

Acupuncture and Insomnia

You settle into a warm, comfortable bed, close your eyes and nothing happens. You just can't fall asleep. Hours go by and still you're awake. The next day you feel tired, grouchy, and unable to focus. Does this scenario sound familiar to you?



Sleepless nights happen to almost everyone at some time, but ongoing insomnia can indicate a deeper issue and could lead to further health concerns. Unfortunately, a common approach to treating insomnia includes prescription sleeping medications, which can cause side effects or even dependence. That's one of the many reasons to consider an all natural approach to treating your sleep problems. Acupuncture can be a very effective way to improve your sleep quality without side effects.

One bad night, or an ongoing issue? Occasional insomnia is a very common problem, affecting about one in four Americans. It can happen to anyone, but is more common in older adults. Its symptoms include:

- Difficulty falling asleep
- Waking during the night
- Waking too early
- Daytime fatigue and irritability
- Frustration and moodiness

Insomnia can be very frustrating, but it's more than an annoyance. When insomnia becomes ongoing, your body is unable to get the rest and renewal it needs. In fact a lack of quality sleep can cause problems such as difficulty concentrating, diminished energy, low mood and trouble performing everyday tasks. Since sleep strengthens the immune system, insomnia can leave you susceptible to many other health concerns. Luckily, you don't have to "just put up with" insomnia.

How acupuncture can help. According to the theories of acupuncture and Traditional Chinese Medicine (TCM), conditions such as insomnia are a sign of an imbalance of Qi (chee), the vital energy that animates the body and protects it from illness. This imbalance can stem from a number of causes such as stress, anxiety, medications, depression, and chronic pain. Your acupuncturist can get to the root of your sleep issues by taking into account all of the factors that may be contributing to your sleep disturbance. You may find that you sleep better after your very first session, though you will most likely receive the most benefit from a series of treatments. With this ancient form of healthcare, you can treat your symptoms, improve your overall health and well-being, and start looking forward to a great night's sleep--every night.