

Insomnia

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What Causes Insomnia? | National Sleep Foundation

If the cause of insomnia is unknown, your doctor may do a physical exam to look for signs of medical problems that may be related to insomnia. Occasionally, a blood test may be done to check for thyroid problems or other conditions that may be associated with poor sleep.

Insomnia

Insomnia also varies in how long it lasts and how often it occurs. It can be short-term (acute insomnia) or can last a long time (chronic insomnia). It can also come and go, with periods of time...

Insomnia - Wikipedia

Insomnia is a cross-platform GraphQL and REST client, available for Mac, Windows, and Linux

Insomnia: Causes, symptoms, and treatments

Insomnia is the inability to fall asleep or stay asleep at night, resulting in unrefreshing or non-restorative sleep. And it's a very common problem, one that takes a toll on your energy, mood, and ability to function during the day. Chronic insomnia can even contribute to serious health problems.

Insomnia Symptoms, Causes, Home Remedies, and Treatment Cures

Insomnia, also known as sleeplessness, is a sleep disorder in which people have trouble sleeping. They may have difficulty falling asleep, or staying asleep as long as desired. Insomnia is typically followed by daytime sleepiness, low energy, irritability, and a depressed mood. It may result in an increased risk of motor vehicle collisions, as well as problems focusing and learning.

Insomnia (Acute & Chronic): Symptoms, Causes, and Treatment

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life.

Insomnia - Diagnosis and treatment - Mayo Clinic

Insomnia is a sleep disorder that regularly affects millions of people worldwide. In short, individuals with insomnia find it difficult to fall asleep or stay asleep. The effects can be...

Insomnia - Symptoms and causes - Mayo Clinic

Insomnia is a complicated condition. What is the definition of insomnia? According to guidelines from a physician group, insomnia is difficulty falling asleep or staying asleep, even when a person has the chance to do so.

Insomnia - HelpGuide.org

Insomnia is defined as difficulty initiating or maintaining sleep, or both, despite adequate opportunity and time to sleep, leading to impaired daytime functioning. Insomnia may be a cause of or result of poor quality and/or quantity of sleep. Insomnia is

very common.

What is Insomnia? | National Sleep Foundation

Insomnia can be caused by psychiatric conditions such as depression. Psychological struggles can make it hard to sleep, insomnia itself can bring on changes in mood, and shifts in hormones and physiology can lead to both psychiatric issues and insomnia at the same time.

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