

## Insomnia St. John's

Insomnia St. John's - Insomnia is defined as a person's report of trouble sleeping. Individuals who suffer can normally answer 'yes' to the next questions, "Do you have problems falling or staying asleep?" and "Do you experience trouble sleeping?" The word is usually used in sleep literature to describe a disorder demonstrated by polysomnographic evidence of disturbed sleep.

Insomnia has normally been seen as a symptom or sign which accompany numerous psychiatric, medical and sleep disorders. The condition of insomnia is characterized by a recurring inability to stay asleep or to fall asleep or by poor sleep quality. Usually, due to insufficient rest, insomnia is usually followed by functional impairment while awake. One definition of insomnia is "difficulties maintaining or initiating sleep." Non-restorative sleep is another factor and is associated with poor sleeping and marked distress for a month and impairments in daytime functioning.

There are three main categories which Insomnia can be grouped, including: primary and secondary or co-morbid insomnia. Primary insomnia refers to a sleep sickness which is not resulting from any environmental, psychiatric or medical reason. A complete diagnosis is required in order to distinguish between: primary insomnia co-morbid with one or more conditions, free-standing primary insomnia and insomnia as secondary secondary to another condition.

Transient insomnia is defined as lasting less than one week. This can be caused by changes in sleep environment, severe depression, timing of sleep, stress or by another sickness. The major consequences of transient insomnia are drowsiness and impaired psychomotor performance, like those of sleep deprivation.

Acute insomnia is the inability to consistently sleep for a time period of less than a month, whilst chronic insomnia generally lasts for more than a month. Chronic insomnia can be a primary condition or it could be a result of a different disorder. The circumstances can differ according to its causes and can include hallucinations, muscular exhaustion and mental fatigue. Some individuals who suffer from this particular disorder describe stuff as almost taking place in slow motion, as though things seem to blend together and causing double vision.

### Patterns of Insomnia

Nocturnal awakenings are defined as problem going back to sleep after waking in the middle of the night or waking too early in the morning. There is also terminal insomnia, that can be a characteristic of clinical depression and middle-of-the-night insomnia that can be an indication of sickness or pain disorders.