



## Local Rehab Educates Community on Opioid Insomnia

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Morristown, TN - ReVIDA® Recovery recently released a blog investigating opioid withdrawal insomnia. As a leading provider of addiction and medication-assisted treatment in the area, their goal is to bring awareness to topics surrounding substance use, and help families understand the complexities of addiction.

?People experiencing insomnia typically have difficulty falling asleep or staying asleep and will wake up not feeling refreshed. It is often a symptom of opioid withdrawal and can provide frustration for the person experiencing it. It is often caused by your mind and body not allowing you to sleep. Also, opioids can sometimes aid with sleep, resulting in an irregular sleeping pattern when someone stops taking them,? the article states.

The body naturally rids itself of toxic substances, causing withdrawal to occur. Withdrawal from opioids can have an array of symptoms including agitation, runny nose, diarrhea, dilated pupils, goosebumps, vomiting, anxiety, intense cravings, and insomnia. The lack of sleep caused by opioid withdrawal can increase anxiety, depression, and irritability. This can lead to memory problems, trouble concentrating, and increased strain on relationships. Insomnia can also cause anxiety and the fear of not being able to function.

There are ways to try and overcome insomnia while going through withdrawal from opioids. Avoid spicy foods

before dinner and even before lunch. Do not consume a heavy meal right before bed, and restrict caffeine, sugar, and chocolate before bed also. During the day, eat foods that have potassium, magnesium, and vitamin B. This will help curb insomnia at night. Insomnia can stem from anxiety, which is at a high when going through opioid withdrawal. Exercising can help reduce anxiety and insomnia symptoms.

?In the meantime, there are some things that you can do to help you sleep as you are experiencing opioid withdrawal. Instead of tossing and turning for hours, every 20 minutes, get up and do a relaxing activity such as taking a hot bath or meditating. Wait an hour and try again. You can also create a soothing sleep environment by using noise-canceling headphones, setting your thermostat to 60-70 degrees, or using white noise. Try to avoid extra naps during the day, as it may make it hard to fall asleep. Regular exercise will also help you fall asleep faster and stay asleep longer. Avoiding blue light 2 hours before bedtime can also help your body naturally prepare itself to go to sleep,? the article continues.

While there are helpful tips and tricks to try to overcome insomnia and opioid withdrawal, it is best to see a doctor. Going too long without sleep can cause harm to the body and mind, and on top of withdrawal, stress and anxiety can become severe. A medical professional will be able to provide guidance and direction to cope with both of these conditions.

ReVIDA® Recovery works within Appalachian communities to provide resources and support for those living with an opioid use disorder. Their outpatient program includes group, individual, and family therapy as well as care coordination and referrals. The team at ReVIDA® Recovery are leading providers of medication-assisted treatment (MAT) and work with each individual patient to find what works best for them. Together, their patients and care team have worked to help those living with addiction to reclaim their lives and move forward without opioids.

To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

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For more information about ReVIDA® Recovery Morristown, contact the company here: ReVIDA® Recovery Morristown  
Kaissen 423-586-3249 morristown@revidarecovery.com  
230 Bowman Street Suite C Morristown, TN 37813

### **ReVIDA® Recovery Morristown**

*Our supportive and passionate staff is ready to help regardless of your past treatment experiences and at whatever stage of your journey you are in.*

Website: <https://www.revidarecovery.com/locations/morristown/>

Email: [morristown@revidarecovery.com](mailto:morristown@revidarecovery.com)

Phone: 423-586-3249

