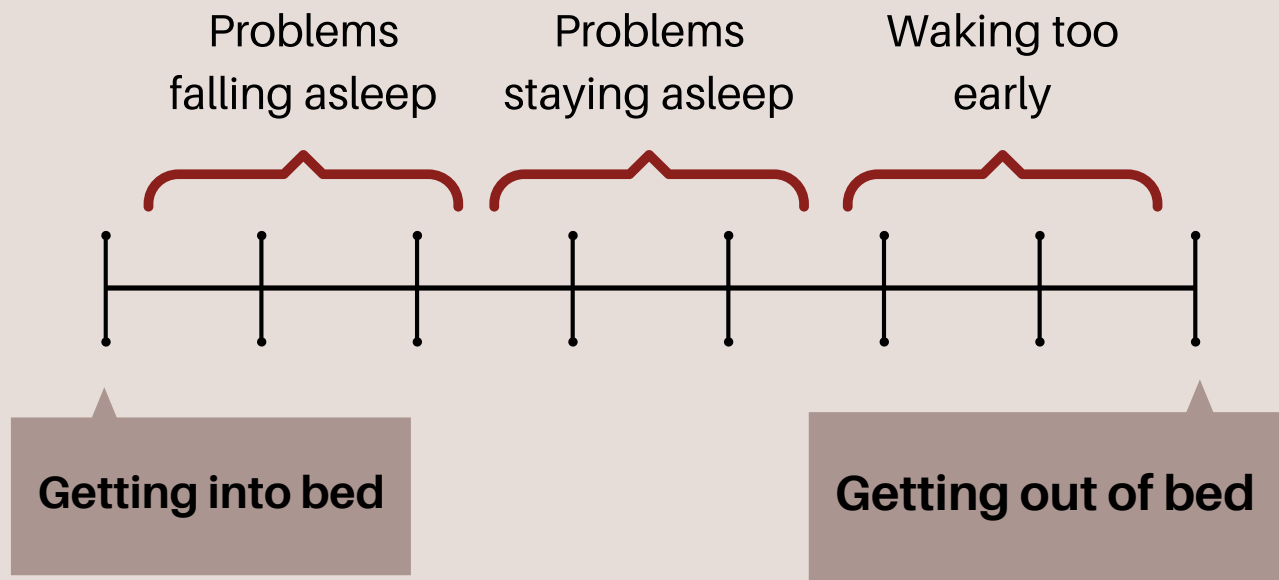


IMPACT OF INSOMNIA ON THE SLEEP CYCLE AND DAYTIME IMPAIRMENTS

Symptoms of Insomnia during the Sleep Cycle



Daytime Impairments



Fatigue



**Daytime
Drowsiness**



**Mood
changes**



**Poor cognitive
function**



**Depressive or
anxious symptoms**

References:

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition*. Washington, DC: American Psychiatric Association; 2013.
Misra AK et al. *J Assoc Physicians India*. 2017;65(4):43-47.