

Title:

Awakening Facts About Insomnia

Word Count:

574

Summary:

This article is about the nature of the most common sleep disorder: insomnia. The article also

Keywords:

insomnia, sleeping pills, sleeping aids

Article Body:

Not getting enough sleep is fast becoming a common problem among people who lead fast, busy lives.

Almost all people have experienced occasional sleepless nights. But not too many people realize

The latest surveys indicate that insomnia is already a chronic problem for at least 10% of the entire

But how much sleep do we really need?

Sleep requirements vary over the life cycle. Newborns and infants need a lot of sleep and require

Insomnia is not a disorder, it is a symptom and not a stand-alone diagnosis. In simple terms, although most of us know what insomnia is all about, very few people actually get to seek medical

However, there are various medications that are supposedly effective for dealing with insomnia. Over

Strong, prescription sedatives do not produce a natural, restful sleep. If used for extensive

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