

Sleep: the forgotten healing tool

This paper is largely a synopsis from the book “Why We Sleep...” by Matthew Walker, PhD – a brilliant neuroscientist. All credit is given to the author, many portions are directly cut and pasted from his book. We have added a few of our own comments. We suggest that everyone read the book.

Proper quality and quantity of sleep is probably the single most important ingredient for health and also recovery from illness. There is the misconception that many people can function perfectly well on 6 hours sleep. Less than one percent of the population can function optimally on that amount of sleep. Modern society mistakenly reveres those who sleep less as hard working and those who sleep more as lazy.

Numerous well controlled studies on humans and animal studies show that proper quantity and quality of sleep may turn out to be one the most important factors in health.

Cardiovascular disease:

A 2011 study that tracked more than half a million men and women of varied ages, races, and ethnicities across eight different countries. Progressively shorter sleep was associated with a 45 percent increased risk of developing and/or dying from coronary heart disease within seven to twenty-five years from the start of the study.

Another study showed that adults forty-five years or older who sleep fewer than six hours a night are 200 percent more likely to have a heart attack or stroke during their lifetime, as compared with those sleeping seven to eight hours a night.

Researchers at the University of Chicago studied almost five hundred healthy midlife adults, none of whom had any existing heart disease or signs of atherosclerosis. They tracked the health of the coronary arteries of these participants for a number of years, all the while assessing their sleep. If you were one of the individuals who were obtaining just five to six hours each night or less, you were 200 to 300 percent more likely to suffer calcification of your coronary arteries over the next five years, relative to those individuals sleeping 8 hours.

Even a seemingly trivial single night of one-hour loss of sleep can have impressive adverse impact. It is well documented that there is a 24% increase of heart attacks on the Monday following “spring forward” Day light savings in March when people lose one hour of sleep.

Subsequent studies have found that short sleep duration will also disrupt the activity of genes regulating cholesterol. In particular, a lack of sleep will cause a drop in high-density lipoproteins (HDLs)—a directional profile that has consistently been linked to cardiovascular disease.

Obesity and Diabetes: The less we sleep the more we eat.

Chronic sleep deprivation is now recognized as one of the major contributors to the escalation of type 2 diabetes throughout first-world countries.

When your sleep becomes short, you will gain weight. Multiple forces conspire to expand your waistline. The first concerns two hormones controlling appetite: leptin and ghrelin. Leptin signals a sense of feeling full. When circulating levels of leptin are high, your appetite is

blunted, and you don't feel like eating. Ghrelin, in contrast, triggers a strong sensation of hunger. When ghrelin levels increase, so, too, does your desire to eat. Studies show that inadequate sleep decreased concentrations of the satiety-signaling hormone leptin and increased levels of the hunger-instigating hormone ghrelin.

In other words, sleep restricted individuals lose their hunger control.

Sleep loss increases levels of circulating endocannabinoids, which, as you may have guessed from the name, are chemicals produced by the body that are very similar to the drug cannabis. Like marijuana use, these chemicals stimulate appetite and increase your desire to snack, otherwise known as having the munchies.

Inadequate sleep makes you consume not only more calories but more high sugary carbohydrate which stimulate more insulin which tells your body to convert the calories into fat. Three-year-olds sleeping just ten and a half hours or less have a 45 percent increased risk of being obese by age seven than those who get twelve hours of sleep a night.

Let's say that you choose to go on a strict, low-calorie diet for two weeks in the hopes of losing fat and looking trimmer and more toned as a consequence. That's precisely what researchers did to a group of overweight men and women who stayed in a medical center for an entire fortnight. However, one group of individuals were given just five and a half hours' time in bed, while the other group were offered eight and a half hours' time in bed. Although weight loss occurred under both conditions, the type of weight loss came from very different sources. When given just five and a half hours of sleep opportunity, more than 70 percent of the pounds lost came from lean body mass—muscle, not fat. Switch to the group offered eight and a half hours' time in bed each night and a far more desirable outcome was observed, with well over 50 percent of weight loss coming from fat.

The upshot of all this work can be summarized as follows: short sleep (of the type that many adults in first-world countries commonly and routinely report) will increase hunger and appetite, compromise impulse control within the brain, increase food consumption (especially of high-calorie foods), decrease feelings of food satisfaction after eating, and prevent effective weight loss when dieting. Reducing calories to try to lose weight will make you lose muscle mass not fat.

