

# INSOMNIA

Insomnia is a sleep disorder in which you have trouble in falling asleep and staying asleep or getting a good quality of sleep. It is also known as *Sleeplessness*.



## TYPES

This condition can be short term (Acute) or can be long-term (Chronic). It may also come and go. Acute insomnia lasts from 1 night to a few weeks. Insomnia is chronic when it happens at least 3 nights a week for 3 months or more.

### 2 types of Insomnia:

1. **Primary Insomnia** - sleep problems that aren't linked to any other health conditions or problems
2. **Secondary Insomnia** - have trouble in sleeping because of a health condition (like asthma, depression, cancer or heartburn), pain, medication or substance use (like alcohol)

### You Might Also Hear About:

- **Sleep Onset Insomnia** - have trouble getting to sleep
- **Sleep-Maintenance insomnia** - have trouble in staying asleep through the night or wake up too early
- **Mixed Insomnia** - have trouble in both falling asleep and staying asleep through the night
- **Paradoxical Insomnia** - tendency to underestimate the time you are asleep. It feels like you sleep a lot less than you really do.

## CAUSES

### Primary Causes

- Stress-related to big life events, like a job loss or change.
- The death of a loved one divorce or moving.
- Surrounding noise, light, or temperature
- Changes to your sleep schedule.
- A new shift at work, or bad habits you picked up when you had other sleep problems
- Your Genes Research has found that a tendency for this the condition may run in families

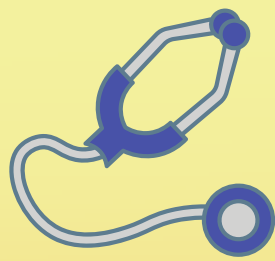
### Secondary Causes

- Mental health issues like depression and anxiety
- Medications for colds, allergies, depression, high blood pressure, and asthma
- Pain or discomfort at night
- Caffeine, tobacco, or alcohol use, as well as the use of illicit drugs
- Hyperthyroidism and other endocrine problem

### Other Conditions

- Sleep apnea or restless legs syndrome
- Pregnancy
- Alzheimer's disease and other types of dementia
- ADHD
- PMS and menopause

## DIAGNOSIS



Your doctor will do a physical exam and ask about your medical history and sleep history. They might tell you to keep a sleep diary for a week or two, keeping track of your sleep patterns and how you feel during the day. They may talk to your bed partner about how much and how well you're sleeping. You might also have special tests at a sleep center.

## TREATMENT

For chronic insomnia, you'll need treatment for the conditions or health problems that are keeping you awake. Your doctor might also suggest behavioral therapy. Acute insomnia may not need treatment.

If it's hard for you to do everyday activities because you're tired, your doctor may prescribe sleeping pills for a short time. Medicines that work quickly but briefly can help you avoid problems like drowsiness the next day.



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The Vagus Project  
Neuroscience Foundation

Reference

<https://www.webmd.com/sleep-disorders/insomnia-symptoms-and-causes>