

INSOMNIA

INSOMNIA— means difficulty in sleeping; the inability to fall asleep or to remain asleep long enough to feel rested, especially when this is a problem that continues over time.

SYMPTOMS OF INSOMNIA

- Trouble falling asleep (taking longer than 45 minutes).
- Awakening often in the morning and unable to go back to sleep.
- Not feeling rested in the morning or feeling tired during the day.



DIAGNOSIS OF INSOMNIA

Your Healthcare Provider will ask you about:

- Your sleep patterns.
- Use of caffeine, alcohol, medicine, and other drugs.
- Your mental and physical condition.
- Your family history.
- Your job and travel patterns.
- A blood sample may be taken for lab tests.

TREATMENT OF INSOMNIA

Your healthcare Provider may prescribe

medicine to help you sleep until the stressful event is over or resolved. Some sleeping medicines can be addictive. Your Healthcare Provider will work with you to choose the right medicine for a short term or long term use.

- Avoid drug and alcohol abuse.
- Meditate for 20 minutes before going to bed.
- Keep the bedroom at a cool temperature.
- Go to bed when you are drowsy.
- Use relaxation exercises and exercise regularly during the day.
- Avoid drinking a lot of liquids before bedtime.
- You can try a warm glass of milk before going to bed.
- Massage or a warm bath before bed may relax you.
- Read and meditate on the scripture (*below*) in your bible before going to bed at night to get your mind off the days trouble.

SWEET DREAMS

He hath delivered my soul in peace from the battle that was against me Ps.55;18.