

Insomnia: Form of Sleep Disorder

Lee X*

Department of Psychology, Hangzhou University of China, China.

INSOMNIAC DISORDER

Insomniac disorder is one of the most common complaints in general practise, affecting a significant percentage of the population on a situational, intermittent, or persistent basis. Dissatisfaction with sleep period or consistency, as well as difficulty initiating or sustaining sleep, are common symptoms, as are significant depression and impairments in daytime functioning [1]. It poses a serious threat to public health. It's a common disorder that causes significant deterioration of activity and quality of life, as well as mental and physical morbidity and injuries. As a result, it's important to have adequate care in clinical practise. Adults in the range of 30% to 50% are affected [2,3].

What does it entail to have an "Insomniac" Personality?

Insomniacs had a hard time falling asleep and remaining asleep. They may have a habit of waking up too early. Adults need at least 7 hours to 9 hours of sleep every 24 hour cycle, based on their age, according to the Centers for Disease Control and Prevention (CDC).

What are the signs and symptoms of insomnia?

- Having trouble falling asleep at night
- Sleep disturbances
- Waking up early
- Issues with attention, concentrating, and memory
- Issues with teamwork
- Consistent headaches
- Reflux of acid
- Excessive anxiety
- Depression and anxiety are more likely to occur
- Fatigue and a lack of stamina are some of the signs and symptoms.
- Decreased productivity at work
- Inability to concentrate
- Feeling tired or sleepy throughout the day [4]

Types of insomnia

- **Acute insomnia:** Acute insomnia lasts up to a month and is also known as adjustment insomnia. Occurs as a result of acute situational stress, such as starting a new career, meeting a deadline, or studying for exams. It usually goes away when the stressor is no longer present or when the person adapts to it [5]
- **Transient insomnia:** Transient insomnia is described as insomnia that lasts less than a week and is caused by another illness, a change in the sleep environment, stress, or depression
- **Chronic insomnia:** Insomnia is typically a temporary or short-term problem. It lasts for more than a month. Insomnia can become chronic in some cases. Linked to long-term medical and psychological issues. Usually occurs in patients that have a history of insomnia

Other types

- **Adjustment Insomnia (Acute Insomnia):** May be caused by the atmosphere or stress, new surroundings and unfamiliarity excessive noise or light, temperature extremes, a squeaky mattress or bed, a new career or a new school. Relocating to a new venue exams or deadlines at work, deaths of close relatives or acquaintances, problems in a relationship etc.
- **Psychophysiological insomnia (primary insomnia):** It begins due to a prolonged period of stress, anxiety and bad sleep habits
- **Paradoxical insomnia (people who mistakenly perceive their sleep as wakefulness):** It happens due to depression and other psychological conditions
- **Insomnia due to a medical condition:** It Occurs due to reactions to the sinuses and nasal blockage, indigestion, thyroid problems. Long-term discomfort, Parkinson's disease, neurological disorders and obstructive sleep apnea obstructive sleep apnea o obstructive sleep

Insomnia due to mental disorders

- **Insomnia due to medication:** Occurs by use of antihypertensive drugs (blood pressure medication), anti-respiratory drugs (albuterol, theophylline), antihistamines are a form of antihistamine that is used to treat allergies, hormonal therapy, antiepileptic medications (seizure medication), central

Correspondence to: Lee Xan, Department of Psychology, Hangzhou University of China, China, E-mail: xanlee086@gmail.com

Received: February 12, 2021; **Accepted:** February 20, 2021; **Published:** March 15, 2021

Citation: Lee Xan (2021) Insomnia: Form of Sleep Disorder. 10:169.

Copyright: ©2021 Lee X, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

nervous system stimulant drug, insomnia caused by substance or drug misuse, caffeine, smoking, marijuana, and hard drugs in abundance

Behavioral problems of childhood

- **Age-the satisfaction of sleep declines with age:** Those at higher risk for insomnia include: Older adults are at a greater risk for insomnia, females (especially during menopause), people who suffer from a long-term physical or mental condition, individuals who are taking such drugs, those who work shifts that alternate between night and day [7]

What is the best way to deal with insomnia?

CBT (Cognitive Behavioral Therapy) is a form of psychotherapy in which multiple treatments, both with and without medication, can be mixed. There are some of them

- Focus on sleep hygiene
- Cognitive behavioral therapy
- Relaxation techniques
- Stimulus-response therapy
- Sleep-restriction therapy is a form of sleep deprivation therapy

CONCLUSION

Insomnia is a common issue that the nursing profession can and should address. It's a concern that's linked to a variety of other medical conditions. It has the ability to worsen other health problems if not treated. In the treatment of insomnia, the nurse's job includes assessing the disorder, discovering potential causes of insomnia, assisting the patient in making lifestyle changes to treat insomnia, and finally, assisting the patient in working with their doctor to use any drugs prescribed for insomnia management.

REFERENCES

1. Pridham KF, Chang AS. Insomnia and its impact on physical and mental health. *J Clin Sleep Med.*1989;12: 323-389.
2. Lundh LG, Broman JE, Hetta J. Parenting infants. Personality traits in patients with persistent insomnia. *Psychology.* 1995;18: 393-403.
3. Roth T. Insomnia: Definition, Prevalence, Etiology, and Consequences. *J Clin Sleep Med.* 2002;15.
4. Bradley RH. E. Insomnia. *WebMed.*2020; 2nd ed., pp. 281-314.
5. Rohini R. Positive What Are the Five Types of Insomnia? *Psychology.* 2018.
6. Krystal AD, Prather AA, Ashbrook LH. The assessment and management of insomnia: an update. *Res Nurs Health.*2019;12: 323-389.