

## **Whole body cryotherapy in cryo-chamber for treating primary and pain-dependent secondary sleep disorders**

Whole body cold application can act directly, via the regulation of central activity levels, and also indirectly, e.g. through the elimination of pain, to improve sleep behavior.

If there are neither organic nor psychological causes for a sleep disorder, one then refers to this condition as a primary insomnia. A sleep disorder determined by chronic pain is then considered as secondary type of insomnia that is the result of another health problem.

Unfortunately, experience has shown that one can too frequently conclude that sleep is disrupted.

Not everyone experiencing problems in falling or staying asleep should be referred to hastily as suffering from disrupted sleep. Often a clinically relevant sleep disorder only arises when individuals start taking sleeping tablets too hastily. Before such an intervention the following knowledge needs to be recognized: sleep behavior is primarily the logical result of wake behavior.

As such, it is entirely possible to achieve an improvement in condition using relatively simple procedures (physical activity, change in the problem inducing behavior). Physical therapies that act according to the “stimulus reaction adaptation principle” (see also chapter 2 of the book) are very suitable for modifying disrupted sleep behavior. They ensure a psychological harmony and an increased muscular metabolism. Even before the development of a real sleep disorder they can achieve good prophylactic results.

A real insomnia requiring therapy can only be considered to occur when sleep is disrupted continuously for longer than a month, and when the disorder occurs at least three times per week and personal performance during the day suffers due to tiredness and fatigue.