



Bioresonance And Insomnia

Description

The human body is a rather complex structure that requires certain objectives to survive at an BICOM optima® level. Sleep is one of these particular objectives that the body requires for [proper functionality](#). With poor amounts of sleep, a person is exposed to a higher risk of developing numerous diseases and even some common ailments, as well as more likely to suffer certain events that could have been avoided with proper sleep. Not only does the amount of time spent sleeping on a daily basis count, but the quality of sleep a person obtains also seems to play a role in how effective their body is able to conduct certain processes during the sleep pattern.

Unfortunately, even though sleep is essential for the wellbeing of the human body, quite an alarming number of individuals are not obtaining an adequate amount of sleep on a daily basis. While some are unable to sleep for the recommended time, usually being between seven and nine hours per night, due to the hours they need to spend at work, others are lying awake in bed and are simply unable to fall asleep. When a person is unable to fall asleep, even when trying, they may be suffering from a condition known as insomnia.

What Causes Insomnia

[Medical News Today](#) reports that millions of people suffer from insomnia, and that this particular condition has been classified as a sleep disorder. The disorder is identified by two particular symptoms, which includes finding it hard to fall asleep, as well as finding it hard to stay asleep once the person has fallen asleep.

According to the [National Sleep Foundation](#), there are quite a large number of factors that may contribute to insomnia. In some cases, insomnia may be experienced due to a temporary cause, but there are cases where insomnia may become a chronic problem. They continue to explain that there is a strong connection between anxiety and insomnia, and that depression is also known to contribute to sleeping problems.

There is also a number of medical conditions that are known to cause a person to find it more difficult to fall asleep and to stay asleep. Such medical conditions include asthma, arthritis, hyperthyroidism,

sinus allergies, gastrointestinal disorders and certain types of neurological conditions, including Parkinson's disease. Chronic pain also causes insomnia in many patients.

It should also be noted that acute symptoms of insomnia may sometimes be caused by lifestyle factors instead of medical factors. An example would be where a person continuously consumes food and beverages that contain stimulants like caffeine. This may cause the person to be unable to fall asleep at night.

The Complications Of Insomnia

Inadequate amounts of sleep caused by insomnia can have [numerous complications](#) on a person's life. We have all experienced the tiredness that comes after staying awake for an entire night, which usually causes problems with our cognitive performance, such as memory loss and poor concentration. This, however, is not the only problems that insomnia may cause. Poor sleep has also been linked to a significantly higher risk of being involved in a car accident, or another type of accident, such as when handling heavy machinery at the workplace.

When a person suffers from acute insomnia, meaning that they only experience these symptoms for short periods of time, then they are usually not exposed to the more significant complications that insomnia may cause. Chronic insomnia, however, may cause a number of complications for a person's wellbeing, and may even increase their risk of developing several diseases that could become life-threatening.

According to [WebMD](#), research that has been conducted on the effects of insomnia have suggested that poor sleeping habits cause a person to become at a higher risk of developing heart disease, heart failure, high blood pressure and diabetes. People who suffer from insomnia also often experience an irregular heartbeat. Additionally, insomnia may contribute to a stroke or a heart attack.

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While a healthcare provider may start a treatment protocol by prescribing a patient suffering from insomnia with a series of sleep medication, these drugs may cause side-effects, such as reduced mental performance the following day. Bioresonance therapy is an alternative option that patients can opt for. This technology reads the electromagnetic waves submitted by the patient's inner body, which allows a healthcare provider to identify potential underlying causes for the insomnia symptoms the patient is experiencing. Additionally, bioresonance therapy can also be used to reduce pathogenic organisms within the body, which may be contributing to medical problems that cause the individual to experience problems with their sleep.

Conclusion

Insomnia is a condition that affects millions of people. In some cases, the symptoms only last for a few days, but there is a significant amount of people who suffer from these symptoms for an extended period of time. Regardless of the duration, insomnia causes many problems and leads to a reduction in productivity, as well as an increased risk of certain serious chronic health ailments. Bioresonance therapy offers a strategy that may help to identify potential causes, as well as to address stressors and toxin build-ups that may be causing a particular patient to experience symptoms of insomnia.

Category

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