

INSOMNIA 101

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What is it?

Those suffering from insomnia are unable to fall asleep and stay asleep during the night and often wake up feeling like they didn't get a good night's sleep.

What causes it?

Insomnia can be caused by many factors such as medical problems, stress, depression, extreme temperatures, change in environment, medication side effects or shift work.

What are the symptoms?

People with insomnia will sometimes experience difficulty falling asleep, depression, daytime exhaustion, lack of concentration, forgetfulness or frequently waking up during the night.



Tips to Improve Sleep & Manage Insomnia

- Try to go to bed at the same time every night and wake up at the same time every morning.
- Don't eat or drink caffeine products within 6 hours of bedtime.

- Avoid nicotine and alcohol especially near bedtime and during the evening.
- Get about 20 minutes of bright sunlight every day.