Expository Essay Sample

Insomnia

How often in your life have you been in a condition when you are deadly tired and dream only about getting in your warm bed to find yourself completely unable to fall asleep? An hour, two hours, three hours in a row you lie, tossing from side to side. Your bed has suddenly become too hot or uncomfortable, and the feverish thought train rushes through your mind; you are tired and angry, because you have got less and less time before you will need to get up and go to work again, and you start to suspect that this night, all your effort to fall asleep will be in vain. Finally, after five hours of useless torture, desperate, you get up and go to the kitchen to make yourself a strong cup of coffee, hoping that it will help you hold on for another day.

This is what an episode of insomnia looks like. All people get moments like this at least once in their lives due to excessive stress fatigue (extreme tiredness, although it might seem paradoxical, can lead to insomnia episodes), anxiety, excitement, or other factors it may be difficult or impossible to fall asleep every once in a while. However, imagine a life when every night resembles the situation described above; imagine how an exhausted, nervous, haggard man or woman approaches his or her bed hoping that this time, he or she will finally be able to have some rest—only to spend yet another night awake, occasionally grabbing an hour or two of shallow, restless sleep. As morbid as it sounds, this condition has become a major problem for millions of people all over the world**.** Insomnia, along with chronic depression, has become one of the most common psychological disorders of modernity.

To start with, specialists distinguish between chronic and acute insomnia. Acute insomnia does not necessarily mean some kind of a psychological problem; it mostly occurs due to life circumstances, or stress caused by them: exams, moving to a new place, the first week at work, divorce, marriage, jet lag, singular episodes of fatigue, and so on. Acute insomnia is usually short-term, and can last from one or two days, to a couple of weeks. Some specialists also speak of transient insomnia: rare episodes of disrupted sleep that last less than three nights in a week, and do not tend to repeat. Along with this classification, sleep specialists also talk about primary and secondary insomnia: the former implying that insomnia is a standalone condition not caused by other factors, and the latter meaning that disrupted sleep is caused by an external factor of some kind. In particular, these factors can include nasal allergies, gastrointestinal and endocrine

problems, arthritis, and other health conditions causing chronic pain, Parkinson's disease, asthma, and a number of neurological conditions.

Insomnia is a difficult condition that requires treatment. Nowadays, it is popular among doctors to prescribe pills, helping people with insomnia to fall asleep. However, as usual in cases of psychological and neurological conditions, pills alone cannot be considered a fully adequate treatment. If a person suffers from acute insomnia, relaxation techniques, meditation, walking, hiking, sports, and well-adjusted daily rhythms can help immensely; however, if insomnia is chronic, the aid of a psychotherapist or a psychiatrist might be required, since it is important to figure out whether insomnia has or has not been caused by depression, anxiety disorder, or other dangerous conditions.

Insomnia is a condition during which a person experiences the inability to maintain long, restful sleep. It is not only about sleeping for a short period of time, or waking up often, but also about experiencing fatigue and exhaustion during the daytime, being unable to concentrate and function normally, and feeling irritated and depressed. Repeated episodes of insomnia should be discussed with your local sleep therapist, psychotherapist, or psychiatrist, because relying on sleep pills do not prove to be fully effective in the matter of treating this unpleasant and dangerous condition.