

AMERICAN ALLIANCE FOR HEALTHY SLEEP – INSOMNIA FACT SHEET

Insomnia is the most common sleep disorder in the United States with millions of individuals affected by either acute or chronic insomnia. Generally, insomnia makes it difficult to fall sleep or stay asleep.

Some of the main symptoms of Insomnia are:

- ❖ ***Difficulty falling asleep/staying asleep***
 - May include initially falling asleep, staying asleep through the night, or waking early unable to fall back asleep
- ❖ ***Daytime Fatigue or sleepiness***
 - Continued lack of sleep leads to sleepiness or fatigue during the daytime affecting energy levels and everyday activities.
- ❖ ***Cognitive Impairment or poor performance***
 - Lack of sleep due to insomnia may result in problems with attention, concentration and memory and may lead to poor school or work performance as a result.
- ❖ ***Irritability or depression***
 - Insomnia can lead to irritability, depression or anxiety as chronic sleepiness weighs on the person's mood
- ❖ ***Increased Accidents***
 - Individual performing tasks while battling chronic fatigue or sleepiness have a propensity for increased accidents, such as vehicle or work accidents or incidents

Causes of Insomnia include:

- ❖ ***Stress***
 - Personal or work stresses or stress over life events
- ❖ ***Mental or Medical Conditions***
 - Chronic pain, limited mobility, other sleep disorders, pregnancy, menopause, depression, and mood disorders can all be underlying factors to insomnia.
- ❖ ***Medication or other substances***
 - Insomnia is a side effect of many common medications, both prescription and over-the-counter. Drinking alcohol or caffeine prior to bed can also contribute to insomnia.
- ❖ ***Environmental and Lifestyle factors***
 - Noise, light, extreme temperatures, and irregular sleep schedule due to work may contribute to insomnia

Talking with Your Doctor about Insomnia

If you think that you may be suffering from insomnia based on the symptoms listed above, it is recommended that you discuss this with your physician. To help facilitate the conversation with your doctor, here are a list of questions to ask:

- 1) Are there any other sleep disorders, health conditions or medications that could be causing my symptoms?
- 2) What specific tests will I need for an accurate diagnosis?
- 3) If I have insomnia, what are my treatment options?
- 4) Are there any additional steps/changes that I can take to improve my symptoms?
- 5) Are there available support groups or resources for me?
- 6) What suggestions do you have for me to improve my experiences at work/school?