

# Sexual orientation insomnia

Psychology



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## **Sexual orientation / insomnia**

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I would tell Sam that personal problems, remorse and anxiety often result in insomnia and that sleeping pills are not the answer in such cases. I would suggest that Sam should make a serious effort to solve his problems; and as soon as some of them are resolved, he will likely notice that he is sleeping much better. Many people have led double lives, but most often this has been exposed and the repercussions are worse than if they had not chosen that path. I would suggest that Sam speak with his parents, his school counsellors, and his minister about his being gay and coming out into the open. Hopefully, these people will support him. There are also homosexual support groups. If Sam is drinking every weekend, he may be on his way to becoming an alcoholic and should consider attending AA meetings.

Furthermore, there are sex therapists and sex clinics where Sam might go to discuss his promiscuous sexual behaviour. Not only is it dangerous, but it is also time consuming and lacks the satisfaction of relationships.

When Sheila originally experienced insomnia, it was most likely due to the stress of her divorce. That, however, was seven years ago and should not be responsible for her sleep disturbances today, although her resultant lifestyle, whatever that is, might be. I would suggest some counselling. As for the Halcion, she has become habituated to it, which is why she gradually increased the dosage. I question why the doctor increased the prescription so that she could do this. Furthermore while alcohol may help get someone to sleep, its interaction with your brain leads to fitful or no sleep (Lifehacker).

Alcohol and

sleep-inducing medicines are both depressants and taken together can depress the nervous system sufficiently to render people unconscious and even dead.

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References

Lifehacker. What Alcohol Actually Does to Your Brain and Body. Retrieved on February 18, 2012, from <http://lifehackers.com/5684996/what-alcohol-actually-does-to-your-brain>.