

What's Keeping You Up At Night? The Most Common Causes Of Sleep Troubles

Description

Did you know that [a quarter of American adults experience insomnia](#) every year? A lack of sleep can impact physical and mental health. There are many possible causes of sleepless nights. In this guide, we'll look at some of the most common causes of sleep troubles and offer some tips to help you get a better night's sleep.



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Anxiety and stress

[Anxiety and stress](#) are among the most common causes of insomnia. If you feel stressed, or you're anxious, it's difficult to switch off and you may find that your mind is very active even if you're tired. Stress affects all of us, but it can spiral, and severe stress has a profound impact on your mood, your physical health and your relationships. If you're finding life tough, it's beneficial to employ self-help techniques to try and manage stress, including meditation, breathing exercises, massage therapy and regular exercise. Talking to people about how you feel can also be incredibly helpful. It's also important to try and identify causes of stress. Many of us experience stress and anxiety as a result of our workload or having too much on our plates. Take a step back, make the most of your free time and understand the importance of giving yourself time to rest and recharge your batteries. If you are finding it hard to wind down, use your evenings to de-stress and relax. Once the kids are in beds, watch TV, read a book or listen to music.

Snoring and sleep apnea

Do you share your bedroom with somebody who snores, or do you wake regularly during the night struggling to catch your breath? Snoring and sleep apnea can affect individuals, as well as the people they live with. The most common causes of snoring include being overweight, smoking, lying on your back, coughs and colds, allergies and drinking alcohol. There is a difference between snoring and sleep apnea, and it's important to be able to recognize [sleep apnea signs](#). Symptoms include gasping for breath, snoring very loudly, daytime tiredness, waking frequently during the night and waking up with a headache. If these signs sound familiar, it's wise to seek medical advice. If sleep apnea is left untreated, it can be very serious. Lifestyle changes and adapting your routine can often be beneficial.

Routine

Most parents devote a lot of time and energy into getting their kids into a routine. Bedtime routines are advantageous for children, but they're also beneficial for adults. If you doze off in front of the TV and climb into bed at midnight one day, and the next, you go to bed at 9 pm, your body clock will be all over the place. Try and get used to going to bed and getting up at a similar time each day. This might be tricky if you have young children, but if you can adjust your daily regime slightly, you should find that your [sleep quality](#) improves.



Picture credit: <https://www.pexels.com/photo/person-laying-on-sofa-while-reading-book-1471991/>

Sleepless nights are par for the course when you have a newborn, but many parents experience sleep troubles long after their children start to sleep through the night. If you're struggling, don't hesitate to seek advice and give these self-help techniques a try.

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