

JIM C – HEALTH TERMS

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Sleep is necessary for healthy functioning, yet the exact mechanisms of how sleep rejuvenates the mind and body remain mysterious.

HOW DID THE TERM “*INSOMNIA*” ORIGINATE?

***Definition (Encarta):* Inability to fall asleep or to remain asleep long enough to feel rested, especially when it continues over time.**

- **Transient Insomnia – problem lasts from days to weeks.**
- **Acute Insomnia - the inability to consistently sleep well for a period of between three weeks to six months**
- **Chronic Insomnia – problem lasts for years at a time.**

***Origin (Online Etymology):* 1623, Anglicized as *insomnie*, from Latin *insomnia* "want of sleep," from *in-* "not" + *somnus* "sleep". The modern form is from 1758. *Insomniac* (noun) is from 1908.**

***Clarification:* The ability to sleep for long periods, rather than the need for sleep, appears to be lost as people get older. The condition may result due to illness or physical discomfort, or it may be caused by stimulants such as caffeine or drugs. However, experts estimate that the cause is psychological in 75% of all insomnia cases.**

***Common Solutions:* Count sheep; belly breathing; grand relaxation**

***Conventional Wisdom:* Insomnia = Inability to sleep**

***Moment of Zen:* Sleep deprivation will lead to ruin.**