

## Oh The Anxiety And The Insomnia Of It

Many of us have experienced times in our life when it was difficult to go to sleep at night. You want to go to sleep, but no matter what you do, it just doesn't seem to come. There can be many reasons for this occurrence and it usually will go away quickly. Anxiety and insomnia go hand in hand. You can be worried about something one night and sleep well the next. Someone who has insomnia, will experience this difficulty sleeping more than once a week. It will usually happen at least two to three if not more nights a week. Insomnia is classified into two categories and this article will talk about how anxiety and insomnia often go hand in hand, and what can be done about it. Anxiety and insomnia can be a short lived problem. Maybe you are nervous over something that is coming up and you can't sleep because of it, but once the event, or test, or whatever it is, is over, you can rest peacefully again. A short lived type of insomnia is known as acute. It usually effects you two to three times a week for a few weeks up to a month or so. Insomnia is no fun no matter how long or short lived it is. No one can function on little sleep for long. It begins effecting how we work or view things. It can effect our emotions as well. One moment we are up and then we are down. Anxiety and insomnia can cause you to cry one moment and laugh the next. The good news is it will soon be over. Long term insomnia is known as chronic and it can last for a long period of time. Anxiety and insomnia are at a deeper level than from acute insomnia. Your anxiety might be more of a deep fear than from an anticipation or event type. Maybe you lost a loved one and are afraid to go to sleep at night, or maybe you have chronic pain and you are anticipating or experiencing the pain that is to come, or you are already experiencing. Anxiety and insomnia at this level can be treated, but I advise you to seek a physician for help in regards to this type of problem.

## About the Author

Jasper Pharmacies Directory. Includes listings for Pharmacies.

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