

Treating Insomnia

Insomnia is annoying. For many sufferers, it's a chronic condition that makes them exhausted, irritable, and unable to handle the physical and emotional stresses of everyday life. There are different degrees of insomnia. In mild cases, the sufferer has difficulty sleeping. Other sufferers endure interrupted sleep. They wake up in the middle of the night and are unable to fall asleep again until the early hours of the morning. In the extreme cases, the sufferer stays awake all night.

Practitioners of Chinese medicine believe insomnia is due to disharmony between Yin and Yang, triggered by different factors, including emotional problems, diet, overwork, or a weak constitution. Qi and blood deficiency can also cause insomnia.

Acupuncture is often used by Chinese medicine practitioners to treat insomnia. By stimulating specific body organs, acupuncture can help correct Yin and Yang imbalances and improves the qi and blood circulation.

Acupuncture has proved to be effective, and it has no side effects. Besides improving one's sleep, acupuncture can give a patient a greater sense of well-being and can improve his or her health generally. Acupuncture is administered at specific points in one's body organs such as points near the heart, liver and kidney. But different types of insomnia requires different tailored treatments and different combination of points in the body are chosen for the treatment. Sometimes, herbs are prescribed. In addition to acupuncture and herbal medicine, psychological counselling and changing ones's lifestyle may also be needed to cure insomnia.