**Research Proposal**

**Topic: INSOMNIA**

# Introduction:

Insomnia is a widespread health issue, and this article will discuss some of the negative consequences of this condition. The effects of insomnia on one's physical and mental health are significant enough to warrant attention. Insomnia has been linked to an array of negative outcomes, including but not limited to: ptsd, stress, fatigue, cognitive deficits, and even mortality. In addition, long-term sleeplessness raises the danger of developing conditions including high blood pressure, diabetic, and heart disease. Sleeplessness may lower quality of life, hinder productivity, and impair the ability to function normally in daily life. Because of the potential for negative health consequences, dealing with insomnia is a priority.

Insomnia refers to a sleep disorder in which the sufferer has trouble getting asleep, maintaining sleep, or both. The inability to fall asleep or stay asleep, as well as waking up feeling tired, irritable, and unable to focus, are all symptoms of this sleep disorder. Depression, anxiety, and heart disease are just some of the illnesses that might result.

The negative effects of insomnia on a person's health and quality of life make it a major issue. The capacity to go about one's regular life might be negatively impacted, as can one's state of mind. Grief, anxiety, and other psychological problems have also been associated with a lack of sleep. Insomnia that lasts more than only few weeks warrants medical attention, since it may be a symptom of a more serious problem.

# Literature Review:

A large percentage of the general population suffers from insomnia. Insomnia is described as the inability to fall asleep, remain asleep, or re-sleep after an early awakening. The negative effects of insomnia on one's level of well-being are well-documented, and include but are not limited to daytime drowsiness, weariness, irritability, and poor concentration 10. Some studies on the topic of insomnia are summarized here.

Both adults and kids suffer from insomnia at alarming rates. Age, gender, concomitant medical and mental problems, and lifestyle variables including coffee and alcohol usage, as well as shift employment, all increase the likelihood of insomnia 6. Self-report of sleep problems is the most common basis for an insomnia diagnosis, while objective measurements like polysomnography and actigraphy may also be utilised.

Behavioural therapies, such as brain therapy for insomnia (Psychotherapy), sleep hygiene education, & relaxation methods, might be helpful in the treatment of insomnia. Pharmacological therapies, including benzodiazepines and non-benzodiazepine hypnotics, are also often used. The problem is that these drugs have the potential to cause unpleasant side effects and perhaps dependency. Despair, anxiety, and fibromyalgia are just some of the physical and mental health issues that often coexist with insomnia. Insomnia symptoms are typically alleviated when the underlying cause is treated3. A physician may make a diagnosis of insomnia by evaluating the patient's symptoms and health background. Although insomnia is a common problem, it is crucial to rule out other sleep disorders that may produce similar symptoms before making a diagnosis. Keep in mind that insomnia is frequently a sign of another medical issue, so it's crucial to determine the root cause of the problem and treat it accordingly.

An increased incidence of hypertension, coronary heart disease, and diabetes are just some of the unfavourable health effects linked to long-term sleeplessness. Impaired cognition, an increase in the hazard and injuries, and a decline in quality of life are all associated with insomnia 1. More people are turning to tools like applications on their smartphones and wearable gadgets to keep tabs on their snooze time. While these resources may be informative, further research is needed to determine how reliable and effective they will be in helping doctors diagnose and treat insomnia.

In conclusion, insomnia is a frequent sleep problem that may have serious consequences for one's physical and mental health 2. Sleeplessness may be treated in a variety of ways, from behavioural to pharmaceutical, and it is typically helped by treating underlying medical and psychological disorders.

# Gaps in literature of insomnia

It's no secret that many individuals all around the globe suffer from insomnia. There is a plethora of research on insomnia, yet there remain some unanswered questions. It is unclear which therapies work best for various kinds of individuals, despite the fact that there are a number of choices for dealing with insomnia, including as medication, psychological therapy, and relaxation methods. Additional study is required to evaluate the relative efficacy of various treatments and to determine which patients might benefit most from particular approaches 4. The effects of insomnia on various cultural and ethnic groups should also be taken into account. Stress, worry, and physical problems are all potential causes of insomnia, but more study is required to identify the true origins of the ailment. More precise therapies for insomnia's underlying causes could benefit from this. The usefulness of these therapies for patients with insomnia is not well studied. There is a need for more research to identify the best effective sleep hygiene therapies for those who suffer from insomnia.

# Question

What are some natural treatments for insomnia?

# Hypothesis:

“The quality of your sleep and your ability to combat insomnia can both benefit from a regular exercise routine.”

Physical activity has been shown to improve cardiovascular health, aid in weight management, and lower the risk of developing chronic diseases, among many other advantages. Exercising has additional benefits for mental health, including a reduction in anxious and depressed feelings. Given the correlation between mental individuals ’ quality of one's sleep, it stands to reason that a more consistent exercise routine might have the same effect. Several studies have found that regular exercise increases total sleep time, reduces the duration it takes to get asleep, and enhances the quality of sleep. Sleep patterns and duration have been shown to improve after as little as two weeks of regular exercise for people who suffer from insomnia, according to some research. There is speculation that the mechanisms behind this effect are connected to the rules of circadian clock, which can be affected in people who have trouble sleeping, and the relieve of brain chemicals during workout, which can endorse relaxation and thoughts of well-being.

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