

# Sleep Disorders



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Many people have problems sleeping. This can make daily life hard and affect work, social and family life. Insomnia happens when someone has difficulties falling asleep, staying asleep or waking up too early in the morning. Insomnia can be caused by stress. Insomnia can also be a symptom of mental illness or sleep apnea.

## Insomnia

Insomnia is an inability to get the amount of sleep needed to stay healthy. Insomnia can be a sign of many medical illnesses or can make other symptoms of illnesses worse. There are two types of insomnia:

1. **Short-term insomnia**, if you are having difficulties getting, or staying asleep you may have short term insomnia. Exercise, a hot bath, warm milk can help.
2. **Long-term insomnia** happens when sleep issues last longer than three weeks. A doctor may refer someone with long-term insomnia to a sleep disorder specialist for treatment.

## What causes insomnia?

Insomnia can be caused by many different things. For some people, insomnia can be a result of a person's lifestyle or work schedule. Insomnia is also a symptom of many medical illnesses or can make them worse. Some other causes of insomnia are:

- **Depression**
- **Anxiety Disorders**, such as Obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD) or panic disorders.
- **Psychological Stress**
- **Substance use**, such as with alcohol and drugs which can disturb sleep patterns.

## Treatment

Poor sleep has been shown to worsen the symptoms of many mental health issues. Sleep problems can decrease the effectiveness of certain treatments. Good sleep is necessary for recovery—or prevention of mental illnesses. Some treatment options that can help with insomnia are

- **Practicing Good Sleeping Habits**
- **Managing Underlying Conditions**
- **Relaxation Techniques**
- **Medication**
- **Exercise**
- **Therapy**, such as light therapy or cognitive behavioral therapy (CBT)