

Sleep disorders and state of consciousness

[Psychology](#)



Sleep Disorders I have experienced several sleep disorders and disturbances at different points in my life. One of the disorders that I have experienced is insomnia. I experienced insomnia at one point while studying for a forthcoming examination. Because I had not prepared for the examination in good time, I opted to study long hours and deep into the night. As I studied, I formed the habit of drinking coffee to help me keep a wake. While this was fruitful, the effect was that catching sleep became a big problem for several days. Instead of starting to sleep at nine or ten in the evening, I would catch sleep at four o'clock in the morning, which was quite unusual. During sleep, I would feel quite exhausted perhaps due to the strains I experienced as I burnt the midnight oil studying. I also realized that I woke up extremely late " the following day". Another symptom that accompanied my state of insomnia was sleepiness and tiredness during the day. My sleep also got disrupted as I had to wake up frequently at night to go for short calls, thanks to the several glasses of coffee that I downed.

I struggled with sleeplessness during the night for several days after the examination day had passed. So as to recover from the sleeping disorder, at first, I relied on sleeping pills. I also tried to get to bed early enough - like I used to before the pressure to study more set in. I also stopped taking coffee at night which meant that I woke up less often at night. This combination of lifestyle changes saw me overcome insomnia.