

## **INSOMNIA (p. 1)**

*“There are two kinds of sleepers, those who never slept well, and those who used to sleep well.”* Mary Epstein

### **Must first eliminate other types of “insomnia” causes:**

1. drug effects: dietary, Rx, OTC, “recreational”  
drug withdrawal “rebound insomnia”
2. contributory medical conditions
3. circadian rhythm disorders
4. psychiatric disorders
5. other sleep disorders

### **Psychophysiologic Insomnia**

1. Extent of the problem
2. Transient/Situational vs. Chronic
3. Specifics: SOI, SMI, EMA  
Reduced TST  
Poor quality sleep
4. Contributing Factors:
  - a. poor sleep hygiene
  - b. higher “stress” levels
  - c. more “vigilant”, anxious personality
  - d. almost never take naps  
EDS vs. “fatigue/tiredness”
  - e. misperception of sleep state & sleep parameters
5. Treatment
  - a. pharmacological
  - b. good sleep hygiene
  - c. behavioral  
sleep restriction  
cognitive-behavioral techniques

## **INSOMNIA (p. 2)**

### **6. Special “Insomnia” Populations**

- a. pregnant women
- b. young children
- c. elderly
- d. shift workers
- e. college students