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Healing Centre

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Newsletter

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Insomnia is a common health problem that affects roughly one third of the population and it does not allow the body to recover from daily wear. Research shows that less than four hours or more than nine hours each night leads to an increased mortality. Average time needed to fall asleep is 15-20 minutes.

If anyone has any questions, please email me. Thank you and good health to you all!

Lorna

Insomnia is a symptom, "difficulty initiating or maintaining sleep, or both" and it may be due to inadequate quality or quantity of sleep. Individuals vary widely in their sleep needs and practices.

Symptoms lasting less than one week = transient insomnia.

Symptoms between one to three weeks = short-term insomnia.

Longer than three weeks = chronic insomnia.

Features of insomnia

Difficulty falling and/or staying asleep.

Inability to remain awake during the day feeling lethargic and tired during the day.

Naps during the day leads to an increased incidence of accidents.

What causes insomnia?

More than 2 alcoholic drinks close to bedtime.

Depression and anxiety.

Numerous medications are associated with insomnia.

Stimulants such as coffee, tea, chocolate, nicotine.

Medical conditions such as chronic pain.

Difficulty breathing eg heart/lung conditions or even a cold.

Urinary frequency and diuretic medication.

Ear-nose-and-throat obstruction.

Circadian rhythm. Disturbed sleep-wake cycle, e.g Crossing time zones results in jetlag.

Environmental changes.

Vacation or business trips.

Restless legs syndrome.



Sleep hygiene

Do not oversleep.

Avoid taking long naps in the daytime.

Exercise 20 minutes daily, 4-5 hours before your bedtime.

Keep a regular sleep and awakening schedule.

Avoid caffeinated beverages after 5pm (tea, coffee, soft drinks etc.) Avoid "night caps,"

Do not go to bed hungry.

Lights, temperature, noise in bedroom.

Try to resolve worries before bed.

Gentle music, meditation, breathing before going to bed.

Go to bed when you feel sleepy.

Do not watch TV or work in bed.

Your bedroom shouldn't be a laptop stop.

If you do not fall asleep in 30 minutes, go to another room and resume your relaxation techniques.

Set your alarm clock to get up at a certain time each morning, even on weekends.

Learned insomnia -

Don't worry about insomnia because of previous episodes. This creates anxiety about going to sleep, which usually leads to greater difficulty sleeping.

Good night!

THINKING ABUNDANTLY

Affluence, boundlessness and abundance are our natural state. We just need to restore the memory of what we already know.

Deepak Chopra

Until next time...