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

Psychophysiological 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
6. Special “Insomnia” Populations
   a. pregnant women
   b. young children
   c. elderly
   d. shift workers
   e. college students