

## Insomnia Winnipeg

Insomnia Winnipeg - Insomnia is defined as a person's report of problems sleeping. People who suffer can generally answer 'yes' to the subsequent questions, "Do you have difficulty staying or falling asleep?" and "Do you experience difficulty sleeping?" The term is often used in sleep literature to be able to describe a disorder demonstrated by polysomnographic proof of disrupted sleep.

Insomnia is normally thought to be a sign and a symptom which can accompany some medical, sleep and psychiatric disorders. It is normally characterized by poor quality of sleep or persistent problem staying asleep or falling asleep. Typically, because of insufficient rest, insomnia is normally followed by functional impairment whilst awake. One definition of insomnia is "difficulties initiating or maintaining sleep." Non-restorative sleep is another factor and is connected with marked distress and poor sleeping for one month and impairments in daytime functioning.

There are three main categories that Insomnia can be grouped, consisting of: primary and secondary or co-morbid insomnia. Primary insomnia refers to a sleep disorder that is not resulting from whichever medical, environmental or psychiatric cause. A comprehensive diagnosis is needed so as to distinguish between: insomnia as secondary to another condition, primary insomnia co-morbid with one or more conditions and free-standing primary insomnia.

A form of insomnia that defines the sleep disruption lasting less than a week is referred to as transient insomnia. The causes can be changes taking place in the sleep environment, severe depression, stress, and timing of sleep or by a different illness. The major consequences of transient insomnia are impaired psychomotor performance and drowsiness, similar to those of sleep deprivation.

Acute insomnia is the inability to consistently sleep for a time period of less than one month, while chronic insomnia usually lasts for longer than a month. Chronic insomnia can be a primary condition or it can be caused by another illness. The effects can differ based on its reasons and can include hallucinations, muscular fatigue and mental exhaustion. Some individuals who suffer from this disorder describe things as almost occurring in slow motion, as though objects seem to blend together and causing double vision.

### Patterns of Insomnia

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