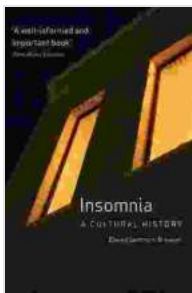


Insomnia: Cultural History Foci

Insomnia is a common sleep disorder that can have a significant impact on our physical and mental health. It can make it difficult to fall asleep, stay asleep, or get restful sleep. Insomnia can be caused by a variety of factors, including stress, anxiety, depression, and certain medical conditions.



Insomnia: A Cultural History (FOCI) by Eluned Summers-Bremner

★★★★☆ 4 out of 5

Language	: English
File size	: 2404 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 34 pages
Lending	: Enabled



The cultural history of insomnia is long and complex. In ancient times, insomnia was often thought to be caused by demons or other evil spirits. People who suffered from insomnia were often treated with молитвы or other religious rituals.

In the Middle Ages, insomnia was thought to be a sign of melancholy. People who suffered from insomnia were often treated with bloodletting or other harsh medical procedures.

In the 19th century, insomnia began to be seen as a medical condition. Doctors began to develop new treatments for insomnia, such as sleep hygiene and medication.

In the 20th century, insomnia became increasingly common. This was due in part to the rise of industrialization and urbanization. People who lived in cities were more likely to experience stress and anxiety, which could lead to insomnia.

Today, insomnia is one of the most common sleep disorders. It is estimated that up to 30% of adults suffer from insomnia at some point in their lives. Insomnia can have a significant impact on our physical and mental health. It can make it difficult to concentrate, make decisions, and remember things. It can also lead to fatigue, irritability, and depression.

There are a variety of treatments available for insomnia. These treatments include sleep hygiene, medication, and cognitive-behavioral therapy. If you are experiencing insomnia, it is important to see a doctor to rule out any underlying medical conditions.

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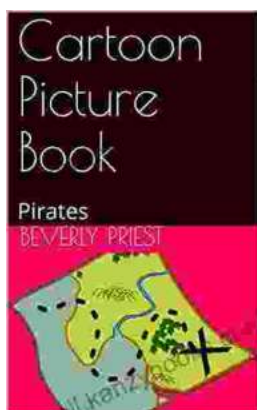
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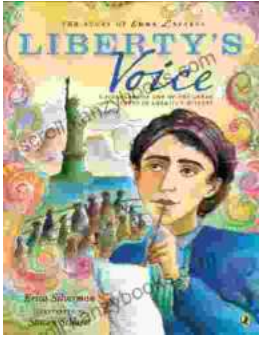
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