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Being sick often means you have a major lack of energy – perhaps so little energy that it's all you can do to sleep all day, or else feel constantly fatigued. Meanwhile, other illnesses can be so acute and so painful that they make a good night's sleep more or less impossible. Fitting into both categories is PCOS (Polycystic Ovarian Syndrome), a condition that includes, among its many other symptoms, a variety of sleep disturbances.

But how, exactly, does an ovarian condition create so many problems in the body, problems that range from sleep maladies to obesity and infertility? The answer lies in the fact that it isn't really an ovarian disorder at all, but a hormonal one!

PCOS and Your Hormones

In fact, PCOS (Polycystic Ovarian Syndrome) is the most common of all women's hormonal disorders; millions of women suffer from it, including as many as 10% of all women of childbearing age.

The condition is rooted in Insulin Resistance. This is a very serious condition – one that, when left untreated, can also lead to such illnesses as diabetes and Metabolic Syndrome – and it works by robbing your body of its ability to properly absorb glucose from the blood stream.

The body, and the ovaries in particular, perceive this lack of insulin and react by increasing hormone production. This can cause a hormonal imbalance that might lead to sleep apnea, insomnia, and a range of other sleeping disruptions. PCOS (Polycystic Ovarian Syndrome) is also closely associated with disruptions of the thyroid, which can lead to fatigue.

And exactly how strong is the connection between PCOS (Polycystic Ovarian Syndrome) and sleep disorders? A recent study indicated that women with this condition are some 30 times more likely to suffer from sleep obstructions than those without the condition!

Hope for a Good Night's Sleep!

The daunting facts of this study aside, there is ultimately good news for women suffering this condition. That good news is that Insulin Resistance is an entirely reversible condition, and it can be reversed through healthy, natural means – really, just by improving your lifestyle. Adding regular exercise to your life, and improving your nutritional habits, will go a long way toward reversing the effects of this condition, and ultimately helping you get a better night's sleep!

The other thing a women suffering Polycystic Ovarian Syndrome (PCOS) might do is to look into the Insulite Labs supplements that are available. In particular, the PCOS System offers hormone-balancing effects that have been scientifically calibrated to reverse the condition. That means there is very much hope here, and, for women who properly educate themselves and take the precautions necessary to thwart the effects of the condition, no reason why PCOS has to lead to sleeping problems.

Learn more about the subject of Sleep Disruptions and Polycystic Ovarian Syndrome (PCOS) and how it could be affecting your ability to get pregnant, visit us on the web at <http://pcos.insulitelabs.com>.

Insulite Laboratories, a Boulder, Colorado USA based company, is committed to reversing Insulin Resistance - a potentially dangerous imbalance of blood glucose and insulin. Scientific research has revealed that this disorder can be a primary cause of excess weight gain and obesity, plus Pre-Diabetes and Type 2 Diabetes. Insulin Resistance can also underlie the cluster of increased risk factors for cardiovascular damage called Metabolic Syndrome (Syndrome X) as well as PCOS (Polycystic Ovarian Syndrome) - a major source of serious diseases as well as heartbreaking female infertility.

Recognizing that there are millions of people who need this kind of systematic approach to reversing insulin resistance, Insulite Laboratories has, developed systems to address the underlying causes of Metabolic Syndrome, Polycystic Ovarian Syndrome (PCOS), Excess Weight/Obesity, Pre-Diabetes and Type 2 Diabetes.

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