

Insomnia  
Resource Notebook

by:

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PHE: 330 Health and Aging

Fall 2020

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## Definition of Insomnia:

Insomnia is a sleeping disorder in which it can be very difficult to fall asleep, remain asleep, or difficult to fall asleep once you have woken up.

The screenshot shows a web browser window with the URL [mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167](https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167). The page title is "Insomnia - Symptoms and causes". The main content area is titled "Symptoms" and lists the following symptoms:

- Difficulty falling asleep at night
- Waking up during the night
- Waking up 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
- Ongoing worries about sleep

Below the symptoms list, there is a section titled "When to see a doctor" which states: "If insomnia makes it hard for you to function during the day, see your doctor to identify the cause of your sleep problem and how it can be treated. If your doctor thinks you could have a sleep disorder, you might be referred to a sleep center for special testing."

At the bottom of the main content area, there is a blue button with a checkmark icon and the text "Request an Appointment at Mayo Clinic".

On the right side of the page, there is a sidebar with several links: "The Mayo Clinic Diabetes Diet", "Mayo Clinic on Digestive Health", "NEW - Mayo Clinic Guide to Arthritis", and "The Mayo Clinic Diet Online".

At the bottom right of the page, there is a "Activate Windows" watermark with the text "Go to Settings to activate Windows."

The screenshot shows a web browser window with the URL [winchesterhospital.org/health-library/article?id=19705](https://www.winchesterhospital.org/health-library/article?id=19705). The page title is "Risk Factors for Insomnia | Winchester Hospital". The main content area is titled "Advanced Age" and states: "People over the age of 60-65 years old are more likely to have insomnia than younger people. Older people may be less likely to sleep soundly because of bodily changes related to aging and because they may have medical conditions or take medications that disturb sleep."

Below the "Advanced Age" section, there is a section titled "Chronic Disease" which states: "Chronic diseases and associated pain may increase the risk of insomnia. Some conditions associated with insomnia include:"

- Diabetes
- [Kidney disease](#)
- Lung disease
- Arthritis
- [Alzheimer disease](#)
- [Parkinson disease](#)
- Heart disease
- Heavy smoking
- [Gastrointestinal reflux disease \(GERD\)](#)
- [Sleep apnea](#)
- [Restless legs syndrome](#)
- [Fibromyalgia](#)
- [Alcohol or drug use disorders](#)

Below the "Chronic Disease" section, there is a section titled "Medications" which states: "Certain medications can increase the risk of sleeping problems as a side effect. These may include:"

- Decongestants, and [cough](#) and [cold](#) remedies
- Diet pills
- Steroids
- Certain [high blood pressure](#) medications
- Theophylline—used to treat [asthma](#)
- Phenytoin—used to treat [seizure disorder](#)

The Windows taskbar is visible at the bottom of the page, showing the search bar, taskbar icons, and system tray with the date and time (9:38 PM 10/8/2020).

medicinenet.com/what\_are\_the\_three\_types\_of\_insomnia/article.htm

Multiple locations with extended hours  
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Three types of insomnia are acute, transient, and chronic insomnia.

Same-day and next-day appointments

- Acute **insomnia**
  - Lasts up to one month
  - Commonly referred to as adjustment **insomnia**
  - Occurs due to acute situational **stress** such as a new job, deadline, or exams
  - It typically resolves when the stressor is no longer present or the individual adapts to the stressor.
- Transient insomnia
  - Lasts for less than one week
  - Caused by another disorder, changes in the sleep environment, **stress**, or **depression**
- Chronic insomnia
  - Lasts more than one month

Same-day and next-day appointments

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sleepfoundation.org/insomnia/treatment

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SLEEP TOPICS SLEEP DISORDERS SLEEP SOLUTIONS

- **Sleep education and hygiene:** Educating patients about healthy sleep patterns and lifestyle habits can help them understand why they experience insomnia symptoms. Specifically, sleep hygiene focuses on increasing behaviors that improve sleep quality and quantity while eliminating behaviors that cause sleep problems. For example, a therapist may suggest falling asleep and getting up at the same times each day while discouraging alcohol and caffeine consumption in the hours leading up to bedtime.
- **Stimulus control:** Many people with insomnia experience anxiety at the mere prospect of falling asleep, which can exacerbate and prolong their symptoms. Stimulus control involves a series of steps you can take to reduce these anxieties and develop a positive relationship with your sleep area. These include lying down only when you feel tired, using a bed only for sleep and sex, and setting an alarm for the same time each morning. CBT-i practitioners often encourage sleepers to get up if they are unable to fall asleep after 10 minutes of lying in bed, and to only return to bed when they feel tired. Stimulus control also discourages daytime napping.
- **Sleep restriction and compression:** These two methods aim to improve sleep quality and quantity by reducing the amount of time a person lies in bed. A CBT-i practitioner can use records from a patient's sleep diary to determine how much time they sleep each night compared to the amount of time they lie in bed awake. Sleep restriction involves a sharp curtailing of time in bed while sleep compression is a more gradual process, but both techniques are intended to achieve the same goal: less time in bed awake each night.
- **Relaxation:** Sleep experts have identified a handful of relaxation techniques that can benefit people with insomnia. These include breathing exercises, muscle relaxation, and meditation. **Biofeedback** – which

