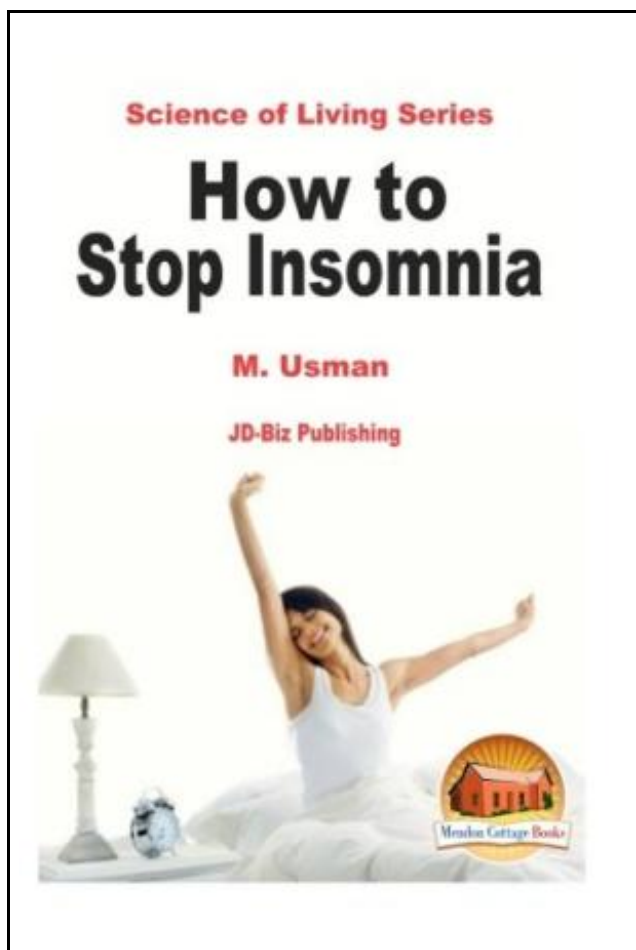


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Introduction Chapter #1: What is Insomnia and Types of Insomnia Insomnia: Types of Insomnia: Symptoms and Causes Chapter #2: Causes of Insomnia Chapter #3: Signs and Symptoms Tests and Treatments Chapter #4: Tests to diagnose Insomnia Chapter #5: Treatment Options Chapter #6: Natural Remedies for Treating Insomnia: Foods, Supplements, and Herbs Self Help Chapter #7: Tips for controlling Insomnia Chapter #8: Relaxation Techniques for better sleep Chapter #9: Ways to get back to sleep Chapter #10: When to contact your doctor Conclusion: About the Author Publisher Introduction Sleep habits we learn as children may play a vital role in affecting our sleep patterns as we grow. Poor sleep or lifestyle habits usually cause insomnia. Insomnia is a common sleep disorder in which you may have trouble falling asleep or staying asleep or both. According to some estimates, millions of people worldwide are living with insomnia. It not only affects your sleep but also takes away your efficacy at your day time work. Common symptoms could be lying awake for a long time, sleeping for small periods, staying awake through the night, waking up too early or feeling as if you didn t sleep at all. Once diagnosed with insomnia as per your medical and sleep history, your doctor may recommend a sleep study to gather the information related to your sleep and how your body responds to your sleep problems. After diagnosis, treatments related to lifestyle changes, counseling, and medicines may be recommended. Insomnia is very well curable but it needs to be managed and kept under control by learning to take things as they are. With this stressful lifestyle, it s...



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