

# Overcoming Insomnia

After dealing with many stressful situations during the day, you are eager to get home and rest. But when you crawl into bed you face another dilemma—you can't sleep. Frustrated, you toss and turn for almost an hour, only to fall into a fitful sleep. By morning you feel worse than you did the night before.

You may be struggling with insomnia which is the most common sleep complaint. This can cause you to experience difficulty when going to sleep, staying asleep, and waking up early without being able to go back to sleep.

Insomnia can be caused by stressful factors in your life. Finding what is inducing the sleep disorder could lead you to a solution. Here are two underlying causes that sometimes trigger sleeping difficulties.

## **Anxiety**

Feeling uptight and anxious can keep you from relaxing enough to go to sleep. A national survey by the US Department of Health and Human Services found that 47 percent of those reporting severe insomnia also reported feeling a high level of emotional distress. It could be that you become so tense and restless during a hard day at work that you don't even expect to sleep well at night. Make sure that you avoid dwelling on fears or compulsions before you go to bed. These will occupy your mind and make it hard to rest.

## **Depression**

Depression is often associated with overwhelming feelings of sadness, hopelessness, worthlessness or guilt. These symptoms can be related to abnormal sleep patterns. A person who is depressed will often wake up early and not be able to return to sleep. Sometimes people are depressed and don't even realize it. Losing interest in activities you once found enjoyable or thoughts of suicide and despair are indications of depression. Fortunately, you don't have to live with insomnia. Your healthcare professional can help you overcome this problem. And when you wake up in the morning, you will be invigorated and better able to face life's challenges.