

5 Dangers of Insomnia

Why Lack of Sleep is Bad for Your health

Feb 8, 2010 [Paul Garrigan](#)

Lack of sleep can make life unbearable. There are many physical and mental health problems associated with insomnia.

Lack of sleep can easily make people cranky and less able to function. There is also evidence that suggests other dangers associated with insomnia; these could pose long-term consequences for people's health and ability to enjoy life.

What is Insomnia?

There is actually more than one form of insomnia and they are classified according to the severity of the problem.

Transient Insomnia – this is where individuals only need to deal with the problem for a short time. Many individuals get the occasional night where they can't get to sleep. They may be worried about something or just have a bad night. This brief period of lack of sleep isn't believed to pose any long term health risks.

Acute Insomnia – this is said to exist when people have a problem with lack of sleep lasting more than three weeks. Acute insomnia can be very debilitating and can begin to affect mental and physical health.

Chronic Insomnia – individuals are said to have chronic insomnia if they have a long-term problem with lack of sleep.

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1. Lack of sleep may lead to the development of type two diabetes. A study by the University of Buffalo in 2009 found that participants who slept for less than six hours a night were up to five times more likely to have impaired fasting glucose levels; this is often viewed as a precursor to developing type

- two diabetes.
2. Those who suffer with chronic insomnia are believed to be more prone to illness and accidents.
 3. Long term insomnia means that individuals are more susceptible to reacting badly to stressors. This increases the risk of developing mental illness; many of those with chronic insomnia have been known to turn to substance abuse for help. Reliance on night sedation can become a big problem with its own risks.
 4. Lack of sleep can lead to decreased performance and problems with memory. This can affect every aspect of a person's life and could even make them more at risk of car accidents or for making errors when operating dangerous machinery.
 5. Tiredness makes it harder for individuals to find enjoyment in life. If people are tired all the time they don't want to do anything. Maintaining a social life can be difficult due to a lack of energy.

The dangers of insomnia mean that it is important for those with acute insomnia to find ways to deal with the problem. If it continues for a long period it may be necessary to seek medical advice.

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