

How Insomnia Can be Caused by Anxiety

Contributed by Webmaster

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Many people these days are more stressed out than ever before. Economy woes have changed the security that people had been feeling about their jobs. Now, no matter how high-powered a person once was in his or her career, everyone's job could be affected. That, needless to say, can be a significant source of anxiety.

Anxiety can cause many different things, insomnia being one of them. When a person goes to bed at night with a lot of worries, that person tends to start having racing thoughts. The more thoughts a person has, the harder it is for that person to fall asleep. Insomnia is characterized by not being able to stay asleep at night, or not being able to fall asleep in the first place. The more serious versions of insomnia involve people not being able to sleep for months.

Some people might have trouble sleeping not because they have anything they are particularly worried about, but because they are suffering from an anxiety disorder. Take, for example, the situation of a person who is suffering from panic attacks. This could be a genetic predisposition, or it could be the result of having suffered a loss or trauma. When a person has this kind of condition, he or she could be awakened in the middle of the night because of an anxiety attack.

For people who are having trouble sleeping because of anxiety, there are many different ways that the anxiety can be treated. First of all, the person might need to get some therapy in order to have an objective person to talk to. Anti-anxiety medication might also be prescribed. There are also many different natural kinds of ways that a person can deal with their anxiety, and therefore get a good night of sleep.

First of all, the person should take some time each day to practice deep breathing exercises. When a person has anxiety, adrenaline gets pumped through the body by the heart, which consequently is beating very fast. When a person breathes in and out slowly, natural beta blockers are released, which slows down the heart rate and eases away the anxiety.

Something else that people who are suffering from anxiety-triggered insomnia can do is light some incense. There are certain smells that, for one reason or another, are automatically soothing to a person. When placed in incense form, these smells, combined with meditation, can do wonders for stress.

The body responds very positively to warmth. So, before a person goes to bed, one way to relax and encourage sleepiness is to take a warm (not hot) shower before bed. Any muscles that are tense will be relaxed by the warmth of the water, and the relaxed muscles will have a chain effect to relax the mind as well.

When it comes time to actually go to bed, a person could listen to soothing music. This will both relax the mind, and also take the person's mind off of the stresses of the day. It is very important that a person not let anxiety take charge of them. They will be able to find even more healthy ways to deal with stress over time.

More information on insomnia, sleep apnea and a sleep center in your area is just a click away.