

Published based on [Insomnia Causes- Could You Be Experiencing Chronic Insomnia?](#)

Insomnia Causes- Could You Be Experiencing Chronic Insomnia?

Each year, 1000s of insomniacs spend countless hours watching late night television, hoping of drifting off to sleep. Sadly, most cases of insomnia go unreported to doctors, and many who are not able to sleep never learn that they are suffering from chronic insomnia.

Chronic insomnia features a whole lot of disastrous effects on both the mind and the body, including adding to both panic disorders, in addition to obesity in lots of people. You heard right, getting a good night's sleep can actually help in keeping you skinny!

In the event you feel that you may well be suffering from chronic insomnia, it is crucial that you make a consultation to speak to your doctor immediately to find out your [insomnia causes](#). There are lots of [insomnia medications](#) available today that will help you sleep without unpleasant negative effects, or the risk of dependency. There's also numerous herbal treatments available on the market for insomnia; but if you might be pregnant or nursing, you should not take these without first consulting your personal doctor.

How you can Know if It's Chronic

Many individuals who have sleep disorders, never understand that they may be suffering from chronic insomnia. Understand that just having trouble drifting off to sleep is not the only indication of chronic insomnia. There are numerous of signs that you should be on the lookout for, if you believe that your sleep disorders might be chronic.

Although constant trouble drifting off to sleep is an excellent indicator of chronic insomnia, you may still find other possible signs of this debilitating condition. For example, if you regularly wake up after just a few hours of sleep, or if you're continuously not able to sleep for more than an hour or two at once - you may well be suffering from chronic insomnia.

Regularly having difficulty drifting off to sleep, staying asleep, or having troubles with chronic fatigue can all be signs of chronic insomnia. Also, an unexplained weight gain over a short period of time could be suggestive of a chronic condition. Until recently, doctors and scientists considered that sudden extra weight was simply caused by over-eating, or perhaps a drastic alternation in diet plan. But recent reports demonstrate that the sharp boost in weight, when coupled with difficulty sleeping, is really a prime indicator of chronic insomnia.

Other indicators of chronic insomnia are sudden increases in anxiety levels that don't decrease, that result in anxiety sleep disorder as well as a general sense of depression. Often, depression is misdiagnosed, and anti-depressants are prescribed. When, in reality, the main is stemmed within the undeniable fact that the patient has sleep disorders.

If you feel you may well be suffering from chronic insomnia, it's important that you simply talk to your doctor immediately. The long run outcomes of chronic insomnia, if permitted to go untreated, could be devastating.

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