



# Insomnia

## INDIGO Biofeedback

Stress induced insomnia, clinically known as transient insomnia is the most common type of insomnia. An estimated, one third of the population will suffer from insomnia at some stage in their lives. Experts report that most adults require 6-10 hours of sleep each night. The following statistics highlight the connection between stress, insomnia and how the INDIGO Biofeedback System can help.

In a recent study, the U.S Centers for Disease Control and Prevention (CDC) found that approximately 70 million Americans could be suffering from chronic sleep and wakefulness disorders. In this same study, the CDC also found that people without a high school diploma enjoyed better sleeping habits than people with a university degree. Insomnia researchers believe that there is a direct connection between workplace stress and transient insomnia; which explains the above statistics.

Serious side effects can occur with lack of sleep, including; disorientation, deprivation of REM sleep, loss of contact with reality, digestive problems, high cholesterol, obesity, muscle pain, headaches and depression. Not getting enough sleep is also a safety concern. Sleep deprivation is responsible for approximately 100,000 auto accidents and 1,500 fatalities each year. Sleep deprivation was also cited as the cause for such catastrophes as the Chernobyl, Three Mile Island, and Exxon Valdez oil spill.

In an article published by the Medical Journal of Psychosomatic Medicine it was found that chronic insomniacs experienced increased incidences of stressful events in their lives, events such as loss of a loved one, or personal illness. The article also conveys that, insomniacs felt considerably less satisfied with their lives, had lower self-concepts, and had greater difficulty with interpersonal relationships. Thus, stressful life events, mediated by certain predisposing factors of personal vulnerability, were found to be closely related to the onset of chronic insomnia.

Research shows sleep essential for stress reduction and well-being: (Huffcutt, 1996).

- Sleep deprivation impairs the functioning of human cognitive and motor abilities.*
- It also has a powerful influence on mood.*
- Problems with sleeping are often associated with symptoms of depression and a feeling of diminished health.*
- Insomnia can mean increased emotional distress, daytime fatigue and diminished productivity.*
- Studies also suggest a sleep deficit may put the body into a state of high alert, increasing the production of stress hormones and driving up blood pressure.*

Managing your stress is essential to restful nights. The INDIGO Biofeedback system can help reduce the effects of stress through its ability to measure Galvanic Stress Response (GSR). GSR measures mild electrical impulses on the surface of our skin, which change due to moisture. The moisture of the skin changes according to the body's degree of stress and/or relaxation. The INDIGO Biofeedback device can sooth a client and return stress levels to normal.

Say goodbye to sleepless nights and let INDIGO Biofeedback reduce the stress in your life.