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ENGL 110C

Problem-Solution Essay

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### My Solution to why I cannot sleep at night!

I have many reasons why I cannot sleep at night. The reasons vary depending on the circumstances and events occurring in my life now. Presently, I continue to struggle with sleep, yet I have identified the most effective remedy for my situation. I do not have any children or a spouse, so those aspects are not part of the challenges I face in life. As a single woman, I encounter everyday issues that are quite common. The bills keep accumulating due to the single job I have, which pays the minimum wage for female employees, while the cost of living continues to rise. This is a never-ending cycle, regardless of the position a woman holds. It is a common struggle.-At the end of this essay, I will restate the problem and why it needs a solution: I am wrestling with numerous reasons that disrupt my ability to sleep at night, each varying based on current circumstances and life events. Despite ongoing struggles with sleep, I have discovered a viable solution that effectively caters to my needs.--

However, I do experience anxiety and mild depression that I can manage, but it often keeps me awake at night. During challenging times in my life, I tend to withdraw and reflect on my life decisions, leading me to feel more overwhelmed. Nevertheless, when I am reminded of the progress I have made today, it serves as a signal that I am doing my utmost best. There are so many solutions to help sleep at night. but it all trickled down to one solution for me. I resorted to taking sleeping pills each night to induce sleep, but this only resulted in keeping me

awake for most of the night and feeling drowsy the following day. This made it challenging to fulfill my daily responsibilities effectively. From personal experience, I discovered that with regular use, the body can develop a tolerance to sleeping pills.

My second endeavor involved the classic method of counting sheep, numbers, or ceiling tiles in hopes of inducing sleep. However, this only stimulated my brain further, preventing me from shutting down. At times, I attempted to lie still without engaging in any counting, allowing my thoughts to flow freely. Yet, this only served as a reminder of the multitude of thoughts occupying my mind. In today's fast-paced world, getting a good night's sleep seems like a luxury.

The third attempt involved staying awake for extended periods and attempting to sleep only when I was ready. Regrettably, this endeavor resulted in a mental breakdown, leading to feelings of inadequacy in daily tasks, self-criticism, a lack of smiles, a negative demeanor, and a sluggish gait. I experienced persistent laziness, fatigue, and dehydration as a result. This decision stands as one of the most regrettable mistakes of my life (*Sleep*). I discovered this statement to be accurate as I had to request a leave from work to obtain a complete day of rest and recuperate. I will never do that again (*Sleep*).

The doctors recommended the last strategy I attempted before my final evaluation. Daily workout regimens and dietary choices are expected to help. Lack of sufficient rest prevents me from engaging in physical activity due to fatigue. While exercise does contribute to a sense of calm and relaxation, it should not lead to exhaustion that interferes with sleep. In the absence of a proper diet, I experimented with fasting for a week for mental, spiritual, and physical purposes. This approach proved beneficial, but not entirely. It is risky to engage in prolonged

fasting without consuming any food. Additionally, excessive caffeine consumption to stay awake had more negative consequences than positive effects.

I made one last effort to investigate internally, as I knew it was not due to my mental state since I could manage to get around 4 hours of sleep but not the recommended 8 hours. It was not because of my daily exercise and diet routines either, as I have a small appetite and exercise whenever possible. Trying to count sheep and tiles on the ceiling to aid sleep did not work either. Despite all my attempts, there was only one solution that I believe is essential for every woman. The significance of hormone balancing is often underestimated.

I discovered that my hormones were out of balance after consulting with a physician, specifically an obstetrician-gynecologist. Men typically experience this later in life, usually in their forties. Additionally, I became aware of this through online surveys and further research, as I was puzzled by my inability to sleep, constant fatigue, elevated stress levels, and early onset of hot flashes. Hormonal Imbalance article not only addresses solutions for women, but it also provides solutions for men (*Huizen*). There are assorted options available such as the right diet plans, hormone shots administered by a doctor, over-the-counter supplements, and prescription medication for severe hormone imbalances, which are also prescribed by a doctor. Once I identified the root cause of my insomnia, I dedicated myself to maintaining hormonal balance as a lifelong objective.

To summarize, my quest to address my sleep difficulties has been characterized by a series of obstacles and endeavors. Despite experimenting with techniques such as counting sheep and making lifestyle adjustments through exercise and dietary changes, none of them helped long-term. It was through thorough research into the matter and seeking guidance from

healthcare experts that I found the root cause of my sleep troubles, which turned out to be a hormonal imbalance. This realization not only brought clarity to my sleep issues but also emphasized the significance of hormonal well-being for my overall health. Going forward, I will prioritize maintaining this balance as I strive for improved sleep and a healthier lifestyle. -

Works Cited

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### My Reflection

My primary objective in writing is to avoid repeating words. I often find myself using the same word frequently in my sentences. I aim to enhance the consistency of my writing by maintaining a steady tone and flow while staying focused on the main topic. Occasionally, I digress and discuss various points before reaching a conclusion. Expanding my vocabulary is a definite goal, which is why I engage in extensive reading to sharpen my critical thinking skills.

It has been some time since my previous English class, and I am eager to enhance my grammatical and language proficiency. I aim to convey intricate concepts effectively in my writing, enabling me to articulate my thoughts clearly on paper. An area where I excel in writing is in harnessing my imagination. Immersing myself in Fantasy or Horror literature allows my creativity to go beyond conventional writing. I aim to engage my readers in my writing by allowing them to fully immerse themselves in the story and relate to the characters or in this case myself. My goal is for the reader to feel what I feel as they experience the narrative.