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Have you ever had difficulty in sleeping? Have you tried counting sheep in your dreams? Well frankly, sleeping disorder is the most common thing that nowadays everyone is suffering. We all like to have a good sleep and for that we install security system such as ADT Alarm Systems. But once we don't have a good sleep, our behavior for the next day will be deplorable.

There are people who get cranky and suffer from mood swings the next day when they don't get a good amount of sleep. It naturally affects their personal and office lives. So the question that may come to your mind is what causes this sleeping disorder. There are many things or reasons that cause this and we will look into it below:

Stress – The major reason for having sleeping disorder is stress. Our life is filled with hectic schedules. These hectic schedules bring a lot of stress that just drains our energy out. The deadlines to meet, pressure at work, pleasing the boss, and the list goes on. These things take the toll out of us. Ultimately, since there is lack of time for us to even relieve this stress, we end up taking it with us to bed.

Once we are stressed, our brain is in an alert mode. The stress inserts a deep pressure on the brain that secretes a particular neuron that creates this sleep disorder. How much we try to close our eyes and sleep, this sleep disorder still remains with us. It will continue for the entire day and we will be getting up in the morning in a cranky mood.

Disturbing events- There could be something that must have been disturbing you. You must have done something or someone must have said something, it must have irritated or bugged you to the core. Now in this case, this bugging feeling will continue for the entire day and ultimately will affect your sleep.

Taking caffeine or alcohol – Another basic reason is that some of us take caffeine or have late night parties. As we all know we consume a fair amount of alcohol in these parties. Seriously, it is okay to have alcohol and caffeine, but you must make sure that not to have it before going to sleep. The caffeine and alcohol create a chemical reaction that triggers the neuron in the brain. When this neuron gets triggered, it makes our brain active. To have a good sleep our brain should be in resting mode; in a sense it should not be in a stressed mode.

Avoid physical and watching late night TV – It is advisable to avoid any kind of physical activities before going to bed. Especially physical activity like exercising should be avoided as it interferes with the hormone secretion. Exercising keeps our mind fit and active. So when the mind is active it creates a hormone that recharges our mind. That is why most of the doctors have said to avoid exercising at night and also watching TV.

As you can see these reasons are the primary causes of sleep disorder. Frankly, there are ways to avoid them and you will find out that it is easy and brings huge results. Firstly, try methods to relieve stress before you go to bed. Try to hear soothing music or do some stress- relieving exercises. If you are bugged up with something, try to write it down on a piece of paper or open up your mind to someone. Also try to avoid caffeine and alcohol before going to bed. It will be good to have a warm bath before going to bed as it will reduce the body temperature. Try to sleep in a position that is comfortable for you. Also try to avoid the late night parties and watching TV

Frankly, getting a good sleep is important and unavoidable thing in our life.

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Being a freelance writer and active blogger, I like to share my thoughts with the rest of the world and to source out some great deals on home services like the one offered by a [ADT Alarm System](#).

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