

# **I n s o m n i a**



Insomnia is a term used to describe interference with normal sleep patterns. Symptoms include delays in falling asleep, waking during the night but eventually going back to sleep, or waking very early in the morning before the sleep cycle has been completed. Quite often, insomnia is more a perception of sleeplessness than true disturbed sleep. This may be due to disordered sleep patterns or sleep that is so fitful that you wake feeling out of sorts and tired.

## **What causes Insomnia?**

Everyone occasionally experiences some difficulty sleeping, and sleeping patterns tend to change with age - many older people find they need fewer hours of sleep. Gradually, however, insomnia falls into one of two categories - primary, with no apparent physical or environmental cause, and secondary, where a cause can be identified. Secondary insomnia can be further classified as transient, short term or long term.

Transient insomnia lasts for only a few nights and may be due to stress, worry, illness, noise, an itchy rash or some other reason. Short-term insomnia lasts up to 3 weeks, and a cause, either physical or emotional, can usually be found. Long-term insomnia may be due to environmental factors, such as living in a noisy area. Long-term insomnia can go on indefinitely, unless the cause can be identified and treated. More often, however, it is the result of medical conditions such as heart disease, arthritis, diabetes, asthma, chronic sinusitis, epilepsy, a peptic ulcer or any painful condition such as backache.

Insomnia can also be brought on by chronic drug or alcohol use, excessive caffeine intake, or the abuse of sleeping pills.

Psychiatric conditions, such as depression or stress can also cause long-term insomnia.

## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the ailment you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

*masters of TCM Pty Ltd*

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