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Insomnia (or sleeplessness) is most often defined by an individual's report of sleeping difficulties.Insomnia is most often thought of as both a sign and a symptomthat can accompany several sleeps, medical, and psychiatric disorders, characterized by persistent difficulty falling asleep and/or staying asleep or sleep of poor quality. Insomnia Treatment is required as insomnia is typically followed by functional impairment while awake.

Insomnia can be grouped into primary and secondary, or comorbid, insomnia. Primary insomnia is a sleep disorder not attributable to a medical, psychiatric, or environmental cause.It is important to identify or rule out medical and psychological causes before deciding on the treatment for insomnia. Attention to sleep hygiene is an important first line treatment strategy and should be tried before any pharmacological approach is considered.

Generally, Insomnia Treatmententails both non-pharmacologic (non-medical) and pharmacologic (medical) aspects. It is best to tailor treatment for individual patient based on the potential cause. Studies have shown that combining medical and non-medical treatments typically is more successful in treating insomnia than either one alone.

Pharmacological treatments have been used mainly to reduce symptoms in acute insomnia; their role in the management of chronic insomnia remains unclear. Non-pharmacological strategies are superior to hypnotic medication for Insomnia Treatmentbecause tolerance develops to the hypnotic effects. In addition, dependence can develop with rebound withdrawal effects developing upon discontinuation.

Non pharmacological strategies however, have long lasting improvements to Insomnia Treatment process and are recommended as a first line and long term strategy of managing insomnia. In general, transient insomnia resolves when the underlying trigger is removed or corrected. Most people seek medical attention when their insomnia becomes chronic.

The main focus for Insomnia Treatment should be directed towards finding the cause. Once a cause is identified, it is important to manage and control the underlying problem, as this alone may eliminate the insomnia all together. Treating the symptoms of insomnia without addressing the main cause is rarely successful. In the majority of cases, chronic insomnia can be cured if its medical or psychiatric causes are evaluated and treated properly.

A recent study found that Cognitive Behavioral Therapy for Insomnia (CBT-I) is more effective than hypnotic medications in controlling insomnia and helpful in Insomnia Treatment. In this therapy, patients are taught improved sleep habits and relieved of counter-productive assumptions about sleep. Numerous studies have reported positive outcomes of combining cognitive behavioral therapy for Insomnia Treatment with treatments such as stimulus control and the relaxation therapies.

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