

Alpha-Stim In The Treatment Of Insomnia

Description

We all need to sleep for several hours daily to ensure our brains and bodies can function normally the next day. Unfortunately, not everyone gains enough sleep to keep themselves healthy. While some people may have some late nights at work, others are lying in bed awake, trying their best to fall asleep. Insomnia can make it hard to fall asleep, and it can make it difficult to stay asleep during the night. One international [study](#) found that up to 30% of the global population may be experiencing symptoms that can be linked to this sleep disorder.

There are treatments available to help improve sleep among patients who experience insomnia-related symptoms. Pharmaceutical drugs are often prescribed to patients, but these medications can cause unpleasant side-effects and patients often try to avoid using them. Research has suggested that Alpha-Stim devices may deliver a highly effective method of improving sleep and to offer a non-invasive treatment for patients with insomnia without the need for any pharmaceutical interventions.

Complications Of Insomnia

Insomnia causes a patient to suffer from sleep loss. The [National Sleep Foundation](#) found that adults need to sleep between seven and nine hours per night. A [recent study found that](#) around 35% of adults in the United States do not even get seven hours of sleep each night. Sleep deficiency causes a great number of complications with both physical and mental health.

[Sleep deprivation is linked to](#) diabetes, as well as glucose intolerance. Patients may also start to experience higher levels of blood pressure, and they are more likely to develop cardiovascular diseases, as well as become obese when they fail to obtain enough sleep on a daily basis. Furthermore, sleep deprivation also increases the risk of developing symptoms associated with both depression and anxiety.

How Effective Is Alpha-Stim In Treating Insomnia?

Even though there are pharmaceutical options available for the treatment of insomnia, patients are increasingly turning to alternative options to help avoid the adverse effects associated with these drugs. Temazepam, a popular prescription sleeping pill, for example, commonly causes [side-effects](#) like day-time drowsiness, dizziness, nausea, nervousness, and headaches.

This brings us to Alpha-Stim, a non-invasive therapy that was primarily designed to assist with relieving stress but has also been proven to be effective among patients experiencing insomnia. The device is small and portable, making this a more practical option compared to therapies that utilize some of the larger devices.

Alpha-Stim devices utilize a technology known as Cranial Electrotherapy Stimulation, which essentially sends mild micro-currents into the brain of the patient in order to stimulate the patient's alpha brain waves. These are the brain waves that help to produce a calmer overall state of mind in the patient.

When alpha brain waves are stimulated, the patient will start to feel calmer. This, in turn, will make it easier for the patient to fall asleep when they get into bed. It will also ensure their brain stays calm during the night, which reduces their risk of waking up in the middle of the night and not being able to go back to sleep.

Scientific studies have also been conducted and have delivered proof of the efficiency that Alpha-Stim devices have in the treatment of insomnia. One [study](#) conducted a study among a group of participants found that Cranial Electrotherapy Stimulation does improve several variables regarding the sleep quality of individuals who suffer from insomnia. Sleep variables improved with the use of this therapy included sleep onset time, as well as the number of times the patients woke up during the night and how long the patient slept during the night.

Studies have also proven the use of Alpha-Stim devices effective in treating anxiety and depression. Insomnia has been associated with both of these conditions and shares a complicated connection with them. Patients with mental disorders are at a higher risk of experiencing problems with their sleep, causing them to develop insomnia. On the other hand, patients who have sleep difficulties like insomnia are also considered to be at a higher risk for developing depression, as well as anxiety symptoms.

For this reason, when a patient experiences insomnia due to the presence of an anxiety disorder, the treatment with an Alpha-Stim device can help to target both anxiety and insomnia with one single therapy, reducing the cost and possibly eliminating the need for drugs that may cause the patient to experience adverse effects.

Conclusion

Insomnia is a common sleep disorder that causes difficulty with sleep. It makes falling asleep more difficult, as well as causing patients to wake up frequently during the night. Doctors often prescribe medication to help patients sleep, but this causes the patient to experience adverse effects in many cases. The use of Alpha-Stim devices offers a non-invasive therapy that does not utilize any type of drug to help patients sleep better at night, while also reducing their stress levels to make them feel calmer.

To purchase the Alpha-Stim please visit <https://bioresonance.org/product/alpha-stim-aid/>

Category

1. Articles

Tags

1. Alpha-Stim
2. Insomnia

Date Created

2018/09/15

Author

drahmedzayed