



New Trends
in Psychology

Psychic Effects of Insomnia

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Abstract: Insomnia is a sleep disorder manifested by difficulty falling asleep, waking up during the night or poor-quality sleep. The causes of insomnia are multiple, they can coexist and influence each other. In the case of patients with chronic insomnia without association with other medical conditions, a complex consultation is indicated. The American Academy of Sleep Medicine recommends a medical examination in order to eliminate suspicions related to the presence of some diseases, an anamnesis that includes the patient's medical history, including psychiatric history.

Keywords: insomnia; medical conditions; stages of sleep; sleep disorders; treatment; symptoms

1. Introduction

We are going through an era in which work, relationships, and stress prevail at every step, so our ability to rest decreases vehemently day by day.

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2. What is Insomnia?

Insomnia is a sleep disorder manifested by difficulty falling asleep, waking up during the night or poor-quality sleep. According to the data, more than 50% of Romanians sleep less than 7-8 hours a night and over 75% suffer from exhaustion. Considered one of the most widespread modern ailments, if left untreated, insomnia can affect the cardiovascular system, decrease the power of concentration and increase the risk of obesity.

3. Symptoms and Causes of Insomnia

Insomnia refers to the inability to fall asleep or maintain sleep during the night, so that the person affected by insomnia will have a shallow, restless sleep. Insomnia is a medical condition that manifests itself regardless of the degree of fatigue, in many situations people suffering from insomnia feel tired, but cannot fall asleep.

4. Symptoms of Insomnia Include

- Difficulty falling asleep despite feeling tired
- Frequent awakenings during the night
- Difficulty going back to sleep after night awakenings
- Restless sleep, even after a satisfactory number of hours of sleep, the person wakes up tired in the morning
- The need to take sleeping pills or drink alcohol to fall asleep
- Waking up too early in the morning
- Drowsiness during the day, fatigue, state of irritation
- Difficulty concentrating on daily activities, regardless of their nature (domestic, professional).

5. The Causes of Insomnia are Multiple, they can Coexist and Influence Each Other:

- Stress, anxiety and depression are among the common causes of chronic insomnia. Trauma and physical or emotional abuse are significant risk factors. Also, some intense emotional states (anger, excessive worry) can cause acute insomnia to set in and/or increase chronic insomnia.
- The existence of some diseases can disrupt the quality of sleep: asthma, allergies, Parkinson's disease, hyperthyroidism, gastroesophageal reflux disease (GERD), kidney disease, cancer, as well as chronic pain caused by various pathologies, for example arthritis.
- Administration of some medicines prescribed by the doctor: antidepressants, corticosteroids, thyroid hormones, medicines for high blood pressure, including some contraceptives.
- The existence of other sleep disorders - insomnia itself is a sleep disorder, but this can be caused by another untreated sleep disorder, for example obstructive sleep apnea or restless legs syndrome.

Primary insomnia is not associated with other medical conditions. Secondary insomnia can be caused by some medical problems, such as those previously mentioned.

6. Stages of Sleep

The brain is not “asleep” during the night. He works to restore the body, and rest is essential to this process. Sleep is divided into several stages, which follow one after the other: stages 1, 2, 3, which represent non-REM sleep, and then REM sleep.

Stage 1 - the first phase of sleep is a superficial one, in which the person sits with his eyes closed, but any noise can wake him up. It takes 5-10 minutes;

Stage 2 - body temperature and heart rate decrease in view of the onset of deep sleep;

Stage 3 - deep sleep sets in, from which the person can be more difficult to wake up;

REM sleep - occurs 90 minutes after falling asleep, and the first phase lasts about 10 minutes. Afterwards, each stage becomes longer and longer, the last one can last up to 60 minutes. In this stage, dreams take place.

7. Treatment

Depending on the causes involved in the onset of insomnia and sleep disorders in general, the treatment may consist of:

- The administration of adjuvants such as melatonin, indicated especially for patients who have problems falling asleep, but who can later maintain an uninterrupted sleep
- In case of chronic insomnia associated with health problems, the treatment is recommended by the specialist doctor (depending on the existing pathology) and is directed directly to the respective condition in order to be kept under control - allergy, asthma, obstructive sleep apnea
- In the case of patients with chronic insomnia without association with other medical conditions, a complex consultation is indicated. The American Academy of Sleep Medicine recommends a medical examination in order to eliminate suspicions related to the presence of some diseases, an anamnesis that includes the patient's medical history, including psychiatric history. For patients with chronic insomnia, drug treatment, cognitive-behavioral therapy or mixed treatment: pharmacological and cognitive-behavioral therapy are prescribed.
- Sleeping pills, antidepressants and antihistamines are administered on the doctor's recommendation.
- Meditation, exploring some relaxation techniques can produce effects in treating insomnia, especially if it is determined by the existence of stressful experiences, major changes that involve strong emotions and feelings.

Sleep medicine is a medical super specialization. Research in this field has intensified in the last decade and a half, as more and more people from all over the world complain of difficulty falling asleep and maintaining uninterrupted sleep. Today, the effects of disturbed, restless sleep are being investigated at the cellular and subcellular level, as well as the effects of sleep deprivation on the entire body: *at the metabolic level, in gene expression and on hormonal regulation.*

Insomnia and sleep disorders are medical conditions that require diagnosis and treatment in order not to generate other health problems and to maintain the quality of life.

Personally, the times in which we live are very fast, thus, we no longer manage to return to ourselves... for this reason, the only moment when we are with ourselves is when we want to rest. Thus, all thoughts, emotions, the experiences captured during

the day break down at night... I believe that, only with the help of a deep introspection and the elimination of stressful factors in our life, we can reach homeostasis. Acceptance comes with many gifts that our soul and body by default, barely have Wait.

In conclusion, returning to ourselves is one of the biggest challenges but also a guaranteed success, only then will we be able to truly rest.

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