

Insomnia Facts

50 to 70 million people in the US have sleep problems, and 7 out of 10 don't talk to their doctors about it.

- Institute of medicine of the National Academies, April 2006
- American Academy of Physician Assistants meeting, June 2007

65% of people have trouble sleeping.

- o Almost half of people surveyed say they wake up feeling un-refreshed
- o Almost half of people surveyed say they're awake a lot during the night
- o More than 1 in 4 people wake up too early and can't get back to sleep
- o More than 1 in 4 people have difficulty falling asleep

- National Sleep Foundation Sleep in America Poll, 2008

More than 100,000 car accidents and over 1,500 deaths each year are associated with drowsy driving.

- Drowsy Driving.Org

Quick tips for a good night's sleep:

1. Practice good sleep hygiene.
 - o Maintain a regular sleep schedule: Go to bed and get up at the same time every day, even on weekends.
 - o Exercise: In the afternoon or early evening, exercise can help you sleep better.
 - o Plan a "winding down" period: Develop a calming bedtime routine such as taking a warm bath, sipping warm milk, or listening to relaxing music.
 - o Avoid stimulants: Caffeine and nicotine can interfere with sleep. Avoid them from late afternoon until bedtime.
 - o Avoid alcohol before bed: It may help you fall asleep more easily, but it can also interfere with quality of sleep during the night.
 - o Design your bedroom for sleep: Keep your bedroom dark, cool, quiet and comfortable.

2. Try some relaxation exercises.

Relaxation exercises such as meditation, progressive muscle relaxation, or even simply listening to relaxing music can help reduce anxiety and arousal at bedtime or when you wake up during the night.

3. Don't stay in bed if you can't sleep.

If you find yourself lying in bed for hours without falling asleep, get up. Do something relaxing and go back to bed only when you feel tired enough to fall asleep.

4. If all else fails, talk to your doctor.

Your doctor will be able to rule out any other factors or medical conditions which could be causing the insomnia. Then he can recommend behavioral therapy or prescribe a sleep medication as appropriate.

-- National Sleep Foundation, *Helping yourself to a good nights sleep*, 2005

-- CM Morin, *Psychological and Behavioral Treatments for Primary Insomnia*, in *Principles and Practice of Sleep Medicine*, 4th ed., 2005