

How an Insomnia Therapy Can Help With Other Illnesses

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The New York Times:

It's a Catch-22 that even those with a common cold experience: Illness disrupts sleep. Poor sleep makes the symptoms of the illness worse.

What's true for a cold also holds for more serious conditions that co-occur with insomnia. Depression, post-traumatic stress disorder, alcohol dependence, fibromyalgia, cancer and chronic pain often give rise to insomnia, just as sleeplessness exacerbates the symptoms of these diseases. Historically, insomnia was considered a symptom of other diseases. Today it is considered an illness in its own right and recognized as an amplifier of other mental and physical ailments. When a person is chronically tired, pain can be more painful, depression deeper, anxiety heightened.

Read the whole story: [The New York Times](#)