

Currently, I do not know anyone who suffers from insomnia, but in our current society there are many people who suffer from this disease. Among the causes of this disease we find psychological stress, as well as anxiety, depression, chronic diseases and other common causes. The consequences are multiple. Among the consequences of insomnia, we find that it leads to an increased risk of chronic diseases such as heart disease and diabetes, in addition to reducing the immune system. As for methods of treatment for insomnia, there are many, among them is good sleep health through sleep regulation, adequate relaxation, deep breathing, as well as gradual muscle relaxation.