Reproductive and hormonal health:

Take a group of lean, healthy young males in their mid-twenties and limit them to five hours of sleep for one week, as a research group did at the University of Chicago. Sample the hormone levels circulating in the blood of these tired participants and you will find a marked drop in testosterone relative to their own baseline levels of testosterone when fully rested. The size of the hormonal blunting effect is so large that it effectively "ages" a man by ten to fifteen years in terms of testosterone virility.

Sleeping too little—or having poor-quality sleep—have a 29 percent lower sperm count than those obtaining a full and restful night of sleep, and the sperm themselves have more deformities and smaller testicles.

In a report that brought together findings from studies over the past forty years of more than 100,000 employed women, those working irregular nighttime hours resulting in poor-quality sleep, such as nurses who performed shift work (a profession occupied almost

exclusively by women at the time of these earlier studies), had a 33 percent higher rate of abnormal menstrual cycles than those working regular daytime hours.

Women who do become pregnant and routinely sleep less than eight hours a night are also significantly more likely to suffer a miscarriage in the first trimester, relative to those consistently sleeping eight hours or more a night.

Sleep and immune system:

Numerous studies documents that those who have adequate sleep catch far fewer colds and flu.

Oolrwin demonstrated that a single night of only four hours of sleep—such as going to bed at three a.m. and waking up at seven a.m.—swept away 70 percent of the natural killer cells circulating in the immune system. Killer T- cells are responsible for killing abnormal cancer cells.

A number of prominent epidemiological studies have reported that nighttime shift work, and the disruption to circadian rhythms and sleep that it causes, increase your odds of developing numerous different forms of cancer considerably. I.e. your impaired immune system is less capable of destroying abnormal cancer or pre-cancerous cells.

Sleep, learning, brain health and work productivity:

Sleep is extremely important for maintain the health of the brain. During sleep, the brain does most of its consolidation of new information and maintenance function such as cleaning up toxic waste and debris. Studies show that those who chronically sleep less than 8 hours have much greater risk of developing Alzheimer's. Ronald Reagan and Margaret Thatcher use to brag about their need for less sleep, both suffered from Alzheimer's in their later years.

In Edina, Minnesota, school start times were shifted from 7:25 to 8:30 a.m. In the year before this time change, the average verbal SAT scores of the top performing students was 605. The following year after switching to an 8:30 a.m. start time, that score rose to an average of 761 for the same top tier bracket students. Math scores went up also from 683 to 739. Delaying school times to allow 45 minutes of more sleep was the only change. Subsequently other schools have also demonstrated improvements. Numerous data show that students who sleep longer develop higher IQ's, better grades including identical twin studies that show the twin who slept longer developed superior intellectual ability.

If you want children to do well in school, you have to have them develop good sleep habits.

This epidemic of attention deficit, behavioral problems, depression, anxiety is in part due to years of sleep deprivation.

Numerous studies show that workers who obtain less sleep perform more poorly: are less productive, less satisfied, have more sick days, etc. If you want to succeed in work and school, you need to obtain optimal sleep.

Lack of sleep markedly increases accidents: One person dies in a traffic accident every hour in the United States. **Vehicle accidents caused by drowsy driving exceed those caused by alcohol**

and drugs combined! Teton County in Wyoming shifted classes from 7:35 a.m. to 8:55 and there was a 70% reduction in traffic accidents in sixteen to eighteen-year-old drivers.

Every parent should lobby their schools to have later start times for the classes!

Less sleep leads to an unhappier less fulfilled life: Lack of sleep leads to increased irritability, less patience, more unnecessary fights and arguments. Your difficult issues with your teenage children, or your spouse or your co-workers, or your boss may be in part due to both your sleep deprivation!

How much sleep do I need?

How much sleep most individuals need for optimal health by age. Below is a guide:

Age: 1-12months: 14-15 hours
1-3 years: 12-14 hours
3-6 years: 10- 12 hours
7-12 years: 10-11 hours
12-18 years: 8-10 hours
18-65 years: 7-9 hours
65- years: 7-8 hours

For you parents reading this, your children will grow up smarter, healthier, and happier if they sleep the right amount.

