

INSOMNIA



What is insomnia?

- Insomnia is a sleep disorder of trouble falling asleep or staying asleep
- Insomnia is very common. About 10% of adults have insomnia. If you're experiencing insomnia, you are not alone.

Symptoms

- Tossing and turning in bed
- Waking up during the night
- Waking up too early
- Feeling nervous about sleeping
- Tiredness during the day
- Hard to concentrate
- Mood changes
- More accidents & mistakes

Treatments

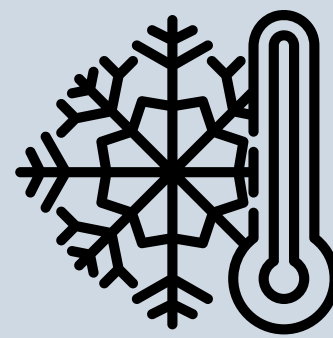
Behavioral Changes

- Keep a consistent bedtime routine
 - Have a regular schedule with good sleep hygiene
 - See the box to the right for sleep hygiene tips
- Exercise
 - Physical activity lowers stress and helps us sleep
- Get some sun
 - Sunlight helps to regulate your sleep-wake cycle
- Don't toss & turn
 - If you can't fall asleep within 20 minutes, get up and do something else until you feel sleepy
- Breathing & relaxation exercises
 - Relaxation techniques help us feel calm & fall asleep
- Try melatonin
 - Melatonin is a natural chemical made by our brains that makes us feel sleepy. You can buy supplements over the counter and take 1-2 hrs before bed
- Keep a sleep diary
 - Pay attention to triggers of your insomnia

Talk to your Doctor

- Cognitive behavioral therapy (CBT)
 - CBT is a type of therapy that can help manage sleep anxiety
- Medications
 - Ask your doctor about different medication options to help you with your sleep

Sleep Hygiene



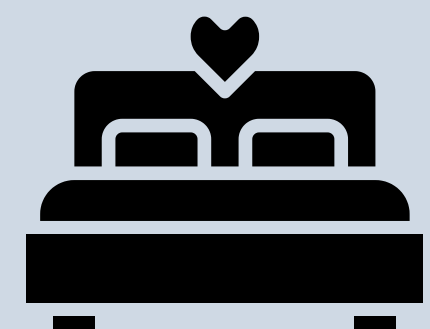
Sleep in a cold & dark room



Limit screen time 1 hour before bed



Avoid caffeine intake after noon



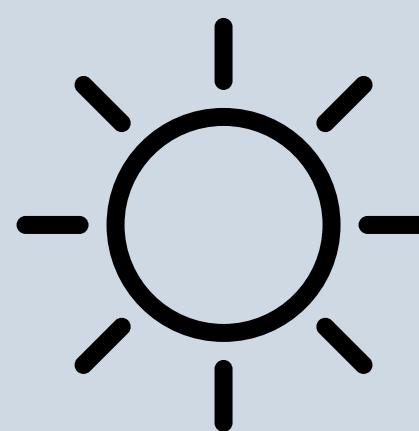
Only use your bed for sleep & sex



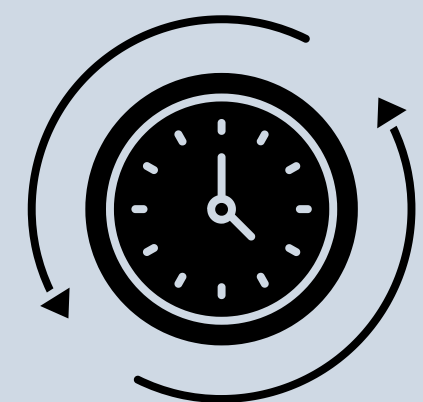
Make sure to wind down before bed



Avoid taking naps



Get good sunlight exposure



Keep a consistent bedtime routine

For more information visit: www.mededmaterials.org

Sources:

<https://www.sleepfoundation.org/insomnia>

<https://www.sleepfoundation.org/sleep-hygiene>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

