

INTRODUCTION TO INSOMNIA

Basic Facts

- Insomnia is common, affecting **1 in 3 adults**.
- Insomnia can increase the risk of other conditions like *psychiatric conditions, cardiovascular disease, diabetes, pulmonary disease, neurodegenerative disorders*.
- Insomnia is **treatable**.

Signs and Symptoms of Insomnia

- Depression
- Anxiety
- Substance use
- Posttraumatic stress disorder
- Medical conditions
- Pulmonary disease
- Hypertension
- Diabetes
- Cancer
- Chronic pain
- Heart failure
- Rheumatologic diseases
- Neurologic diseases

Risk Factors for Insomnia

- Older age
- Female gender
- Previous episode of insomnia
- Family history of insomnia
- Easy arousal from sleep
- Propensity for sleep disruption as a response
- Medications (stimulants, antidepressants, beta blockers, steroids, decongestants)
- Alcohol, caffeine, tobacco
- Other sleep disorders (sleep apnea, restless leg syndrome)

Frequent co-morbidities

- Trouble falling asleep or staying asleep
- Daytime sleepiness
- Fatigue

Reference: Bonnet BH, Arand DL. Risk factors, comorbidities, and consequences of insomnia in adults. *UpToDate* Accessed 2-28-2022.

