

Editorial note on insomnia.

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Editorial

Insomnia is a common sleep disorder that can cause you to fall asleep and have difficulty falling asleep, or you may wake up too early to return to sleep. Insomnia not only lowers energy levels and mood, but can also affect health, job performance, and quality of life. The amount of sleep you need varies from person to person, but most adults need 7-8 hours a night. At some point, many adults experience acute insomnia that lasts days or weeks.

Symptoms of insomnia

Difficulty sleeping at night, waking up at night, getting up early, feeling sick after sleep, feeling tired and drowsy during the day, tension, depression and anxiety, lack of attention, concentration on work and memory, errors and accidents about increasing constant anxiety sleep.

Cause Insomnia may be the main problem or related to other medical conditions. Insomnia can be cured by treating the underlying cause, but it can sometimes last for years.

The common causes of chronic insomnia

Stress: Worrying about work, school, health, business, or family can keep your mind active at night and make it difficult to fall asleep. Stressful life events and trauma (death and illness of relatives, divorce, unemployment, etc.) can also lead to insomnia.

Travel and work planning: Circadian rhythms act as an internal clock, controlling sleep and wake cycles, metabolism, and body

temperature. Disrupting the body's circadian rhythm can lead to insomnia. Causes are jet lag, slow or fast shifts, or frequent shift changes due to moving through several time zones.

Bad sleep habits: Bad sleep habits include irregular sleep times, naps, stimulating activities before bedtime, an unpleasant sleeping environment, and the use of beds to work, eat, or watch TV. Computers, TVs, video games, smartphones, or other screens just before bedtime can disrupt your sleep cycle.

Eat too much late in the evening: Light meals before bedtime are okay, but eating too much can cause physical discomfort while lying down. Many also experience heartburn, after eating acid and food reflux from the stomach to the oesophagus. And it can keep you awake.

Risk factors most people sometimes spend sleepless nights. However, there is an increased risk of insomnia if:

- You are woman Hormonal changes during the menstrual cycle and menopause can play a role. During menopause, night sweats and hot flashes often interfere with sleep. Insomnia is also common during pregnancy.
- You are over 60 years old. You have a mental illness or physical health. Many problems that affect mental or physical health can affect sleep.
- You have a lot of stress: excessive or long-term stress can lead to chronic insomnia. The schedule has not been decided yet. For example, changing shifts at work or while traveling can disrupt your sleep and wake cycle.

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