

## **Insomnia**

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Most people experience problems with sleep in their life. In fact, it's thought that a third of Brits will have episodes of insomnia at some point. The causes can include physical conditions, psychological conditions (such as depression or anxiety) or a combination of both.

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## **Insomnia - NHS**

Insomnia is a sleep disorder where people have extreme difficulty in getting to sleep or staying asleep for long enough to feel refreshed the next morning. It's a common problem thought to affect around one in every three people in the UK and needs more specialised treatment.

## **Insomnia - The Sleep Council**

Insomnia, also known as sleeplessness, is a sleep disorder in which people have trouble sleeping. They may have difficulty falling asleep, or staying asleep as long as desired. Insomnia is typically followed by

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daytime sleepiness, low energy, irritability, and a depressed mood.

## **Insomnia - Wikipedia**

Insomnia is a type of sleep disorder. Individuals with insomnia find it difficult to fall asleep, stay asleep, or both. People with insomnia often don't feel refreshed when they wake up from...

## **Insomnia: Causes, Symptoms, Types, and More**

Insomnia is when you find it difficult getting to sleep or staying asleep for long enough to feel refreshed the next morning. It can affect your quality of life if you

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feel tired and find it hard to concentrate during the day.

## **Insomnia | Health**

### **Information | Bupa UK**

Insomnia is difficulty getting to sleep or staying asleep for long enough to feel refreshed the next morning. It's a common problem thought to regularly affect around one in every three people in the UK, and is particularly common in elderly people. If you have insomnia, you may: find it difficult to fall asleep

## **Insomnia causes & treatments - Illnesses & conditions ...**

Insomnia is difficulty in

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getting to sleep, difficulty maintaining sleep, early wakening, or non-restorative sleep which occurs despite adequate opportunity for sleep and results in impaired daytime functioning. Daytime symptoms typically include poor concentration, mood disturbance, and fatigue.

## **Insomnia | Topics A to Z | CKS | NICE**

Insomnia is a sleep disorder that affects as many as 35% of adults. It is marked by problems getting to sleep, staying asleep through the night, and sleeping as long as you would like into the morning.



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## **What Causes Insomnia? | Sleep Foundation**

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Insomnia is a sleep disorder that regularly affects millions of people worldwide. Someone with insomnia finds it difficult to fall asleep or stay asleep. According to the Centers for Disease...

## **Insomnia: Causes, symptoms, and treatments**

Insomnia is a sleep disorder in which you have trouble falling and/or staying asleep. The condition can be short-term (acute) or can last a long time (chronic). It may also come and go. Acute...

## **Insomnia: Definition, Symptoms, Causes, Diagnosis,**

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**and ...**

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life.

## **Insomnia - Symptoms and causes - Mayo Clinic**

Insomnia is the inability to fall asleep or stay asleep at night, resulting in unrefreshing or non-restorative sleep. And it's a very common problem, one

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that takes a toll on your energy, mood, and ability to function during the day. Chronic insomnia can even contribute to serious health problems.

## **Insomnia - HelpGuide.org**

Insomnia is a common symptom of depression. Stress and anxiety can also contribute to insomnia, which in turn may exacerbate stressful and anxious feelings. Mental health disorders like bipolar disorder can cause insomnia, as well. Excessive worrying about sleeplessness is known to cause insomnia.

## **Insomnia - Symptoms, Types, Causes, and More | Sleep ...**

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Scenario: Managing short-term insomnia (less than 3 months): covers the management of people with short-term insomnia in primary care. Scenario: Managing long-term insomnia (3 months or more): covers the management of people with long-term insomnia in primary care.

## **Management | Insomnia | CKS | NICE**

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## **The Best Coffee and Tea - Insomnia Coffee Company**

Insomnia is a common sleep disorder. With insomnia, you may have trouble falling asleep, staying asleep, or getting good quality sleep. This happens even though you have the time and the right environment to sleep well. Insomnia interferes with your daily activities, and may make you feel unrested or sleepy during the day.

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New edition. Originally published: 1994.

"An insomniac's ideal sleep aid—and that's a compliment. With her collage of ruminations about sleeplessness, [Benjamin] promises no real cure . . . Her slim book is what the doctor ordered."—The Atlantic  
Insomnia is on the rise. Villainous and unforgiving, it's the enemy of energy and focus, the thief of our repose. But can insomnia be an ally, too, a validator of the present moment, of edginess and creativity? Marina Benjamin takes on her personal experience of the

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condition—her struggles with it, her insomniac highs, and her dawning awareness that states of sleeplessness grant us valuable insights into the workings of our unconscious minds. Although insomnia is rarely entirely welcome, Benjamin treats it less as an affliction than as an encounter that she engages with and plumbs. She adds new dimensions to both our understanding of sleep (and going without it) and of night, and how we perceive darkness. Along the way, *Insomnia* trips through illuminating material from literature, art, philosophy, psychology, pop culture, and more. Benjamin pays



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particular attention to the relationship between women and sleep—Penelope up all night, unraveling her day's weaving for Odysseus; the Pre-Raphaelite artists' depictions of deeply sleeping women; and the worries that keep contemporary females awake. *Insomnia* is an intense, lyrical, witty, and humane exploration of a state we too often consider only superficially. "This is the song of insomnia, and I shall sing it," Marina Benjamin declares.

