

INSOMNIA

July, 2021

Results of Insomnia	What Leads to Insomnia	What maintains insomnia?
<ul style="list-style-type: none">● Physiological arousal● Worrisome thinking● Anxiety● Depression● Family conflict● Work problems● Loss of motivation	<ul style="list-style-type: none">● Acute stress● Personal loss (death, separation, divorce, etc)● Medical problems● Work problems● Family problems● Irregular sleep schedule	<ul style="list-style-type: none">● Inaccurate thoughts about sleep● Sleeping pills● Myths about duration of sleep● Daytime napping● Excess time in bed● Performance anxiety● Medications for health problems

How can I improve my sleep? Change your sleep behavior

Go To Bed Only When You Are Sleepy

There is no reason to go to bed if you are not sleepy. When you go to bed too early, it only gives you more time to become frustrated. Individuals often ponder the events of the day, plan the next day's schedule, or worry about their inability to fall to sleep. These behaviors are incompatible with sleep, and tend to perpetuate insomnia. You should therefore delay your bedtime until you are sleepy. This may mean that you go to bed later than your scheduled bedtime. However, stick to your scheduled rising time regardless of the time you go to bed.

Get Out of Bed when You Can't Fall Asleep or Cannot Go Back to Sleep in 15 Min

When you recognize that you've become a clock-watcher, get out of bed. If you wake up during your sleep and you've tried falling back to sleep for 15 minutes and can't, get out of bed. Remember, the goal is to fall to sleep quickly. Return to bed only when you are sleepy (i.e., yawning, head bobbing, eyes closing, concentration decreasing). The goal is for you to reconnect your bed with sleeping rather than frustration. You will have to repeat this step as often as necessary.

Use Your Bed or Bedroom for Sleep and Sex Only

The purpose of this guideline is to associate your bedroom with sleep rather than wakefulness. Just as you may associate the kitchen with hunger, this guideline will help you associate sleep and pleasure with your bedroom. Follow this rule both during the day and at night. DO NOT watch TV, listen to the radio, eat or read in bed. You may have to temporarily move the t.v. or radio from your bedroom to help you regain a stable sleep cycle.

Primary Care Behavioral Health