

Can Reiki Help With Insomnia?



According to 2022 statistics, an estimated 15-33% of adults experience insomnia worldwide. For older adults, the statistic is much higher with 75% of the elderly experiencing some degree of insomnia. Also, depression has a link with insomnia too as an estimated 90% of depression patients experience insomnia. Depending on its severity, insomnia may present as anything from a slight, temporary annoyance to a completely debilitating condition. People who suffer from insomnia often look to a number of different solutions to their condition, including cognitive behavior therapy, medications, and more. Some people with this condition have also found that Reiki may be helpful in a patient's toolbox in restoring normal sleep patterns as well.

Understanding Insomnia

Insomnia is a condition in which a person finds it difficult to fall asleep and/or remain asleep even though he or she has plenty of time to do so. According to the Mayo Clinic, the average adult requires at least seven to eight hours of sleep each night in order to function properly. Without adequate, restful sleep, people often feel tired, sluggish, irritable, or even depressed. People who suffer from insomnia may also have trouble concentrating on tasks during the day, and they may also be at a higher risk of accidental injury or death. You may be suffering from insomnia if you spend more than 30 minutes attempting to fall asleep on a regular basis, or if you find that you get less than six hours of sleep on most nights.

Causes of Insomnia

Insomnia can result from a number of different causes. The Mayo Clinic reports that common causes of insomnia may include:

- **Overeating before bed**
Eating too much food before bed can cause acid reflux and discomfort, both of which may cause you to stay awake long after you meant to fall asleep.
- **Intake of alcohol, caffeine, or nicotine**
Although alcohol is a depressant, it can prevent you from getting the restful sleep you need. Caffeine and nicotine, on the other hand, are stimulants that can stop you from falling asleep well in the first place.

- **Certain medications**
Some medications, such as corticosteroids, may cause insomnia in some patients.
- **Poor sleeping habits**
If your sleeping environment is uncomfortable or if you don't have a regular sleep schedule, you may find it difficult to fall asleep.
- **Change in environment**
If your schedule or living arrangements have changed recently, you may experience temporary insomnia while you adjust to the changes.
- **Certain medical conditions**
Some medical conditions, such as chronic pain, may make it difficult to fall asleep and stay asleep.
- **Depression**
Many people who are suffering from depression will experience sleep disturbances, including insomnia.
- **Anxiety**
Anxiety is a common cause of insomnia. People who feel anxious often spend time worrying after they go to bed, which can make sleep nearly impossible. This cause of insomnia may be temporary or ongoing.
- **Stress**
Much like anxiety, stress can also lead to the development of insomnia. Whether you are stressed about work, relationships, or health concerns, you may find it more difficult to sleep when your stress levels are high.

How Reiki Can Help

How Reiki can help Insomnia

Regardless of the cause of your insomnia, Reiki may be beneficial. In some cases, Reiki may help by assisting to address the underlying cause of insomnia. In other cases, Reiki may simply help you relax and establish better sleep patterns in spite of the cause of your condition.

If your insomnia is the result of stress, anxiety, or depression, Reiki sessions may help to alleviate some of the problems. Some of the ways in which Reiki may help with these issues are detailed below.

- **Reiki is relaxing.**
Reiki often helps clients to relax, thus allowing them to put their problems in perspective and find a sense of mental and spiritual balance. This can lead to reduced stress and anxiety, which may in turn help relieve insomnia.
- **Reiki gives control back to the client.**
People who suffer from stress, anxiety, or depression often feel like their life is not in their hands. Clients who participate in Reiki sessions are taking control of their condition, which may improve the symptoms.
- **Reiki facilitates interpersonal connections.**
Clients often feel supported and connected with their Reiki practitioners, who are caring and professional individuals. These interpersonal connections may alleviate the symptoms of depression and other mental problems, thus reducing incidences of insomnia.