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# An Expose Of Insomnia - Why Some People Are Up Late At Night

By Sherry Harris

A sleepless night or two isn't a medical emergency. If sleep difficulties persist, insomnia may be the culprit. Often times, insomnia can be traced to very specific reasons that can be rectified. Once you get to the root of the problem, then you can concentrate solely on how to stay asleep.

As many as one-quarter of the American population experiences insomnia each year. Sleep problems can start with a sudden event. For example, a job loss can lead to nighttime worries, which in turn can lead to trouble sleeping.

Here are just a few of the primary reasons why some people are up at night:

## Guilty Conscience

If you a worrier, then you may have trouble falling asleep. But if you have done some things that you may not be proud of that have been harmful either to yourself or others, then certainly a good night's sleep is not in your future. If you have not had a chance to get things off your chest before you put head to pillow for the night, then certainly you are in for a long night. Letting go of those bad feelings and thoughts will almost always help you to combat restlessness.

## Irregular Sleep Schedule

The body's internal clock programs people to feel sleepy during the nighttime and to be active during daylight hours. When that clock goes off-kilter, sleep becomes difficult. For example, travelers who fly across multiple time zones quickly get "jet lag" because they cannot maintain a regular sleep-wake schedule.

## Too Much Caffeine

It may seem obvious to you as you read this, but you may not realize just how much caffeine you consume throughout the course of one day. Since you are ingesting a stimulant, your body will become wound up, and will take a significant amount of time to calm down before bedtime. Even if you have not had any caffeine that day, but usually do consume large amounts, restlessness can still be a problem for you. Excessive caffeine consumption will leave you wide-eyed and awake when the night falls.

## Shift-Work or Night Shift

People who work at night and try to sleep during the day are constantly fighting their internal clocks. This puts them at risk for disturbed sleep. Without adequate rest, they are more likely to make errors or have accidents at work.

## Problems at Home or Work

If it feels like people are against you or there are just certain situations out of your control, it is hard to turn in for the night. Many people either go to bed angry, and end up waking frequently during the night, or they have trouble sleeping overall due to constant revisiting of all the issues in their personal or professional lives. Conflict can be a major source of restlessness, because it adds stress. When your body is stressed, it takes much longer for the nervous system and especially the brain to wind down in order to rest.

Better sleep improves our quality of life. So be committed to identifying why you can't sleep. Once you accomplish that, determine what treatment is best for you.

Sherry Harris is the author of the successful e-book "Best Practices Guide: 101 Amazingly Simple Ways to Beat Insomnia". It was created to be The Definitive Guide of insomnia treatments on the Net. You can download the FREE PDF e-book or click on the link. After you grab your free e-book, visit the rest of the website <http://www.ScentToSleep.com> where you will find products to wipe out insomnia.