

EDITORIAL

INSOMNIA

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It is not unusual to have sleep troubles from time to time. But, if you feel that you do not get enough sleep or satisfying sleep, you may have insomnia, if it lasts for more than a month, then it can be called not only insomnia but “a sleep disorder.” According to the United States Department of Health and Human Services in the year 2007, approximately 64 million Americans regularly suffer from insomnia each year and insomnia is 41 % more common in women than in men.

Insomnia can lead to serious sleep deficits and problems associated with insufficient sleep. Insomnia tends to increase with age, if not taken care of, it can lower the immune system and render poor quality of life to the sufferer.

People with insomnia can present various patterns of sleep problems:

1. Unable to fall asleep due to various reasons;
2. Waking up frequently during the night and having trouble going back to sleep;
3. Waking up too early in the morning;
4. Un-refreshing sleep.

Insomnia can cause problems during the day, such as sleepiness, fatigue, difficulty concentrating, and irritability. A person with insomnia may also have other sleep disorders such as sleep apnea, narcolepsy, and restless legs syndrome.

Insomnia is not defined by the number of hours one

sleeps every night. The amount of sleep a person needs varies. While most people need between 7 and 8 hours of sleep a night, some people do well with less hours of sleep and function normally.

Types of Insomnia According to Western Medicine

1. Primary insomnia

This means that a person is having sleep problems that are not directly associated with any other health condition or problem.

2. Secondary insomnia

This means that a person is having sleep problems because of something else, such as a health condition like depression, heartburn, cancer, asthma, arthritis, other pain disorders.

Classification of Insomnia

1. Acute Insomnia

Insomnia can be of short-term called acute insomnia

2. Chronic Insomnia

Insomnia lasting a long time is called chronic insomnia.

3. Intermittent insomnia

It can also come and go or be intermittent, with periods of time when a person has no sleep problems. Acute (short-term) insomnia can last from one night to a few weeks. It is often caused

by emotional or physical discomfort, and can be related to a single specific event.

NAET® and Insomnia

Allergy can play a large role in insomnia and NAET® can be a great help in detecting and eliminating the cause so that the person can resolve the problem and get sleep on a regular basis. Various allergens from daily food and drinks can cause insomnia. Allergy to contactant allergens, especially to pillows and pillow cases are noted as frequent cause of insomnia in sensitive individuals. In some others foods and drinks consumed an hour to four hours prior to sleeping tend to produce indigestion and insomnia if the individuals happened to be allergic or sensitive to one or most items consumed. NAET® can treat allergy and eliminate allergies towards treated

allergen permanently. If the causative agent can be traced using NAET® testing procedures, when the cause is eliminated the individual may bid good-bye to insomnia and the quality of life improve naturally.

NAET Website: <http://naet.com>

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