

## THE PROBLEM OF INSOMNIA

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What to do to fight insomnia at home? Insomnia and other types of sleep disorders are almost a worldwide problem. When someone "suffers from insomnia", we mean not only short sleep duration, but also difficulty falling asleep and frequent awakenings, which prevents rest and wakes up in the morning with a feeling of fatigue. Insomnia at night is familiar to almost everyone, daytime sleeplessness of children is also considered as a special problem, it can be a characteristic of the child or a symptom of a nervous system disorder. If insomnia bothers a person from time to time, then there is no need to treat it with drugs. Let us take a look at the causes of insomnia, what to do if you cannot sleep at night, and expert advice on how to overcome insomnia at home.

### ***THE EFFECT OF SLEEP DISORDERS ON THE ORGANISM***

There are people for whom 5-6 hours of sleep is enough to restore their strength, and for others, 8-9 hours of sleep, which is the norm for adults, is not enough. These are related to the individual characteristics of a person, as well as the circadian rhythm, which allows us to divide people into "birds", "owls" and "pigeons" depending on the convenient time for sleeping and waking up.

As a rule, a healthy person easily falls asleep within 7-10 minutes, sleeps through the night without waking up, and wakes up in the morning refreshed and ready for a new day. Every day, the situation of a person suffering from insomnia is completely different. In such cases, how can you improve your sleep, what should you do to improve it, when should you go to the doctor and in what situations can you deal with the problem of insomnia on your own? What should people who do not sleep well do at home and what should be changed?

### ***WHAT CAUSES INSOMNIA?***

The causes of insomnia are very diverse, ranging from poor nutrition to hormonal disorders. The most common factors affecting the depth and duration of sleep include:

Conditions for uncomfortable or unusual sleep: noisy or bright rooms, hot, cold, lack of oxygen in the room, smoke mixtures, especially tobacco smoke, strong smells, uncomfortable bed, pillow, etc.

Before going to bed or during the day, taking food, drink or drugs that stimulate nerve activity (coffee, green tea, chocolate, cola, and "refreshing" drinks based on caffeine and guarana). Nicotine contained in tobacco smoke has a negative effect on sleep even in passive smoking;

Changes in lifestyle, including short-term: travel, business trip, hospitality, change of job, place of residence, marital status;

Stressful situations, especially in rigid, strong emotional individuals who do not "let go" of unpleasant events and thoughts. The problem of people suffering from chronic



insomnia is separated. Often they are frightened by the approach of the night, they think: "I have insomnia, how can I sleep?" a circle of questions is formed, which in turn causes stress and anxiety, the first stages of the sleep phase do not begin in naija;

Diseases, they are insomnia as a symptom of illness (an dependence, but also due to pain, tingling, convulsions, frequent urination, cough, breathing difficulties, and excessive response to internal and external stimuli.

Physiological hormonal changes in the body can also cause short-term insomnia. Women often have problems with sleep before and during menstruation, they often complain that insomnia does not go away for 3 days. Hormonal imbalance due to these physiological processes lasts about 3-4 days. He finds a solution on his own without requiring treatment;

Some medications affect sleep. Caffeine contained in Citramon stimulates the nervous system. Drugs containing broncholithin and pseudoephedrine used in ventilation can cause insomnia;

Violation of the circadian and daily rhythm: switching to other time zones, alternation of day and evening work shifts, active rest and entertainment in the evening, as well as the habit of sleeping long on weekends;

Depressive states of varying severity.

#### ***HOW CAN I HELP MYSELF TO SLEEP WITHOUT DRUGS?***

Folk medicine recipes can be used as an auxiliary tool in the diagnosis of insomnia. It is better to start the struggle by revising the daily routine and diet.

According to scientists' research, the characteristics of sleep depend on the level of serotonin and melatonin hormones. Experts have identified amino acids that affect the production of serotonin and are available in food. By making changes to your diet, you can get rid of insomnia without medication.

For example, tryptophan amino acid is found in the following products: turkey meat, pumpkin seeds, seafood, milk, nuts, eggs.

Cherries and walnuts are recommended to stimulate the production of natural melatonin, which aids sleep.

Scientists recommend increasing magnesium-containing products in the diet. More than 70 percent of the population suffers from magnesium deficiency, which leads to high levels of restlessness and difficulty falling asleep. Optimal suppliers of magnesium are fruits and vegetables, bananas, cabbage, almonds.

Thus, by changing the menu, you can improve your health and also eliminate serious problems such as insomnia.

#### ***WHAT CAN BE DONE AS AN ADDITIONAL APPROACH TO IMPROVE SLEEP?***

Taking a hot bath 1-1.5 hours before going to bed, reading or doing sedentary activities, meditation, and relaxation practices make it easier to fall asleep. Also check the availability of all the necessary conditions for sleeping in the bedroom: fresh air, darkness (light reduces the production of melatonin), silence.

What to do if insomnia persists? In addition, it is possible to take plant tinctures with a sedative effect or take baths with aromatic oils. If permanent improvement of sleep is not achieved, it is time to consult a specialist.

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