



Insomnia

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What is insomnia?

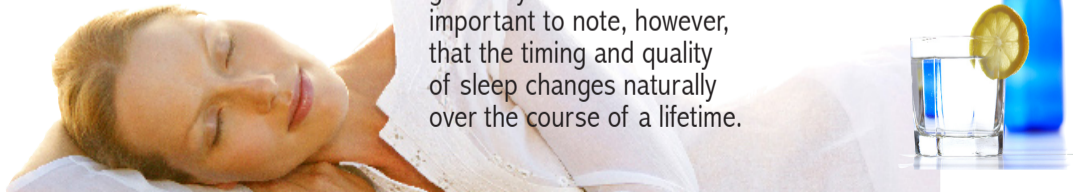
Insomnia is difficulty falling asleep or staying asleep, or waking up early. It can also refer to lack of quality sleep, resulting in fatigue, poor concentration and irritability.

Why is it significant?

Sleep enables you to process knowledge, create memories, and have mental and physical energy. It's also the time when the body restores and repairs itself. Most adults need about seven or eight hours of sleep; children and teens generally need more. It's important to note, however, that the timing and quality of sleep changes naturally over the course of a lifetime.

What else should I be aware of?

If you're experiencing pain, difficulty breathing, excessive snoring, breathing pauses, leg jerking, spasms or other problems affecting your ability to sleep, contact your doctor.



What can I do?

- ✓ Stress, depression and anxiety are leading causes of insomnia. Take care of your emotional health by seeking counselling, if necessary.
- ✓ Exercise helps to regulate sleep patterns. Engage in 30-60 minutes of physical activity daily. Try not to do it within three hours of your desired bedtime, though.



- ✓ Avoid stimulants, such as tobacco, caffeine and alcohol. Don't eat three hours or less before going to bed. Don't go to bed if you're not sleepy.
- ✓ Try to go to sleep and arise at the same time each day.
- ✓ Ensure your mattress and pillows are comfortable and that your room is quiet and dark.
- ✓ Get out of bed if you can't relax and/or sleep and return when you're sleepy.

- ✓ Create a relaxing pre-bedtime routine, such as having a bath or reading a book.



- ✓ If you still have problems sleeping, keep a sleep diary and show it to your doctor.
- ✓ Learn more about insomnia by going to www.makinghealthhappen.com.

What can I take?

There are prescription medications to treat insomnia, but these are generally less effective than lifestyle changes. They can also be addictive and should only be used as a last resort. Talk with your doctor to see if a sleep study, medication or adjusting your bedtime routine would be beneficial for you.



Go to [MakingHealthHappen.com](http://www.makinghealthhappen.com) and enter **uh1001** in the search box to learn more about Insomnia.