*Insomnia* is all too common in our modern culture, and can be devastating to your

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mental and physical health. Packed with research-based strategies and practical tools, this fully customizable book will show anyone who suffers with insomnia how to get a good night's sleep—night after night—for a better life. Everyone struggles with sleep from time to time, but when sleepless nights and overtired days become the norm, your well-being is compromised, and frustration and worry increase—including concerns about what's stopping you from getting the sleep you need, and what can be done about it. So, how do you stop the cycle of relentless worries and

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restless nights? End the Insomnia Struggle offers a comprehensive, medication-free program that can be individually tailored for anyone who struggles with insomnia. Integrating the physiology of sleep, and proven-effective approaches from cognitive behavioral therapy for insomnia (CBT-I) and acceptance and commitment therapy (ACT), this book provides step-by-step guidance for developing your own treatment plan according to your particular challenges with insomnia. With this book, you'll have everything you need to overcome the relentless thoughts, ruminations, and

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stress of insomnia.

Utilizing these evidence-based strategies and easy-to-use tools, you'll finally get to sleep, stay asleep, and wake up rested and ready to face the world as your best self, day after day.

Insomnia and related sleep disorders concern 30-40% of the adult population and even up to 25% of children, affecting alertness and memory, causing emotional and physical fatigue, and putting the individual at increased risk for depression, cardiovascular disease, hypertension and other health hazards.

Acupuncture for Insomnia:

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Sleep and Dreams in Chinese Medicine presents a highly effective treatment for chronic and acute sleeplessness using therapeutic strategies from both, TCM as well as Classical Chinese Medicine. Special Features Provides full background on the physiology, causes, and treatment of sleep disorders, drawing key parallels between concepts of Western and Chinese Medicine Classifies all acupuncture points that affect sleep to help in choosing the most appropriate treatment for your patient Offers a detailed analysis of sleep

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in Chinese Medicine to give you a full understanding of the energetics of sleep and wakefulness Analyzes the significance of dreams in Chinese Medicine and how dreams can be skillfully integrated into a patients therapy Written from the unique perspective of a physician who is also trained in TCM and classical acupuncture, the book presents numerous case examples, and an up-to-date review of scientific studies on Chinese medicine and sleep. It is an essential reference for all acupuncture practitioners who provide optimal treatment to patients with

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insomnia, sleep disorders, and other sleep pathologies.

Identifies the three most common sleep problems--getting to sleep, staying asleep, and broken sleep--and offers an effective, drug-free approach to overcoming the problems of insomnia, discussing such issues as the causes of sleep disorders, out of control sleep patterns, light therapy, dreams, muscle relaxation, circadian rhythms, and stress reduction. Reprint. 20,000 first printing.

Poor sleep is a significant

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source of distress and is also a symptom of other problems, such as anxiety and depressive disorders. From leading experts in cognitive-behavioral therapy for insomnia (CBT-I), this state-of-the-art book provides a framework for tailoring treatment for clients with an array of sleep difficulties. Clinicians are guided to make important decisions about what treatment components to use and how to optimize their effectiveness. Two chapter-length clinical examples vividly illustrate case conceptualization, treatment planning, and session-by-



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session implementation. In a convenient large-size format, the book includes reproducible forms and handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.

This is a practitioner's guidebook presenting steps to assessing and treating a problem that borders on health and psychology. It is an invaluable resource for psychologists, nurses, physicians, and allied health professionals and all those who deal with sufferers of chronic sleep problems.

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A doctor who has helped thousands of patients afflicted with sleep disorders introduces his six-step program that addresses such important topics as sleeping pill dependence, stress and anxiety, and lifestyle changes. 25,000 first printing. Tour.

"Chronic insomnia can devolve into desperation and without the right changes your body and mind can work against you. Thankfully, insomnia is a problem that can be solved and Dr. Peters is here to guide you to relief"--

It is estimated that one in

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ten U.S. adults suffers from chronic insomnia. If left untreated, chronic insomnia reduces quality of life and increases risk for psychiatric and medical disease, especially depression and anxiety. The Overcoming Insomnia treatment program uses evidence-based cognitive-behavioral therapy (CBT) methods to correct poor sleep habits. CBT has been proven in multiple studies to improve sleep by reducing time spent in bed before sleep onset, reducing time spent awake after first sleep onset, and increasing the quality and efficiency of sleep. This second

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edition has been thoroughly updated by the program developers, Jack D. Edinger and Colleen E. Carney. Patients use the Workbook in conjunction with the treatment they receive from their therapist. Patients will receive information about healthy sleep and the reasons for improving sleep habits, and the therapist will develop a program to address that patient's specific sleep problems. Use of a sleep diary, assessment forms, and other homework (all provided in the Workbook) allows patient and therapist to work together to develop an effective sleep regimen tailored

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specifically for each patient.

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