

Sleepy

Contributed by Administrator
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We live faster, we were tired and getting worse sleep. Insomnia is a disease of civilization already twenty-first century. Not sleeping nearly half the population of developed countries, often for years reliving the Passion Before going to the doctor. Anna was the last time to properly some 14 years ago.

Actually, I do not remember now how it is to be rested. Wake up without a headache, and fatigue breakdown. Previously, he had trouble sleeping because he reacts to even slight stress. Several years ago with her husband was diagnosed with lung cancer. Last 3 years not to smoke, he began to pay attention to healthy eating, enrolled at the gym. When he was 47 years old, his grandson was born. He said that he still wants to play ball with him. But he felt tightness in the chest, shortness of breath, tired quickly. Did the study. Diagnosis was as above - advanced lung cancer. - He was still alive less than a year. I was with him every day and every day as if it were less. He died, and I stopped to sleep. Gallop thoughts, anger, grief, questions: How will I live without him? What's missed? Why it happened to me? Since then, I do not remember that I slept well, although one night - says Anna. As usual, she lay next to 22.-23., A 7 must already be at work, an accountant at a big company. But fell asleep around 2-3. at night, and sometimes at all. Or if she managed to fall asleep, then wake up after 2-3 hours. Fatigue was so great that the work has only dreamed about, to leave as soon as possible, even for a moment applied to the head cushion. Sometimes it seemed to me that if I just closed my eyes, it standing. As a few days not, then you have a head like a balloon, complete emptiness, not forces you to think and even to move. The only thought on which is enough energy to you to fall asleep even for a moment. During the day, I cannot sleep the deep sleep, can only nod, which does not allow the exclusion of mind and true rest - says Anna. Began to commit more errors in the calculation was wrong, did not provide the documents on time. She was afraid that in the end and lose jobs. Boss, however, proved to "be human" as he determines Anna. He knew that her husband died, gave her time for mourning. But when a few of the errors did not pay a penalty in the tax office, suggested that did break - went to the exemption or holiday. Spent hours staring blankly at the television to drown out the silence and the lure of thought. Daughter married and moved out. I sat alone in the big house. I thought: why so hard on it worked? Who do today is all I need? But at least I did not have to take any decision. Martin did not know when to stop to sleep. That did not happen overnight. Trouble sleeping grew in direct proportion to the problems. He was head of sales of a large furniture company. But people are mad at the point of shelves, couches and chairs with large networks, such as folding boxes of matches, all the same. Furniture company in which Martin is working with good materials, are interestingly designed, but people are asked why they are so expensive. Selling less and less, and he worked longer, in the end even after 12 hours per day. Going to sleep early around 3-5 am, but every day he would lie down at midnight, and every day thinking that today already asleep, but instead, B marketing strategies to sell furniture. The day began with coffee, you drink at home. For breakfast, have not enough time. In this work the second coffee, and afternoon energy drink. And the pile of cigarettes. Hard time at work expired. After about a year, the company began to go straight, but sleep problems are not over. I had a little over 30 years, and I felt like an old man. Overwrought, and no power - he says. Without a doctor or stresses that there is no reason for concern, if insomnia is associated with a problem that causes stress, but we begin to sleep well when we can resolve it. If, however, sleep problems last longer than a month, or occur repeatedly, then we go to the doctor. The longer that insomnia is more difficult to cure it, so you should quickly take advantage of expert advice. Unfortunately, in most cases the person affected by insomnia for months and even years trying to treat domestic means, medicines available without a prescription or advice from friends or family, and in the worst case scenario alcohol before bedtime. Often present themselves to the doctor only when it will know that you are addicted to drugs or alcohol sleeping pills.