

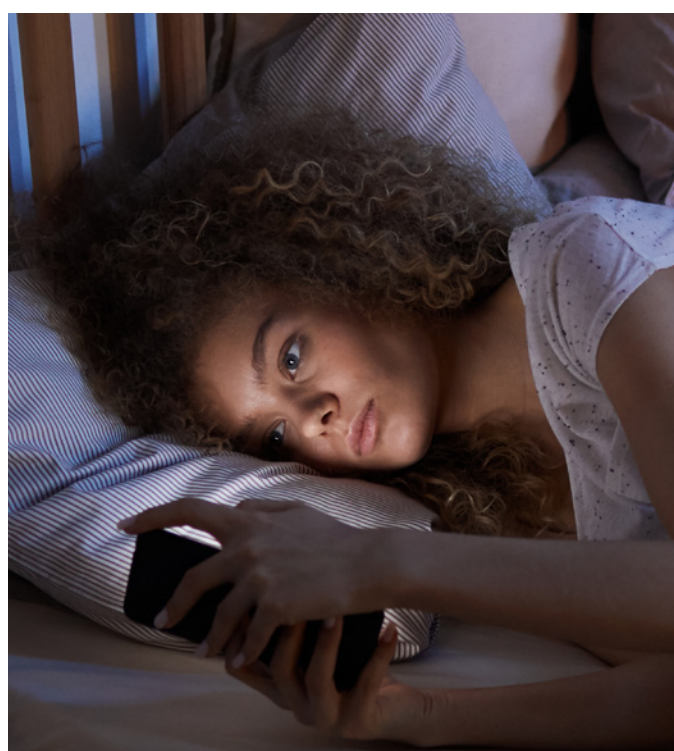
Sleep

Difficulty sleeping, or insomnia, is a problem that affects approximately 30% of adults.



Insomnia is difficulty falling asleep, waking up frequently through the night or not being able to fall back asleep after waking.

The consequences of long term insomnia include being tired during the day, decreased mental and emotional wellbeing and an increase in accidents. Insomnia is also closely linked to depression.



Common Causes of Insomnia

The cause of Insomnia is thought to be due to a state of hyperarousal or stress that can affect sleep. Environmental, physiological, and psychological factors can all play a role in insomnia. Other causes of insomnia include:

- Going to bed at a different time each night
- Daytime napping
- Poor sleeping environment, such as too much noise or light
- Spending too much time in bed while awake
- Working evenings or night shifts
- Not getting enough exercise
- Using the television, computer, or a mobile device in bed
- Alcohol or other drugs
- Heavy smoking
- Too much caffeine throughout the day or drinking caffeine late in the day
- Getting used to certain types of sleep medicines
- Some cold medicines and diet pills
- Other medicines, herbs, or supplements
- Health conditions such as pregnancy, enlarged prostate or pain

Tips to Improve Sleep Hygiene

For some people, practicing healthy sleep habits or good sleep hygiene can help alleviate insomnia. Good sleep hygiene includes:

- Restricting the use of alcohol, caffeine, and tobacco products in the evening
- Avoiding late-night meals
- Limiting screen time prior to bedtime (especially blue light)
- Maintaining a healthy diet and exercise regularly during the day
- Follow a consistent sleep schedule that includes the same bedtimes and wake-up times every day
- Avoid working, TV watching, or reading in bed

How Massage Therapy can Help with Sleep

Massage therapy has been shown to improve the quality of sleep by:

- Decreasing stress and anxiety
- Decreasing pain associated with chronic conditions
- Releasing serotonin which is a precursor to melatonin – the hormone that controls sleep cycles⁹
- Promotes a relaxed state, reduced heart rate that are conducive to falling asleep

Important: The negative effects of chronic lack of sleep can be serious. Consult with your physician if your condition does not improve or worsens.



Make an appointment with your MTAM registered massage therapist or find one at mtam.mb.ca

Evidence-based research on how massage therapy works for this condition and more is available at massageforlife.ca. Information cards are provided by the Massage Therapy Association of Manitoba as a courtesy to our members.