

## SLEEPLESSNESS (INSOMNIA).

Sleeplessness is simply over-activity of the brain. Wakefulness or disturbed slumber may be caused by care, trouble, overwork, late suppers, indigestible food, reading or hearing exciting stories, especially in the evening, and by occupying the mind with business matters in the evening or latter part of the day.

**Treatment.**— Eat no hearty meal in the after part of the day, neither read nor allow the mind to become excited, nor contemplate any sad or melancholy theme, nor transact or think about any business in the latter part of the day or evening. Retire to rest at a regular hour, in a quiet and well-ventilated room. Do not sleep on feathers, but use a mattress instead. Do not sleep under too many bedclothes, and have no curtains about the bed. In the evening, take a bath for three or five minutes at from 92° to 98°; wipe dry, and retire immediately. Or take a tepid sponge-bath, or a warm foot-bath, or place a bottle of hot water to the feet on retiring. Anything that will draw the blood away from the brain will induce sleep, therefore a cold, wet head- cap is useful, especially if the head aches.

A sitz-bath at 98° or 100°, for ten minutes, just before retiring, or a hot fomentation applied the entire length of the spine, for fifteen minutes, will often induce sleep. In case the patient is dyspeptic and is kept awake by indigestion, apply the hot fomentations over the stomach for a few minutes after retiring.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 306-07 by M. G. Kellogg*