



Trouble falling asleep, maintaining sleep, or not feeling refreshed upon awakening (usually called insomnia) is a problem for one out of every three American adults. If you have ever suffered from insomnia you know how it can disturb your day and your night, as well as your overall quality of life.

What Causes Insomnia?

Tendency to insomnia – Some people seem more likely than others to have insomnia during times of stress.

Persistent Stress – Relationship problems, a child with a serious illness or an unrewarding job may contribute to sleep problems.

Psychophysiological (learned) insomnia – The more you worry about sleep and/or the inability to sleep the harder it becomes to fall to sleep. Just the act of preparing to go to bed will wake you up.

Stimulants – Caffeine, nicotine, weight loss pills, anti-allergy and asthma medications all may keep you from falling asleep, but will also make your sleep less restful.

Alcohol – May help you fall asleep, but it will also wake you up throughout the night causing fragmented sleep.

Types of Insomnia

Adjustment Insomnia – A problem with falling asleep or staying asleep that lasts for a few nights, and at the most 3 months, usually brought on by excitement or stress.

Chronic Insomnia – Chronic insomnia lasts at least one month. Most insomniacs worry about their sleep. There are many causes for Chronic Insomnia. A sleep specialist can sort out the causes and recommend effective treatments.

When should I seek Help?

It is time to seek help if your sleep has been disturbed for more than a month and interferes with the way you feel or function during the day. See your primary care physician and ask for a referral to a sleep specialist. Your medical history, a physical exam, and some blood tests may be helpful. Information from those who know you best may also be helpful as well as letting your healthcare professional know whether insomnia makes you sleepy or depressed or affects your life in other ways.

Who is at Risk?

- **Women**
- **Older Persons**
- **Change in Physiological issues**
- **Those with a medical Condition**
- **Those who have psychiatric disorders**
- **Shift workers**

Stimulus Control Management of Insomnia

- Try to sleep only when you are drowsy
- If you are not drowsy and are unable to fall asleep for about 20 minutes, leave your bedroom and start a quiet activity somewhere else. Do not let yourself fall asleep outside of the bedroom. Return to bed when, and only when, you are sleepy. Repeat this process as often as necessary.
- Maintain a regular wake time, even on days off.
- Use your bedroom only for sleep, illness, and sex.
- Avoid napping during the daytime. If you cannot resist taking a nap, limit nap time to a single nap of less than one hour. Do not nap later than 3 pm.