

Caring for you Naturally

THE BACK Dr.



Chronic Insomnia

Insomnia occurs when someone has problems sleeping. There are stories of famous people who needed only a few hours sleep a night. Winston Churchill and President Kennedy could apparently get by with only 3 or 4 hours sleep but most of us need between 6 and 8 hours every night.

Do have trouble getting to sleep when you first go to bed?

Sadly many people who want and need a good night's sleep just can't get it. These people suffer from insomnia. But their insomnia may only happen for a few days [nights] and from time to time. There is often no pattern to their sleeplessness. But someone who has sleep problems for an extended period of a month or longer, has chronic insomnia.

Do you wake up in the night?

Chronic insomnia is much more distressing for the sufferer and more complex from the diagnosis point of view. Going for nights on end with sleep problems is frustrating to say the least. And to try and find out why someone has chronic insomnia, several questions need to be answered.

- **How long have you suffered from insomnia?**
- **Do you have trouble getting to sleep when you first go to bed?**
- **Do you wake up in the night?**
- **If you wake up in the night, do you have trouble getting back to sleep?**
- **How many hours sleep do you get each night?**

Chronic insomnia can be a complex issue and studies show there are many variations within the condition. The important factor is an **understanding of the situation**. Chronic insomnia is not a symptom but the result of a cause or causes.

To understand and then treat chronic insomnia we need to know that sleep is not simply a matter of not being awake. There are different stages of sleep and sleep varies according to age. A baby, generally speaking, will sleep far more deeply than its elderly grandparents who will have what is known as shallow sleep.



Treatment of chronic insomnia comes only after extensive testing to find its cause. In fact a person taking a certain medication may stimulate their chronic insomnia. There may be any number of other causes including physical and mental health issues.

People suffering chronic insomnia are encouraged to maintain a **sleep diary** where times of sleeping are recorded together with any other relevant thoughts and experiences.

As distressing and debilitating as chronic insomnia can be, there has been extensive research on the subject and there are today many types of treatments to help the patient. **At The Back Dr., we understand the need to tailor each person's treatment to maximize their results ... plus we understand each person is an individual with different requirements and different needs.**

“Not only has my sleep improved but my high blood pressure has lessened”

“I have suffered insomnia for so many years I can't remember how long. I was resigned to the fact that I was never going to sleep as well as I would like again.

I was recommended to go see Cyrus and I am very happy with my results. Not only has my sleep improved, but my high blood pressure has lessened.

- Roger Bampton, Epping

Isn't It Time You Did Something For Yourself For A Change?

We all get busy... we get caught up. Your days can so easily be filled with other people's problems, with other people's dramas and deadlines. We often try to please everyone and struggle to keep up with all of the demands placed on our time.

You need an alternative.

We know every body is unique, we will carefully assess YOUR INDIVIDUAL concerns so we can recommend the best possible treatment to help you get results. And your next step is easy. Simply pick up the phone and call us on 02 9808 1377 to book a convenient time for your Natural Insomnia Elimination assessment and receive a Complete Metabolic Assessment

FREE.

Our “No Questions Asked” 100% Money Back Guarantee

If after one month of following our suggestions you do not completely understand the underlying causes of your Health challenges and feel that you are on the path to recovery, health and well-being we will;

- 1. Give you a complete no questions asked refund on services, or**
- 2. Book and pay for your next treatment with a competitor.**

Call to book your Natural Insomnia Elimination Assessment and to receive your **FREE bonuses NOW on 02 9808 1377.**

Alternately, you can contact me with any of your inquiries by email:

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Best regards,

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