

# Insomnia

The inability to fall asleep or stay asleep is called insomnia. Insomnia, in its chronic form, can last for weeks, months, or even years. It may be related to worry, anxiety, depression, medical/psychiatric problems, or substance abuse. Insomnia is a symptom and in order to treat it, physicians must find the cause. Most insomnia sufferers sleep better after the appropriate evaluation and treatment.

## **Insomnia symptoms may include:**

- Difficulty falling asleep at night.
- Awakening during the night.
- Awakening too early.
- Not feeling well rested after a night's sleep.
- Daytime tiredness or sleepiness.
- Irritability, depression or anxiety.
- Difficulty paying attention, focusing on tasks or remembering.
- Increased errors or accidents.