

Insomnia

There's nothing quite like getting up feeling more tired than you were when you went to bed in the first place, to set you up for the day ahead.

You know you're going to be constructive, able to cope with anything life has to throw at you. You just have this sense that you're going to be on top of things. The world is your oyster.

Yeah right! Anyone who has experienced insomnia before will know that the reverse is usually true. Life can be a struggle when you don't have enough energy to take things head on, and it can be difficult if not impossible to stay motivated to do things.

Sleep is important for all sorts of reasons, both physically and mentally. Unfortunately, there's little you can do to make up for poor sleep in the long run, other than having a restful night's sleep again.

Caffeine can only go so far towards remedying sleep deprivation, and too much of it can in fact make the problem worse.

Google "insomnia" and you'll find all sorts of sites offering you wisdom on how best to get off to sleep at night. Their approaches vary, but you'll probably notice that most of them suggest cutting down on your coffee intake and practicing good sleep hygiene.

Unfortunately, if you're looking for any kind of a 'quick fix' solution, it's highly unlikely that you'll be able to find one. Most of these solutions take time to implement, and may take weeks to actually pay off in the form of a good night's rest.

If they do at all, that is. Their effectiveness may be debatable because there are many possible causes of insomnia, and not all of them can easily be addressed.

What if, for example, you are experiencing insomnia as a side effect of the medication you are currently taking? If you find yourself in such a situation, you may need more than just an adjustment of your daily routine to help with your problem.

Talking with your doctor or psychiatrist is your best bet if your insomnia is being caused by your medication, as they may be able to change your dosage or even what type of medicine you are taking, to help you sleep.

It's also possible that they'll prescribe some sort of sleeping pill, but it's worth remembering that these are usually intended to be taken for only a short period.

You can develop a tolerance to the effect of sleeping pills over time, and you may come to depend on them for sleep and have difficulty when the time

comes to stop taking them.

One option your doctor may be able to offer you is Melatonin, a natural hormone which plays a role in our regular sleep/wake cycle. This is commonly seen as a safer option than regular sleeping pills as it is a natural substance that is secreted by our bodies.



Unfortunately, there's currently no "magic bullet" treatment available for insomnia. It can involve a lot of trial and error to find something that works for you.

Two things that definitely will work, however, are hope and patience. Whatever you try, don't give up hope that eventually you will be able to sleep comfortably through the night again. Have the patience to give any approach you try long enough to have a proper chance to work.

In the meantime, remember to be gentle on yourself. It may be a good idea to lower your expectations of yourself for a while, as you won't be performing to your maximum potential due to your experience of insomnia.

Given the time to find the right advice and treatment for your condition, it shouldn't be too long before you're feeling on top of the world again.

Tony Spencer

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