

Are Sleep Medications a Solution for Insomnia?

About 30% of adults may have insomnia, and in one-third of these cases, insomnia is severe enough to cause daytime limitations. The vast majority of insomnia cases, as discussed above, is that of adjustment insomnia and sleep deprivation insomnia.

The underlying cause in adjustment insomnia is stress, anxiety, and fear, which typically last for a few days or weeks. When an individual tries to fix this type of insomnia with alcohol, other forms of addiction, and sleep medication, insomnia becomes a persistent problem consuming the psyche of the individual. The remission or resolution comes only after the realization that sleep drugs and the addictions are a persistent trap and not a solution. Fortunately, the natural strategies outlined above are the solution. Persistent insomnia takes a long time to overcome but is well worth the effort.

Sleep deprivation-induced insomnia is fast becoming the epidemic in modern societies. Sleep deprivation begins as a personal choice, but eventually, as the daytime performance deteriorates, stress and anxiety become the partners. Once that happens, a vicious cycle of wake-sleep imbalance sets in, and insomnia becomes a persistent problem. As discussed above, sleep deprivation differs from insomnia in that there is an ability to sleep but no opportunity for sleep. The sensible way to fix the problem is the natural solution; cultivate a correct attitude and behavior regarding the value of rest.

There are no sleep medications available in the world, which can give an individual a natural sleep. Unfortunately, none of the sleep medications get tested for long-term use of six months or longer. So medical science neither knows the benefits nor the pitfalls of long-term use of sleep medication. One fact is clear that sleep medications are addicting, and over time the harmful effects dominate an individual's life.

Sleep medications fall in two different categories:

1. ***Drugs which improve the ability to fall asleep.*** The most common drugs are Ambien (Zolpidem), Lunesta (Eszopiclone), and Restoril (Temazepam).
2. ***Drugs for fragmented or broken sleep.*** Medicines in this group are Silenor (Doxepin), which can help people asleep for the night. However, the side effects of excessive sleepiness during the day and brain fog keep the patient stuck with the same symptoms.

Sleep medications are not a permanent cure for sleep problems, are addicting, and have the disadvantage of adverse side effects such as dizziness, drowsiness, headache, gastrointestinal issues, allergic reactions, memory loss, and performance problems.

It is always a good idea to start with a natural remedy such as melatonin first, then identify the problem—sleep deprivation or adjustment insomnia, and figure out what is causing the problem. Do not fall into the trap of sleep medications, which are not a solution to natural sleep. The natural solutions remain the best option for overcoming the most common forms of insomnia.