Teenagers: There is a great deal of misunderstanding with teenagers. Most teenagers' sleep clocks are shifted forward. They naturally are still alert around 9pm to 11pm and prefer to sleep no earlier than 11pm. Asking them to go to bed at 9 p.m. is equivalent to asking an adult to fall asleep at 7 p.m. It is biologically difficult. Parents get into unnecessary battles with them. Either you will need to lobby for a later start times at school or allow your children a biphasic sleep schedule: Sleep at around 11:30 to 6:30, and an afternoon nap at 3:30-5:00 or some variation. Unlike adults, they have some capability to make up for loss of sleep during the week by sleeping longer on Saturday and Sunday without affecting the ability to fall asleep on Sunday night. Allow them to sleep in as long as they wish on weekends if the weekday schedule makes it impractical to get adequate sleep during the weekday.

Your issues with your cranky teenager may be in part due to the sleep deprivation they suffer. If they are sleeping in on the weekends, it means they didn't get enough during the week.

Each person must try to determine what is his/her optimal amount of sleep. Even if you think you feel well on 6-7 hours, you should experiment with sleeping more.

How do I know what is the optimal number of hours for my own unique body?

The person, who does not have any illnesses, who sleeps the optimal amount:

- Can wake up without an alarm clock refreshed, not needing caffeine,
- Have a good amount of energy throughout the day on most days,
- Feels over- all relaxed,
- Have no need to “sleep-in” on the weekends.
- Does not dose off in the middle of the day

If you do not fall into that above category, you probably are not getting the optimal amount.

Dr. Walker says: adults should give themselves 8 ½ hours of “sleep opportunity” every day. Meaning if you need to wake up at 6 a.m., you need to go to bed at 9:30 p.m., whether you actually sleep the entire time or not.

To find out your optimal number, you need to regularly give yourself 8 ½ hours of sleep opportunity to find out what is your optimal level.

What should be my sleep schedule? Studies have shown that one’s natural rhythm varies from individuals as well as age groups.

“Morning types”: approximately 40% function best by going to sleep early evening and waking early in the morning. They are most alert in the morning.

“Evening types”: approximately 30% naturally prefer to go to sleep later in the evening and prefer to awaken later. They function better and are more alert in the evening.

In between types make up the remaining 30%.

Infants and children generally are morning types. Teenagers are generally more evening types. Elderly tend be morning types.

Unfortunately, a great many people’s work schedules are contrary to their optimal sleep type. Unnecessary conflict can arise when one spouse is a clear morning type and the other is an evening type. Generally, the ones who prefer sleeping later are more likely to become sleep deprived because most work schedules require getting up early in the morning, so they go to bed too late and wake up too early.

Should we take Naps? Monophasic versus Biphasic sleep

There is reasonable data that a biphasic sleep schedule probably fits more naturally to our body’s natural biorhythm. The body naturally feels tired and sleepy in the early afternoon. Some European countries and Latin American countries have a built-in siesta nap time in the afternoon. In Greece up to the 1980’s the stores were opened from nine a.m. to one p.m. closed from one to five p.m., open five to nine p.m. Researchers from Harvard University studied the health consequences of 23,000 Greek adults when they switched to a regular 9:00 a.m. to 5:00 p.m. schedule. In working men, there was well over 60% increased mortality when the siesta was eliminated. Unfortunately, it is very difficult to switch to a biphasic sleep schedule due to the average American work schedule. However, those who are retired might consider some form of this since older individuals have a harder time sleeping 8 hours straight through so that an early afternoon nap may work well. Also, teenagers whose natural

biorythm makes it difficult to fall asleep before ten p.m. should be allowed and even encouraged to take an afternoon nap after school to make up the loss of sleep at night.

How do I get a good night's sleep?

First you must make sleep an absolute priority. Good quality sleep is something that must be valued and worked at! After looking at the data, we believe regular good quality sleep is probably more important than exercise or even proper diet! The entire family has to be in agreement especially the spouse. Sleep schedules must be enforced regularly. Some innovative companies are giving bonuses to employees that can prove they are sleeping adequately with sleep tracking software because it's proven improvement in quality and quantity of work produced.

