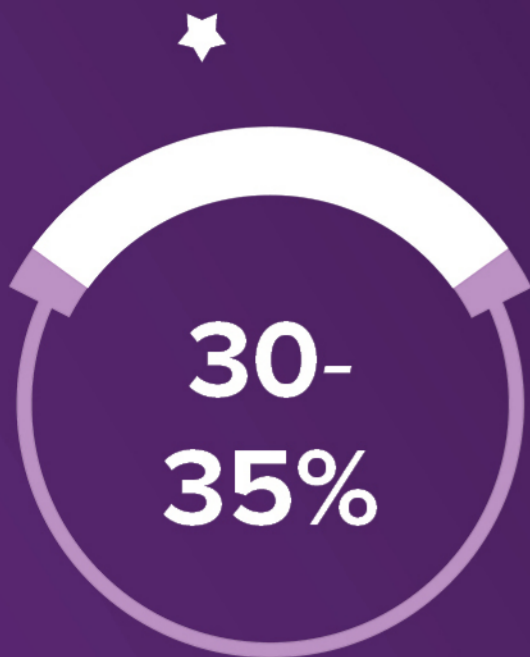


# ABOUT INSOMNIA

Each night millions of people in the U.S. struggle to fall asleep or stay asleep. For some this is only a brief problem. For others, insomnia can become an ongoing struggle.



have brief symptoms of insomnia



have a short-term insomnia disorder, which lasts less than three months



have a chronic insomnia disorder, which occurs at least three times per week for at least three months

## INSOMNIA SYMPTOMS

Chronic insomnia can have a negative impact on your health. It can increase your risk of depression and high blood pressure. Insomnia also can lower your quality of life. Common symptoms of insomnia include:



Fatigue



Inability to focus or concentrate



Poor memory



Mood disturbance



Daytime sleepiness



Low motivation or energy



Increased errors or accidents

## INSOMNIA SOLUTIONS

The first step to reduce symptoms of insomnia is to develop healthy sleep habits.



The best treatment for chronic insomnia is **cognitive behavioral therapy for insomnia (CBT-I)**. It helps you change actions or thoughts that hurt your ability to sleep well.

The positive effects of CBT-I can be long-lasting. CBT-I is delivered by a behavioral sleep medicine provider. Treatment can occur during a series of individual or group therapy sessions. Validated online CBT-I programs also are available.



**Sleep medications** are a short-term treatment option for some people who have insomnia.

Like all medications, these drugs can cause a variety of side effects. You should take a sleeping pill only when supervised by a medical provider.



### WARNING:

Complex sleep behaviors such as sleepwalking or sleep driving can occur when you take a sleeping pill.

Treating an underlying medical or mental health problem also can help. Insomnia often occurs together with anxiety, depression or chronic pain. Changing medications also may improve your sleep.

## NEED HELP?

For anyone who struggles to fall asleep or stay asleep, help is available:



Talk to your doctor about any ongoing sleep problems. Ask about the sleep-related side effects of your medications.



Use the provider search on the Society of Behavioral Sleep Medicine website to find and contact a CBT-I provider near you.



Find a sleep disorders center that is accredited by the American Academy of Sleep Medicine.