

UNIVERSITI TEKNOLOGI MARA

**BEAUTY SLEEP – INSOMNIA AUDIO MEDIATOR
MOBILE APPLICATION**

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DECLARATION

I certify that this report and the research to which it refers are the product of my own work and that any ideas or quotation from the work of other people, published or otherwise are fully acknowledged in accordance with the standard referring practices of the discipline.



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CHAPTER 1

INTRODUCTION

1.1 Introduction

Insomnia. A sleep disorder where an individual would face a trouble of falling or staying asleep, or even both (Lamoreux, 2020). People with insomnia are often found worn out when they wake up from their sleep, which shows that insomnia would sap their energy off and this may lead them to fatigue, daytime sleepiness, decreasing their life performances and other serious effects as well. However, people are often found to have a zero realization on the presence of this disease in their life due to lack of knowledge (Islam et al., 2020). How much sleep does a person need is varies for everyone, but most adults need at least seven to eight hours of sleep in a day. Insomnia is usually a result of stress or life habits that disrupt sleeping. Having concerns about school or work can keep our mind active at night and makes it harder to fall asleep. Trauma of losing a loved one, or other stressful life events such as losing jobs, failing in exams or having a divorce may also lead to insomnia. Furthermore, insomnia may also occur on individuals who have poor sleeping habits including irregular sleeping pattern and uncomfortable sleeping environment. More additional cause that usually happen on young adults is the caffeine intake. Coffee or other caffeinated drinks are stimulants. Consuming them especially during late evening may keep an individual from falling asleep at night. Sleeping is so important to our body to keep ourselves a healthy lifestyle.