The first most common excuse is "I am too busy. I have too many things to take care of". Wrong!! Studies show that even simple tasks are done faster and more efficiently when a person is well rested (such as getting ready for work, putting on cloths, make up, etc.). Too much time is spent on non-important tasks (poorly rested individuals often avoid difficult and complex tasks and waste time doing non-essential easy tasks). They more likely spend time re-organizing their desk than actually making the effort to complete the important task that is before them. Poor rest will make a person more likely to procrastinate and waste time doing simpler less important tasks.

Do not stay up late to watch Sunday night football, or the latest TV series, or tidying up. Set up a daily alarm to remind you when it is time to start getting ready for bed. Ironically most people probably would benefit more from an alarm clock reminding them when to get ready for bed than an alarm clock to wake them up! If you need an alarm clock to wake up, it is a diagnostic sign that you are not giving yourself adequate sleep opportunity.

Causes of poor sleep:

In modern life there are so many factors that can adversely affect a person from obtaining a good night sleep. One can no longer assume that getting good quality sleep comes naturally. It now must be a learned important life skill. Every person needs to learn the many factors that can cause poor sleep so that they can reduce these factors. Each one of us must become one's own sleep expert. Proper sleep needs to be taught to our children and required by any company/business that wants to optimize their work force.

Poor sleep habits: Inability to sleep is a common complaint but which came first? Poor sleep habits (chronically sleeping only 6-7 hours leads to chronic anxiety and a feeling of stress, which leads to chronic over drive of the sympathetic nervous system which makes it hard to fall asleep and stay asleep.

Exposure to light (especially blue light) in the evening: numerous studies are demonstrating that exposure to blue light in the evening is harmful to obtaining good quality sleep, as well as damaging to the eye. Compared to reading a printed book, reading on an iPad suppressed melatonin release by over 50 percent at night. Indeed, iPad reading delayed the rise of melatonin by up to three hours, relative to the natural rise in these same individuals when reading a printed book.

First, individuals lost significant amounts of REM sleep following iPad reading. Second, the research subjects felt less rested and sleepier throughout the day following iPad use at night. Third was a lingering after effect, with participants suffering a ninety-minute lag in their evening rising melatonin levels for several days after iPad use ceased.

LED and fluorescent lights have too much blue light. Unfortunately, these are the most energy efficient. The compromise to make is to use these during the day while working and use incandescent lights in the evening or use blue light blocking glasses in the evening.

Poor sleeping environment:

Wrong bedroom temperature. Studies show that the body's melatonin release is higher with cooler temperatures. The ideal temperature is 65 to 70 degrees. Most individuals have the thermostat set too high. Studies have shown even chronic insomniacs can improve their ability to fall asleep and stay asleep by simply lowering the bedroom temperature.

Excess light in the bedroom. Even a little light from clock radios or streetlight peeking through the shade can adversely affect your sleep. Use black out curtains like those in good hotels to keep outside light from coming in.

Exposure to excess electromagnetic field (EMF) can adversely affect one's health. Since most individuals can not consciously feel the effect of the EMF, they are unaware of their consequences. Think of them as stressful noise that your cells can feel but your ears cannot detect. Your ear only detects auditory vibrations and your eyes only detect a narrow spectrum of light frequencies whereas the rest of your body/nervous system can be affected by the noise of EMF fields. Sleeping next to a cell phone charger is equivalent to sleeping next to a noisy train station. Ideally, you should unplug even clock radios, bed side lamps and charge your cell phone minimally 6 ft away from the head of the bed. There should be no TV in the room unless it is unplugged. TV's are partially on at all times in order to receive information from the remote so you must unplug them when sleeping. The bed should not be near or above the electrical wall panel of the house.

Geopathic Stress is a form of electromagnetic stress coming from the ground beneath the house. Generally, they occur only in certain parts of the house. Try sleeping in the guest room or even the couch a few nights. If you sleep better than on your own bed, your bed may be over lying a geopathic stress line/ area. Ask about this in one of your office visits with us, and we can test this for you.

Alcohol is harmful for sleep. Taking a night cap of an alcoholic beverage might help you relax and fall asleep but will increase your chance of awakening too early or simply not getting good quality sleep. Studies show that alcohol markedly reduces REM sleep, increases heart rate and

leads to non-restorative sleep. Studies demonstrate that one night of partying on a weekend will essentially erase much of what was learned the previous week in school.

