

SLEEP

NO SLEEP is NO GOOD

Insomnia is a common problem in the US yet it is still a clinical challenge. College is fun; don't let insomnia get in the way!

Definitions

Sleep insomnia is a sleep disorder characterized by a difficulty to fall asleep and/or stay asleep. Insomnia may be influenced by a host of environmental and biological factors, including, but not limited to: circadian disturbances (i.e. shift work and jet lag), cognitive biases (a pattern of deviation in judgment that occurs in particular situations) anxiety or worry, psychiatric illnesses, and hormonal fluctuations. The World Health Organization specifies that it has to occur at least three times a week and emphasize the fact that insomnia has to be accompanied by a daytime impairment.

Types



Transient insomnia lasts from days to week.

Acute insomnia is the inability to consistently sleep well from a period between three weeks to six months.

Chronic insomnia lasts years at a time. It can be a primary disease or can be caused by another disease. Its effects vary corresponding to its causes.

Temporary insomnia (more common among the general population, around 40-50%) is insomnia experienced by a former normal sleeper who is experiencing a change in circumstances, which induce an inability to gain adequate sleep.

Persistent insomnia describes the lack of sleep (or difficult sleep) a person might endure for months or years.



leep disorders nsomnia



Sleep is important. Learn more about it!

Sleep & Dreams- 3 units

xess.stanford.edu

Class # 63957

Take this course!

*Dormir es importante.
Tienes que informarte sobre eso.*

Dormir c'est important. Informe-toi!

Do I have Insomnia?

Americans commonly refer to all their sleeping problems as 'insomnia'. Bear in mind that not all people need the same amount of sleep and some people fall asleep faster than others. For those who really are diagnosed with insomnia (64 million Americans in 2007), severity is an important dimension because from there doctors can assess the severity of the possible negative consequences.

The symptoms of insomnia can include:

- Irritability
- Memory problems
- Apathy
- Lost days of work
- Impaired personal relationships

Chronic insomniacs can have double vision.

Some Causes of insomnia:

- Pain
- Hormone shift
- Psychoactive drugs
- Mental disorders
- Disturbances of the circadian rhythm
- Poor sleep hygiene

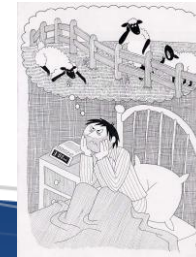
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Who is at risk?

Women are 1.4 times more affected by insomnia than men. The risk also increases with age.

Where to get help?



!!! Dangers & Treatment!!!

Severe insomniacs are putting their lives at risk because their lack of sleep increases their sleep debt (accumulation of 'lost' sleep = amount of sleep deprivation), which will increase the patient's tendency to fall asleep at random, and dangerous moments (i.e. at the wheel, during work shifts...).

Chronic insomniacs have twice as many car accidents as individuals who do not suffer from this disease.

Studies show that insomnia can be a predictor of mental illness: insomniacs are 70 times more likely to develop a major depressive episode.

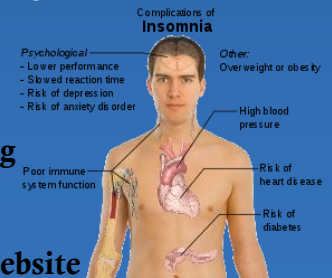
It is important to identify or rule out medical and psychological before deciding on the treatment for the insomnia. Special attention to sleep hygiene is recommended.

Two thirds of insomniacs in the USA have declared to not understand insomnia, its implications and the correct treatment.

For severe insomnia, a doctor should prescribe sleeping pills so that the patient can benefit from feeling rested, energetic and more alert. The benzodiazepines have a higher rate of success though an overdose can be fatal. If you have insomnia symptoms, **GO SEE A DOCTOR!**

www.aasmnet.org

Stanford Sleep & Dreams class + website



Drowsiness is RED ALERT!!!