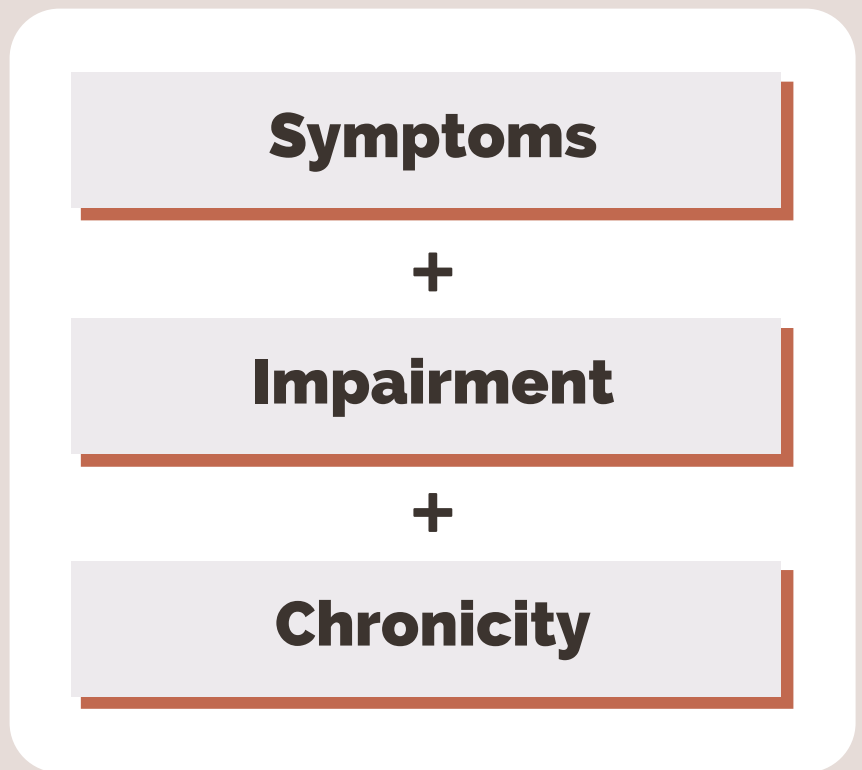


INSOMNIA DISORDER: MORE THAN JUST INSOMNIA SYMPTOMS

DSM-5/ICSD-3 Insomnia Diagnostic Criteria

Diagnosing insomnia involves more than just the symptoms an individual experiences.

The criteria for diagnosis include two other factors in addition to symptoms:



Revisions from Earlier Diagnostic Criteria

- 3-month duration criterion, 3 times per week frequency at minimum.
- Nonrestorative sleep is no longer a sufficient symptom for diagnosis.
- Criteria expanded to include both adults and children.
- There is no longer a distinction between "primary" and "secondary" insomnia diagnoses.
- Aggregation of ICSD-3 "primary insomnia" subtypes into a single diagnosis.
- In both the DSM-5 and ICSD-3:
 - Insomnia-induced distress or impairment
 - Experiencing the problem even with enough opportunity to sleep
 - Other physical, mental, or sleep-wake disorders do not explain the problem
 - Substance use or medication do not explain the problem

References:

American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. Washington, DC: American Psychiatric Association; 2013.

AMWA's Sleep Awareness Week Programs are supported by an unrestricted grant from Eisai Co.

