

Understanding the Insomnia

Opinion

In the international classification of sleep disorders we place as the first point to insomnia, which we defined as the inability to initiate, to maintain or get to consolidate sleep; This is best explained in the following paragraphs.

When we got into bed we put our sleepwear, pajamas some, Mamelukes other, and less underwear to feel comfortable; TV goes off, we kiss goodnight and turned out the light, and that's when, if he begins, this difficulty falling asleep immediately, seeing the ceiling, hear the horn passing truck and could not finish this time every day; and go one despair, we get bad and over time until they reach eleven or twelve, even more, the night is when we can finally close my eyes, that no longer tell him dear reader the obvious fact that the next day courses sleepy during working hours; It is what is called onset insomnia.

Well, well, but you could sleep and start enjoying your sleep, but suddenly, without cause, out of nowhere wake up one, two or three times a night, just open your eyes, and above all accompanied by think and think and think, what you think? In whatever: that the payment of such awful things called tuition, other less beautiful calls alimony, or classic lettering car, missing assignments, meeting with the boss the next day, examinations, legal general circumstances; just met intermediate or maintenance insomnia.

That's enough, he could sleep more or less reached a good quality of sleep, but always in the morning very early, at a time that is not of God, like 3 or 4 in the morning, wake up and cannot by any why go back to sleep, and feels worse than bad, anxious, poorly rested and knowing from within himself that he will not sleep in the rest of the time in bed; We met at this time consolidation insomnia, late or terminal.

Volume 5 Issue 4 - 2018

Gabriel Miranda Nava

Head of Neurology Hospital Center of the Presidential, Mexico

Correspondence: Gabriel Miranda Nava, Head of Neurology Hospital Center of the Presidential, Mexico, Email drgabrielmiranda@hotmail.com

Received: May 31, 2018 | **Published:** August 20, 2018

These in turn can be classified by their duration transient, if not passed two weeks; acute when more than two weeks but less than six months and chronic when it exceeds six months.

Worldwide there are about 10% of the adult population with insomnia, including more than half used drugs that aid in treatment as hypnotics, antidepressants or sedatives; the consequences of insomnia in any of its varieties results in fatigue, difficulty concentrating, increased incidence of accidents at work, irritability, gastrointestinal disorders and increased behavioral problems.

The treatment is based on treating the cause that triggers insomnia, including removing the factor that causes stress, exercise, eating habits with weight management and sleep hygiene measures; the drug should be at the discretion of the treating physician.

Acknowledgements

None.

Conflict of interest

The author declares no conflict of interest.