

Insomnia

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Abstract: According to the research conducted by the World Health Organization in 2001 in Dallas, Texas, insomnia victims are tremendously increasing in the locality due to different life stresses. Furthermore, the statistics reveal that 37% of individuals in the locality are jobless and homeless as result of an economic depression in the state. As a result, many people are undergoing hardships that have led to the disorder. Moller, Barbera, Kayumov, and Shapiro (2004) indicate that 80% of the victims are adults while 20% are children under the age of 12. Among the adult patients, 60% of them are males and 40% are females (Piotrowski, 2010). The researchers used questionnaires to extract information from the victims in different hospitals in Dallas. Similarly, they covered nearly 79% of the hospitals in the area in trying to get the correct figures of the patients suffering from the disease. According to the reported issues by the examiners, 80% of the victims pointed out stress as the major cause of the malady while 20% stated other reasons such as emotions, environmental factors such as light and noise, and interference with normal sleep schedule.

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Introduction

Insomnia is a sleeping disorder which gives a victim sleepless nights due to hallucinations. The disease may make an individual awake for a whole night. Many people associate the malady with ill thinking that often brings nightmares to a victim. Commonly, individuals with insomnia do not live a comfortable life for it may affect their thinking capacity due to lack of a proper sleep. Moreover, insomnia can affect the mood of the sufferer given that he or she may be temperamental leading to poor relationship with his or her friends, colleagues, and family members. Usually, a normal sleep for a person is seven to nine hours, but insomnia can drastically reduce it to even thirty minutes. In the U.S., many doctors such as Wheatley indicate that the victims of the disorder develop eye problems due to staying awake for long hours (2005). Additionally, others have been admitted to various hospitals due to mental problems, which are often brought by illusions. Insomnia has different causes, characteristics, and diagnosis that doctors and psychologists need to understand when dealing with a disorder.

Causes of Insomnia

Physicians such as Wheatley elaborate that there are two types of insomnia that affect human beings, they include primary and secondary insomnia (2005). Primary insomnia occurs

when a person is having sleeping difficulties that are not directly connected with other health conditions. Conversely, secondary insomnia affects an individual when he or she is having sleeping problems due to health conditions such as asthma, depression, cancer or heartburn. The research by WHO in Texas revealed that the primary cause of insomnia among people is stress (Garrett, Eaton, & Zeger, 2002). Due to trauma, people may accumulate many ill thoughts in their minds that may cause the disease. For instance, the study discloses that jobless people are the chief victims of the disorder since they cannot provide for their families. Equally, the research indicates that women are more likely to have insomnia than men due to hormonal changes during the menstrual cycle and menopause. Therefore, the two hormonal transitions can lead to sleepless nights in a person. For example, during perimenopause, a woman incurs abdominal pains that may affect her sleeping at night. Besides, during this period, many females experience hot flashes and night sweats that often disturb their sleeping at night. During pregnancy, hormonal, physical, and emotional changes can keep an individual awake for the whole night. Pregnant women, particularly during the third trimester, wake up frequently due to pain and discomfort at night.

Likewise, depression is another major reason of insomnia among people. Always, a depressed person cannot sleep at night due to disturbing thoughts that keep on haunting his or her mind. However, doctors such as Wheatley explain how a depressed individual may sometimes sleep too much due to a poor mindset (2005). Additionally, insomnia can be caused by withdrawal from alcohol and other addictives used by an individual. Thus, the removal symptoms may lead to hallucinations and nightmares that may distract an individual from sleeping. For that reason, when a patient has immediately abstained from drug abuse, he or she is supposed to seek medical intervention from professions to avoid being affected by insomnia.

Similarly, a pain from an injury can cause insomnia in a person. For example, an ache from a cut may cause sleepless nights leading to insomnia.

Symptoms of Insomnia

The disorder has varied symptoms. For instance, the victim may feel lazy due to lack of sleep during the night. As a result, the condition may affect the activeness of a person leading low rate of production in his or her daily chores. Equally, the malady makes a patient encounter general tiredness due to lack of sleep during the night. According to Piotrowski (2010), many students with insomnia have performed dismally in their studies due to distorted focus in classes. For example, many insomnia victims fall asleep instead of concentrating on what their instructors are teaching in classes. Besides, the condition may make patients feel anxious, depressed, and irritable. The statistics by Edinger et al. show how insomnia victims are among the most violent people in America (2004). For example, through lethargy a victim may lose focus leading to an accident.

Diagnosis

In many hospitals, doctors will diagnose insomnia according to a victim's medical and sleep histories. Furthermore, he or she will conduct a proper examination on the patient to know the seriousness of the condition. The doctor may recommend a sleep study known as Polysomnogram if he or she doubts that an underlying sleeping disorder is causing the condition in a patient. For that reason, the victim may be compelled to stay overnight at a sleep study center as the PSG records the brain activity, eye movements, heartbeat, and blood pressure. Besides, the PSG gadget reveals the amount of oxygen in a patient's blood, records the air moving through the victim's nose while he or she breathes, snoring, and chest movements. Hence, the chest movements depict whether an individual is struggling to breathe. A physical

exam is also applicable when diagnosing insomnia. In this process, a physician will conduct a physical assessment to see whether other medical problems might have caused the disorder in a patient. Consequently, the doctor does a blood test to check for thyroid difficulties or other medical complications that may cause insomnia in a patient.

Conclusion

Insomnia is a sleepless condition that is commonly caused by stress, depression, and other medical reasons such as menstrual cycle in women. The disease has affected many people in America especially in Texas where the survey was conducted. For instance, the research revealed that 37% of the individuals in the state are affected by the disorder. The disease has symptoms such as dizziness, lack of proper concentration, depression, and sulkiness. Many patients of insomnia are always advised to seek medical interventions from hospitals and dispensaries in the country. The disorder is often diagnosed through different measures such as proper medication, physical examination, and sleep study.

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