Sleeping medications: Taking a prescription sleeping medication is like painting over a ceiling that has been damaged by an upstairs leaking plumbing. Sleeping medications help you fall asleep and stay asleep but give you poor quality less restorative sleep. It has brief short term subjective benefit with worse long-term consequences. Kripke studied 10,000 patients who took sleeping pills compared to matched controls, the ones taking sleeping pills had an over-all **4.6 time more likely to die** over the 2 ½ year study period than well matched controls. Surprisingly even occasional users had a 3.6 times greater likelihood of dying. The main causes of death were due to increased infections, accidents, and cancer.

Caffeine: some individuals metabolize (get rid of) caffeine slowly so that any caffeinated beverage (coffee, tea, caffeinated soda, kombucha) ingested after 12noon can adversely affect your ability to sleep.

Irregular sleep schedule: many individuals try to sleep in on the weekend to catch up for loss of sleep or because they stayed up late on Friday and Saturday. However, irregular sleep is an extremely bad life habit to instill in your children. Whereas kids are capable of “catching up” to moderate degree, adults are much less capable of doing this and find that they have trouble falling sleep in the proper time on Sunday because they have advanced their circadian rhythm by going to sleep later on Friday and Saturday night. (As a result, statistically there is a greater rate of heart attacks and strokes on Monday than on other days of the week). Having the same sleep schedule at the same time on weekends as weekdays is important.

How to get a good night's sleep.

If you are one of the many who has slept less than 8 hours a night for many years it will take some effort and practice to be able to sleep longer. It will be at times very frustrating. But think of it as learning a new complex skill like the piano or golf swing. It is normal to feel frustrated along the journey. Do not give up easily.

Give yourself 8 ½ hours of sleeping opportunity every night. Sleeping less can be such an engrained habit that you might need to gradually do this by trying to go to sleep 15min earlier at a time so that you don't lay in bed frustrated for an hour waiting to fall asleep.

The average person has difficulty falling asleep earlier than the night before because it goes against our natural biorhythm. When a man is put in a dark cave with no lights for many days, the natural sleep cycle advances forward by an average of 15minutes. The person naturally falls asleep 15 minutes later than the night before. It is the natural exposure to daylight that resets the biological clock every day. In other words, it is much easier to fall asleep later than it is to fall asleep earlier. The exposure to (blue) light in the evening makes it even more likely to make it harder to asleep earlier.

Helpful tips to resetting your sleep clock earlier: Pick a day when you expect to have some significant physical exertion (either exercise or physical housework). Get up 30 minutes earlier that day and expose yourself to as much bright lights in the morning. In the evening minimize exposure to blue light. One hour before bedtime, take a very warm Epsom salt bath using at least 3 cups in an average size bath for ½ hours. The heating and gradual drop in body temperature along with the magnesium in the Epsom salt will make you relaxed and sleepy. Use this trick repeatedly as needed to reset your biorhythm ½ hour at a time until you have reached your goal or when your biorhythm has adversely advanced forward. Twenty-five per cent of Americans are magnesium deficient so once a week Epsom salt is not a bad habit to develop.

How to obtain a good night's sleep: (From Mathew Walker)

1. Stick to the same sleep schedule on weeknights and weekends. Go to bed and wake up at the same time each day. As creatures of habit, people have a hard time adjusting to changes in sleep patterns. Set an alarm to remind you when to get ready for bed.
2. Exercise is great, but not too late in the day. Try to exercise at least thirty minutes on most days but not later than two to three hours before your bedtime.
3. Avoid caffeine after 12 noon and nicotine. Coffee, colas, certain teas, and chocolate contain the stimulant caffeine, and its effects can take as long as eight hours to wear off fully. Therefore, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night. Nicotine is also a stimulant, often causing smokers to sleep only very lightly. In addition, smokers often wake up too early in the morning because of nicotine withdrawal.
4. Avoid alcoholic drinks before bed. Having a nightcap or alcoholic beverage before sleep may help you relax, but heavy use robs you of REM sleep, keeping you in the lighter stages of sleep. Heavy alcohol ingestion also may contribute to impairment in breathing at night. You also tend to wake up in the middle of the night when the effects of the alcohol have worn off.
5. Avoid large meals and beverages late at night. A light snack is okay, but a large meal can cause indigestion, which interferes with sleep. Drinking too many fluids at night can cause frequent awakenings to urinate.
6. If possible, avoid medicines that delay or disrupt your sleep. Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over the counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns. If you have trouble sleeping, talk to your health care provider or pharmacist to see whether any drugs you're taking might be contributing to your insomnia and ask whether they can be taken at other times during the day or early in the evening.
7. Don't take naps after 3 p.m. Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night.
8. Relax before bed. Don't overschedule your day so that no time is left for unwinding. A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual.
9. Take an Epsom salt hot bath before bed. The drop-in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep.

