

## Insomnia Charlottetown

Insomnia Charlottetown - Insomnia is defined as an individual's report of problems sleeping. People who suffer can normally respond 'yes' to the next questions, "Do you have difficulty falling or staying asleep?" and "Do you experience trouble sleeping?" The word is usually utilized in sleep literature to describe a disorder demonstrated by polysomnographic evidence of disrupted sleep.

Insomnia is usually believed to be a symptom and a sign which can accompany several medical, sleep and psychiatric disorders. It is often characterized by poor quality of sleep or persistent difficulty falling asleep or staying asleep. Normally, due to inadequate rest, insomnia is often followed by functional impairment whilst awake. One definition of insomnia is "difficulties initiating or maintaining sleep." Non-restorative sleep is another factor and is associated with marked distress and poor sleeping for a month and impairments in daytime functioning.

Insomnia can be grouped into various categories including: primary and secondary or co-morbid insomnia. Primary insomnia is a sleep disorder that is not attributed to a medical, an environmental or psychiatric cause. A comprehensive diagnosis is considered necessary in order to differentiate between: primary insomnia co-morbid with one or more conditions, free-standing primary insomnia and insomnia as secondary secondary to another condition.

A kind of insomnia which defines the sleep interruption lasting less than a week is referred to as transient insomnia. The reasons may be changes taking place in the sleep environment, severe depression, stress, and timing of sleep or by a different disorder. The main effects of transient insomnia are drowsiness and impaired psychomotor performance, similar to those of sleep deprivation.

Acute insomnia is the inability to consistently sleep for a time period of less than one month, whilst chronic insomnia usually lasts for more than a month. Chronic insomnia can be a primary condition or it could be caused by a different sickness. The effects can differ based on its reasons and can include hallucinations, muscular fatigue and mental fatigue. Several people who suffer from this particular disorder describe stuff as practically occurring in slow motion, as though objects seem to blend together and causing double vision.

### Patterns of Insomnia

The term for having problem going back to sleep after waking too early in the morning or waking in the middle of the night is called Nocturnal Awakenings. There is even terminal insomnia, that can be a characteristic of clinical depression and middle-of-the-night insomnia which can be a indication of pain disorders or sickness.