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Diagnosing Insomnia  
Chronic Insomnia  
Treatment

Type here to search

Implementing practices into your nightly routine can help to prepare your mind and body for rest. The [CDC](#) recommends developing consistency in your sleep schedule, ensuring your room is dark and comfortable, removing electronics from the space, avoiding caffeine and large meals before bed and exercising regularly.

The best way to get more sleep is to manipulate your environment by using products like sleep masks, white noise machines and blackout curtains, Fusco said.

“Even having a street light shining in your window can really disrupt your sleep patterns,” Fusco said. “Our brains have evolved to understand artificial light. Any light means we should be awake. We’re built to sleep when it’s dark and to be awake when it’s when it’s light.”

Cutting down on [caffeine consumption](#) throughout the day is also an effective way to initiate sleep, [according to the National Sleep Foundation](#).

Today, sleeping facilitators such as [melatonin tablets](#) and [sleep time tea](#) are gaining popularity, but Truesdell said these products should be used as a supplement to sleep instead of a solution.

“Melatonin is appropriate for short-term use,” Truesdell said. “Outside of that, it could be more beneficial to look at some of those other lifestyle factors like substance use, biological factors and the sleep environment.”

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## Support Groups:

### Support Groups and Resources

**SLEEP APNEA**

- [UMass Memorial Medical ...](#)
- [Conway Medical Center](#)
- [National Jewish Health](#)
- [Iowa Sleep Center](#)
- [PeaceHealth](#)
- [Lakewood, Denver - St. Anthony Hospital](#)
- [Hoag Hospital Orange County](#)

**RESTLESS LEGS SYNDROME - RLS/PLMS**

- [RLS Support Group - Southern California](#)
- [RLS Foundation](#)

**NARCOLEPSY**

- [Narcolepsy Network](#)

**About Sleep: Tips, Quotes and More**

- [COVID-19 and Sleep](#)
- [Sleep and Menopause](#)
- [Sleep and Pregnancy](#)
- [What is Sleep and Why is It Important?](#)
- [Stages of Sleep: The Sleep Cycle](#)
- [Sleep Hygiene Tips](#)
- [Sleep and Sleep Disorder Statistics](#)
- [How Long Should I Nap?](#)
- [Support Groups and Resources](#)
- [Jet Lag Treatment, Recovery and Symptoms](#)
- [Top 10 Foods That Help You Sleep](#)
- [Calming Rituals to Help You Fall Asleep](#)
- [How Does a Sleep Study Work?](#)
- [How Important is Sleep?](#)
- [Sleeping Tips to Help You Fall Asleep Fast](#)
- [Sleep Debt: Signs, Symptoms & Treatments](#)
- [Dreams: What They Mean & Psychology Behind Them](#)
- [Get Better Sleep](#)
- [How Many Hours of Sleep Do I Need?](#)

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## Clinics:

Benedict College E360 x Benedict College E360 x Benedict College E360 x Where to Find a Sleep Specialist x +

webmd.com/sleep-disorders/where-to-find-sleep-specialists







You may need a sleep specialist if a [sleep disorder](#) is interfering with your daily life. A doctor or accredited [sleep disorder](#) center may be able to help. Here are links to various physician directories and sleep centers:

[American Academy of Sleep Medicine \(AASM\)](#)

This is an organization of doctors and researchers that is dedicated to the advancement of sleep medicine and related research. A list of accredited sleep centers can be found on its web site.

[American Academy of Dental Sleep Medicine \(AADSM\)](#)

ARTICLES ON **SLEEP DISORDERS**

- Can't Sleep at Night?
- Sleep Disorders Diagnosis and Treatment
- Sleeping Medications
- **Sleep Specialist**
- When to See a Doctor for Sleep Problems
- Sleep Journal

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## Diagnosed-Based Assistance:

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needymeds.org/copy\_diseases.taf?\_function=summary&disease\_id=1458&disease\_eng=Sleep%20Apnea&dx=25

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Find drug prices and pharmacies  
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**NeedyMeds BeMedWise**  
Patient Information and Education

**SafeNeedleDisposal.org**  
Safety

### Diagnosis-Based Assistance Programs for Sleep Apnea

Contact NeedyMeds if you find any content errors.

