



Insomnia and its impact on human psychological health

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Annotation: The article outlines the causes of insomnia and the factors that contribute to normal sleep.

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Insomnia (sometimes also called insomnia) is a common problem all over the world. It is estimated that insomnia affects 33% of the world's population. Even people who do not experience chronic insomnia often struggle with sleep problems. According to the Centers for Disease Control and Prevention (CDC), about a third of the US state's adult population sleeps less than the recommended sleep norm. Therefore, it is extremely important to understand the potential effects of insomnia on human health, including the effects on mental health. It's no secret that sleep plays an important role in maintaining physical and mental health. A decrease in the amount of sleep can cause a sense of nervousness and fatigue in the short term, and its continuous continuation can cause serious damage to human health. Insomnia is inextricably linked to several adverse health consequences, including heart disease, Category 2 diabetes and depression. Some psychiatric conditions can cause sleep problems, and sleep margin disruption can exacerbate the symptoms of many psychiatric conditions, including depression, anxiety, and bipolar disorders. Studies suggest that the connections between sleep and mental health have a complex structure. Despite the fact that sleep has long been known to be a consequence of many psychiatric diseases, recent research suggests sleep plays a leading role in the development and duration of a wide range of mental illnesses. In other words, sleep problems can cause changes in mental health and, at the same time, mental health status can cause complex sleep problems. Insomnia can have an effect on certain mental disorders, but researchers are told the main reasons for this are still dark. Meet your doctor if you have problems waking up from time to time, falling asleep, because of this cyclical cycle between your sleep regime and mental state.

Stress. If you've been overthrown from there all night and the next day has been in trouble, you're familiar with sleep disturbances. Along with mood swings, high



aggression and anger can make it difficult to cope with the smaller stresses of everyday life. Difficulties in daily punches, depression, as well as poor sleep alone can become a source of stress.

Depression. A person or other sleep problems may be one of the symptoms of depression, but recent research suggests that insomnia can actually cause depression. According to 21 different studies, people experiencing insomnia are twice as at risk of clinical depression (depression) as people who do not have problems sleeping. While researchers suggest that early access to insomnia is effective in addressing the possibility of risk for depression, more research is needed in the application of this probability. Treating insomnia is undoubtedly an important technique to help improve psychological health and can also be an effective tool to prevent or cures mental health problems. In the study, which tracked more than 700 participants, the researchers examined the effects of poor sleep on depression, anxiety, and paranoia's symptoms. Some of the participants were given cognitive-behavioral psychotherapy treatment for insomnia, while no treatment was used for other participants. The researchers found that participants who had taken cognitive-behavioral psychotherapy had significantly decreased rates of depression, anxiety, paranoia and cinging.

Bezovtalik. As with many other psychiatric processes, the associations between sleep and anxiety are manifested in both ways. Disturbed people experience more sleep-normal deterioration. However, at the same time, insomnia can contribute to anxiety, turn sleep and anxiety problems into a continuous cycle. In addition, sleep problems are characterized as a risk factor as anxiety disorders develop. In one study, sleep problems, 9ageIn children and adolescents under the age of 6 years, anxiety was found to be a predictor of disorder. Sleep problems, especially prolonged periods of these problems and leave without treatment, increase the likelihood of anxiety. When you are tired of chronic insomnia, getting rid of anxiety becomes even more difficult. Therefore, poor sleep can further increase the symptoms of anxiety. For example, insomnia, Post traumatic stress disturbance (PTSD) is a simple sign that affects between 80 and 90% of people with the disease. Also, insomnia Post traumatic stress disturbance plays an important role in the development and preservation of it. Nevertheless, even a healthy person can adversely affect their mental health as a result of poor sleep. One study observed that a sharp decrease in sleep leads to increased levels of anxiety and sadness in healthy older people. So, even if you don't usually worry much, bad sleep can put you in a nervous and depressed



state. Bipolar disorder. Sleep normal deterioration Bipolar disorder is very common among people with bipolar disorder. Such problems include insomnia, premature awakening, and waking. Bipolar disorder is characterized by alternating periods of depression and uplifting moods. Sleep changes can be a sign of the condition, however, at the same time, sleep problems can affect the overall quality of life of the individual and its progress. A decrease in sleep volume can lead to symptoms of mania and hypomania. Studies show that changes in the normal sleep/awakening cycle are manic in participants between 25% and 65% [from the episode](#) started earlier. If you have bipolar disorder, then be sure to talk to your doctor about any difficulties with insomnia.

Attention Deficit Hyperactivity Disorder (ADHD). Attention deficit Hyperactive Disorder (ADHD) It affects 53% of children between the ages of 6 and 17. [Giperaktivlik Syndromes](#) due to sleep problems. Research sleep disorder breakdown is a predictor of disease symptoms and even suggests that it can contribute to the symptoms of the disease. According to the results of the research, Giperaktivlik syndrome is affected with 25% and 55% Children in the % range have been found to experience a breakdown in the sleep margin. A lack of attention in children and hyperactivity can occur with a number of sleep-related problems. They may experience problems with premature awakening, lack of sleep, sleep awakening, sleep breathing, and daytime drowsy. Attention deficit Hyperactivity Disorder treatment often begins with evaluating daily sleep patterns and habits in order to solve the main problems in sleep. The two-way relationship between sleep and mental health may make some promises- researchers are pinning their hopes that finding ways to improve sleep will help with the treatment of a host of mental states. Recommendations for treating malignant sleep or sleeping normal violations are usually the same as whether a psychiatric condition exists or is enabled. The primary approach is usually aimed at a lifestyle that helps improve sleep. Restricting sleep avoiders (e.g. caffeine, nicotine, and alcohol) and developing a good sleep habit are examples of lifestyle changes that can help.

List of available publications

1. American Academy of Sleep Medicine (AASM)
2. Journal of Psychiatric Research, 2018
3. Harvard Medical School, Sleep Health Study
4. Journal of Clinical Sleep Medicine, 2019



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Website: <https://euroasianjournals.org/index.php/pc/index>

5. American Heart Association
6. National Institutes of Health, 2017
7. Stanford University, Sleep Research Center