10. Dark bedroom, cool bedroom, gadget-free bedroom. Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or warm temperatures. You sleep better if the temperature in the room is kept on the cool side about 68 degrees. A TV, cell phone, or computer in the bedroom can be a distraction and deprive you of needed sleep. Having a comfortable mattress and pillow can help promote a good night's sleep. Individuals who have insomnia often watch the clock. Turn the clock's face out of view so you don't worry about the time while trying to fall asleep.

11. Have the right sunlight exposure. Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least thirty minutes each day. If possible, wake up with the sun or use very bright lights. **Reduce blue light exposure in the evening, consider even obtaining blue light filtering glasses.** Sleep experts recommend that, if you have problems falling asleep, you should get an hour of exposure to morning sunlight and turn down the lights in the evening several hours before bedtime.

12. Don't lie in bed awake. If you find yourself still awake after staying in bed for more than twenty minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep

Additional comments from Dr. Chung:

Disturbed sleep environment due to Excess EMF: Excess Electromagnetic Fields can disturb and stress the body.

- Electrical fields: Sleeping near or over electrical fields such as an air conditioner, electrical panel, electric house meter, or refrigerator can disturb sleep. Even a bedside outlet produces an electrical field and a bed side clock radio or lamp that is plugged in can increase that field. Experiment with shutting off the circuit breakers that lead to your bedroom to see if you sleep better.
- Cell phone radiation: Sleeping near cell towers or recharging the phone near the head of the bed. Some individuals sleep with the phone in bed. These all can harm your ability to sleep well.
- Wi-Fi router: we suggest you get a timer device to automatically turn off your Wi-Fi during sleeping hours.
- Geopathic stress: occasionally one's bed is located over a geopathic stress field.

Try sleeping in the guest room or somewhere else in the house or another family's house. If you consistently sleep better, then you should suspect a disturbed sleep environment.

Causes of Insomnia:

Medical conditions: any chronic medical condition that is severe enough to cause pain or distress can disrupt the ability to sleep. Often times, when patients mention to us, they sleep poorly, we find that addressing their various medical issues can resolve or improve their ability to sleep.

Sleep Apnea is a serious medical condition in which breathing repeatedly stops and starts when sleeping so that the individual never reaches the restorative deeper stages of sleep. This in turn results in serious complications: high blood pressure, heart problems, diabetes, metabolic syndrome, liver problems, and daytime fatigue. If you snore loudly, if your sleep partner notices that you stop breathing during sleep, if you gasp for air during sleep, awaken with a dry mouth, or awaken with a headache or have excessive sleepiness or difficulty paying attention you should ask your doctor to be evaluated specifically for sleep apnea. Risk factors for obstructive sleep apnea is excess weight, narrowed airway, being male, being older, family history of sleep apnea, use of alcohol, sedatives and tranquilizers, smoking, nasal congestion/allergies. If you suspect that you might have sleep apnea, ask your doctor to be evaluated for sleep apnea.

If you still suffer from chronic insomnia after implementing all the above suggestions and have ruled out all the medical conditions what can you do?

One of the most common causes of this type of insomnia is chronic anxiety as a result of either current personal or work-related stress or from unresolved old psychological trauma. Each persons' problem is unique and will need specific solutions tailored to that particular individual and is beyond the scope of this paper. For this type of insomnia, cognitive behavior therapy has been reported to be more effective than sleeping medications.

In summary, good quality sleep is extremely important and an important factor in keeping us well. Make it a priority in your life.