

# **PATIENT EDUCATION CONTENT**

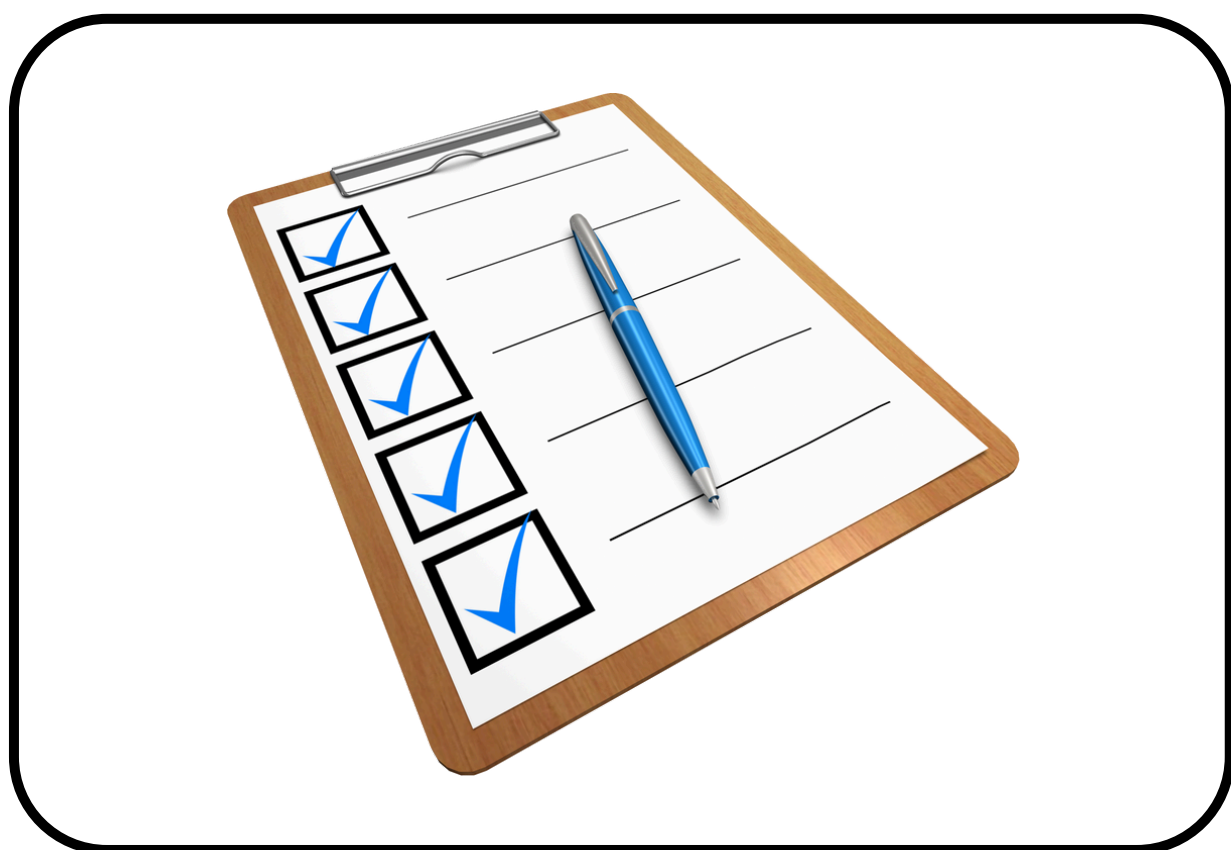
## ***Insomnia***



# INSOMNIA

Insomnia is a common sleep disorder that can make it hard to fall asleep or stay asleep. It also can cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can drain your energy level and affect your mood. It also can affect your health, work performance and quality of life.

## Insomnia Diagnosis



Insomnia questionnaires



A review of  
sleep habits



Polysomnography  
(a sleep lab study)



Extra lab tests to rule  
out physical causes of  
insomnia



## INSOMNIA SYMPTOMS



DIFFICULTY  
GETTING TO SLEEP



WAKING UP TOO  
EARLY



DIFFICULTY WAKING  
AT A NORMAL TIME



FORGETFULNESS  
OR MAKING ERRORS



DAYTIME  
SLEEPINESS



WAKING UP DURING THE  
NIGHT AND HAVING TROUBLE  
GOING BACK TO SLEEP



TENSION  
HEADACHES



POOR  
CONCENTRATION



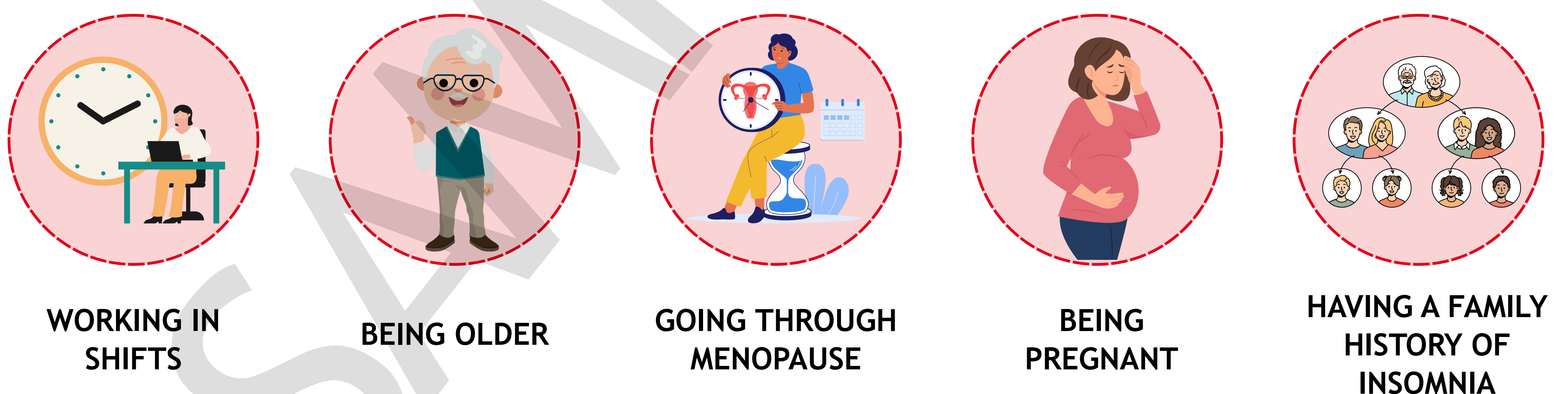
# INSOMNIA CAUSES



# TIPS TO PREVENT INSOMNIA



# RISK FACTORS



# TREATMENTS

