

WHAT IS INSOMNIA?

Habitual sleeplessness; inability to sleep.

TYPES OF INSOMNIA

- Acute insomnia. A brief episode of difficulty sleeping. ...
- Chronic insomnia. A long-term pattern of difficulty sleeping. ...
- Comorbid insomnia. Insomnia that occurs with another condition. ...
- Onset insomnia. Difficulty falling asleep at the beginning of the night.
- Maintenance insomnia. The inability to stay asleep.

CAUSES OF INSOMNIA

Anxiety, stress, and depression are some of the most common causes of chronic insomnia. Having difficulty sleeping can also make anxiety, stress, and depression symptoms worse. Other common emotional and psychological causes include anger, worry, grief, bipolar disorder, and trauma.

SYMPTOMS OF INSOMNIA

- Difficulty falling asleep at night.
- Waking up during the night.
- Waking up too early.
- Not feeling well-rested after a night's sleep.
- Daytime tiredness or sleepiness.
- Irritability, depression or anxiety.
- Difficulty paying attention, focusing on tasks or remembering.
- Increased errors or accidents.

NEUROTHERAPY TREATMENT

(8) Medulla - releases serotonin
(6) Gas I
(6) Adr
(6) Swt
Back of Chi
Back of knee