clinical depression and middle-of-the-night insomnia that can be an indication of sickness or pain disorders.