

E BOOK ON
Sleeplessness

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You may have felt your body feeling very heavy and tired at certain stages, or your eyes looking heavier when you do not sleep properly due to pain, feelings of helplessness, or life problems.

It is a kind of situation where you want to get some sleep by lying in bed, hoping to overcome the effects of not getting enough rest, but you are unable to achieve consistent sleep due to a disturbed mind or poor thought process in dealing with your issues.

You are seeking to solve your problems by taking a nap, but it may not come; you keep waking up, constantly checking the time, or thinking deeply, and it affects your life in some way or another.

Usually, this happens when you have a lot of troubles, your mind cannot cope with emotions, or you are fatigued from work or stress and not readily able to handle it.

But in all such cases, sleeplessness is a concern that needs to be faced and resolved; it is a problem that can be mental but has a severe impact on your ability to lead a fulfilling and organized life.

Meaning

Lack of sleep can have a significant impact on both ideological and other grounds. It can result from various factors and can cause severe issues such as insomnia if not properly addressed. Sleeplessness tends to worsen over time and can be influenced by one's state of mind.



The scope and effects of sleeplessness are closely tied to one's conscious state of mind. It has a connection to the mental aspect of attention, making it critical as it can affect one's thoughts and be influenced by external factors.

To understand it better, sleeplessness requires more effort to wake up and involves a heightened thought process. Hormones also play a critical role in this state.

Sleeplessness can be defined as a state where one becomes habitually unable to find ways to achieve proper sleep. This directly affects one's physical well-being, leading to exhaustion and a weakening of physical strength.

In simple terms, sleeplessness is a stage of human psychology where a person is unable to find ways to get adequate sleep, impacting various aspects of their life.

Symptoms

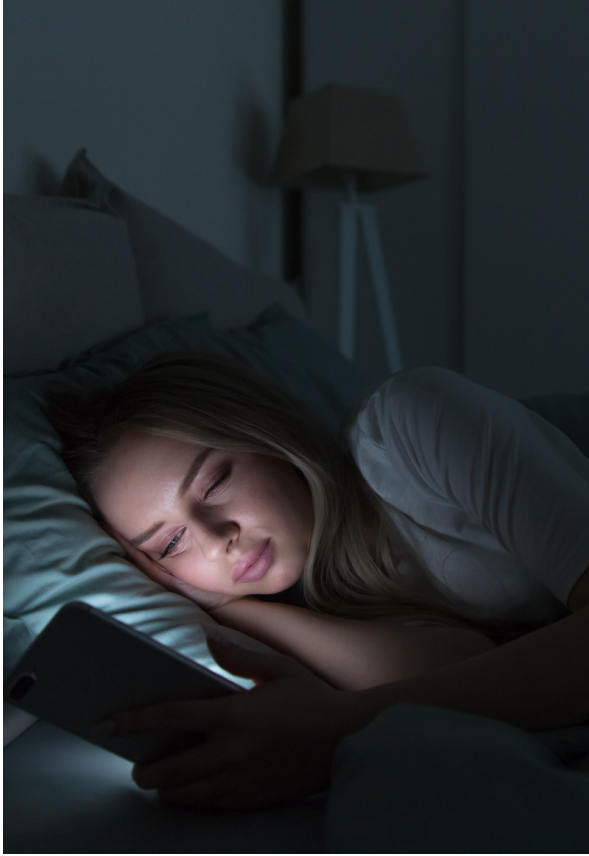
Specific symptoms may define the core level of sleeplessness as they become the main elements in nature for lack of sleep.

You need to find vital signs that identify it so you can at least figure out how to counter them.

Swollen face

This is the first sign that you may have a direct effect on your face:

- A touch of swelling on the cheeks
 - Rough lips with water thirst
 - Swelling in the entire area of the mouth
 - A yellow color lining on all corners
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Bad emotions

This may be one more sign by which you can figure that the person is not having proper sleep:

- Misbehaving even towards family members
- Shouting even over everyday things
- Showing off rude or swear words
- No decision on adjusting matters

Poor communication

This may be one more sign that makes a lack of sleep visible within the face of a person:

- Not responding to simple queries
- Arguing about some of the basic needs
- Not ready to talk due to heavy eyes
- Talking with closed lips

Physical motions

This may be one more sign where you can see the absence of sleep as a person is not responding to things accurately:

- Weaker limbs due to fatigue
- Body muscles not functioning properly
- Requesting others to help with simple steps
- Unable to eat or perform such activities

Causes

Specific causes may affect the sleep process and can be considered direct causes of sleeplessness.

They come in the form of thought elements, life activities, and other aspects that demonstrate the intensity with which they affect and make your life challenging due to their harmful elements.



- Work pressure

This may be the main cause as you may be either thinking or trying to complete larger tasks that can prevent you from getting enough sleep in your current life due to excessive work.

- Emergency calls

This is another cause where you may have to deal with sudden demands such as an upcoming exam, a job interview, or a family member's illness, which can force you to stay awake for longer periods of time.

- Pain in life

This can be another cause where specific issues like physical or mental pain due to lack of support can affect your ability to sleep and cause sleeplessness.

- Personal issues

This can be another cause where personal conflicts can prevent you from getting enough sleep. This can involve arguments in relationships, financial difficulties, or even specific health problems that you can't share with others.

Treatments

Sleep-related issues can be treated; you just need to find the exact steps and the correct elements to make it possible.

You may need expert advice, proper medical methods, or even a few basic steps to treat it.



- Regular exercise

The first golden rule of life is to release sweat by pushing yourself to do hardcore exercise so you remain energetic. This can counter the lack of sleep and help you recover much better.

- Massage therapy

This can be another way to ask for a massage on the head or upper back that relieves the pain in your life, allowing you to sleep better.

- Medical treatment

There is always a simple way to cure sleep issues through medicines, but it should be your last choice as they can have reactions. For sleep, you can take sleeping pills or specific mind-boosting tonics that can provide relief with the aid of doctors.

- Hypnotherapy

This is one more way to calm your mind and control the rush of thoughts. You can seek help from experts and have tools to alleviate your pain and help you sleep better.