For link problems or other technical problems, send an email to [webmaster](#).

**Back**

Programs are listed in alphabetical order by national first then alphabetically by state.

3 Diagnosis-Based Assistance Programs for Sleep Apnea.

Also look for [Camps and Scholarships for Sleep Apnea](#)

Program Name	Summary	Services Provided	Areas of Service
CPAP Assistance Program (CAP)	Program provides CPAP machines and masks to individuals in need of treatment.	Equipment (Misc.)	National
HealthWell Foundation - Pediatric Assistance Fund	Provides financial assistance for insurance co-payments.	Insurance Co-Payments	National
Reggie White Sleep Disorders Research & Education Foundation	Provides medical equipment and/or supplies to individuals who have sleep apnea.	Equipment (Misc.); Other	Wisconsin - Southeastern

Type here to search

## Psychological Therapy:

helpguide.org/articles/sleep/therapy-for-sleep-disorders.htm

### Cognitive behavioral therapy (CBT) for sleep disorders

Cognitive behavioral therapy is the most widely-used therapy for sleep disorders. It may be conducted individually, in a group of people with similar sleeping problems, or even online. Since the causes and symptoms of sleep disorders vary considerably, CBT should always be tailored to your specific problems. Cognitive behavioral therapy for insomnia (CBT-I), for example, is a specific type of therapy designed for people who are unable to get the amount of sleep they need to wake up feeling rested and refreshed.

The length of therapy also depends on the type and severity of your sleep disorder. While CBT is rarely an immediate or easy cure, it is relatively short-term. Many CBT treatment programs for insomnia, for example, report significant improvement in sleep patterns following a course of 5 to 8 weekly sessions.

#### How does CBT work for sleep disorders?

CBT addresses negative thoughts and behavior patterns that contribute to insomnia or other sleeping problems. As the name suggests, cognitive behavioral therapy involves two main components:

**Cognitive therapy** teaches you to recognize and change negative beliefs and thoughts (cognitions) that contribute to your sleep problems.

**Behavioral therapy** teaches you how to avoid behaviors that keep you awake at night and replace them with better sleep habits.

#### Using a sleep diary in CBT

To identify patterns in your sleeping problems and decide on the best treatment approach, your therapist may start by asking you to keep a sleep diary. The details can be important,

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Sleep Disorders and Problems



Insomnia



10:14 PM  
10/8/2020

## Doctors:

healthline.com/healthy/insomnia-doctors#sleep-medicine

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### Sleep medicine specialist

The American Board of Medical Specialties (ABMS) offers subspecialty certification in a variety of areas, including sleep medicine. Many different types of doctors can become certified as sleep medicine specialists, including primary care physicians, pediatricians, and neurologists.

Sleep medicine specialists are experts at diagnosing and managing sleep-related conditions. If your primary care physician isn't a certified sleep specialist, they may refer you to one.

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### Neurologist

You may also be referred to a neurologist. A neurologist is a doctor with in-depth training in nervous systems disorders. An imbalance in your brain chemistry can cause a many negative symptoms, including insomnia. Neurologists also treat restless leg syndrome, a common cause of insomnia.

### Psychologist or psychiatrist

10:24 PM  
10/8/2020

“Insomnia and Its Impact on Physical and Mental Health” by Julio Fernandez-Mendoza, PHD and Alexandros N. Vgontzas , MD

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3972485/>

Summary:

Throughout the article, the authors provided multiple factors that assisted them with coming to their conclusions and findings. With thorough research, they found that there were two types of chronic insomnia. They are categorized into two phenotypes, one being the first phenotype, and the other being the second phenotype. The first phenotype is associated with psychological hyperarousal. These can include a very short sleep duration. In addition, researchers have also found that there is an increased risk of cardiometabolic morbidity and mortality. The second phenotype is associated with lack of psychological arousal. Studies conducted have shown that there is no significant risk of cardiometabolic morbidity. However, this does cause a person to have sleep misconception. Sleep misconception can be defined as perceiving ones sleep as wakefulness. These two types of insomnia have different treatment methods. The first phenotype would be treated as decreasing psychological arousal where as the second phenotype would be treated by increasing psychological arousal.

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