

Insomnia

Everyone experiences insomnia every now and then, very often due to pressures from family or work place. As long as it does not happen very often, there is no need for medications in most cases. The number of hours of sleep varies among different people, some people need eight hours of sleep to function properly, some people



only need four hours. The most important thing is to have enough energy after waking up. In case of short-term insomnia, try the following:

- Avoid irritating food or beverages after lunch (such as coffee or spicy food)
- Avoid eating too much during suppertime
- Do regular exercise daily, but not right before going to bed
- Avoid alcohol or smoke before going to bed
- Bed should be reserved for sleep, try not to read, do homework in bed

If insomnia still persists after trying the above methods, then one can seek advice from pharmacist regarding over-the-counter sleeping pills (melatonin, valerian, or diphenhydramine HCl). These non-prescription sleeping pills can be used for minor and transient insomnia. For long-term or severe insomnia, one should consult a family doctor. Other than external factors, insomnia can also be caused by internal abnormalities such as depression, thyroid secretion disorders ... and so on. Hence, it is important to find out the cause for insomnia.

Finally, if sleeping pills (non-prescription or prescription) is indicated, try to take only as needed to avoid dependence.