

Insomnia Fact Sheet



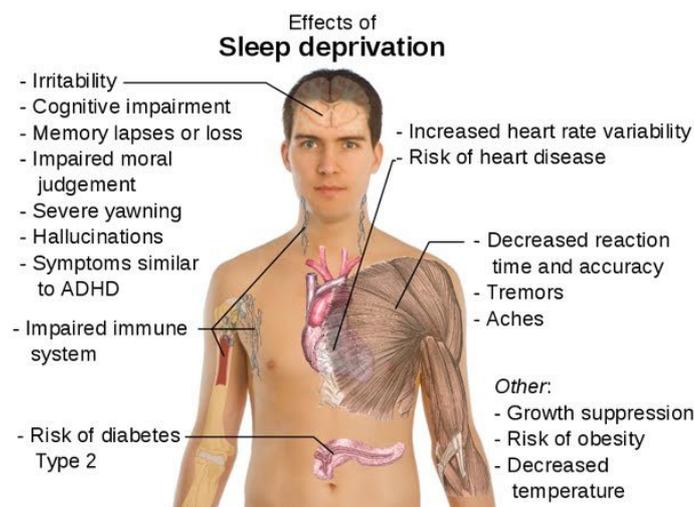
What is Insomnia?

Insomnia is a common problem which is estimated to occur in about 15-30% of the adult population. It is classified as a persistent problem with sleep, lasting for more than one month and may include any of the following:

- Sleep onset insomnia- difficulty falling asleep.
- Sleep maintenance insomnia- waking up on and off during the night .
- Early termination- waking up too early and not being able to get back to sleep.

Why Do I Need to Treat Insomnia?

Aside from the obvious problem of not being able to sleep and feeling constantly tired, insomnia leads to sleep deprivation which has a negative impact on your overall health, as demonstrated in the picture below.



Causes of Insomnia:

There are many factors that can contribute to insomnia including:

- Sleep apnoea
- Restless legs
- Alcohol
- Pain
- Caffeine and nicotine
- Stressful life events
- Anxiety &/or depression

Often one can get stuck in a vicious cycle with insomnia and develop habits and beliefs that keep the sleep problem continuing long after the original cause.

**See overleaf for information on Insomnia
Management Programs with
Sleep Australia**



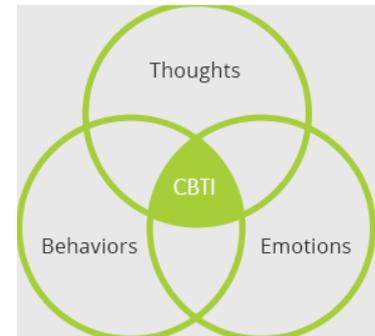
Insomnia Management Programs

Insomnia Management Programs

Insomnia is often managed medically through the use of sleep medication. Unfortunately, long term use of medications may be habit-forming and often their effect reduces over time, resulting in symptoms resurfacing. Sleep Australia provides a structured, non-drug program which incorporates CBT-I, Light Therapy and Sleep Hygiene Training to effectively reduce or eliminate insomnia symptoms.

Cognitive Behavioural Therapy for Insomnia (CBT-I)

CBT-I is the gold standard treatment for insomnia. It is generally administered by a clinical psychologist or a specially trained health professional. It uses techniques to help you identify and replace thoughts and behaviours that cause or worsen the sleeping problem in order to promote good sleep.



Light Therapy

Light therapy, also known as phototherapy, is a treatment that uses artificial light to simulate sunlight to help control your sleep-wake cycle. The light glasses (pictured to the left) are easy to use, light weight and portable. This is often used in conjunction with CBT-I to optimise your treatment.

Sleep Hygiene Training

Sleep hygiene training examines your daily and nightly routines to identify and "clean up" any bad habits that may have developed and could be impacting your sleep quality.

Insomnia Management with Sleep Australia

- Each program begins with a sleep study to ensure proper diagnosis and management.
- Insomnia Management Programs usually involve two to six sessions with a sleep scientist specialising in CBT-I. The number and length of sessions will vary depending on your individual needs.

Ongoing Support

Depending on the cause, insomnia often reoccurs throughout one's lifetime. The Sleep Australia program is structured to give you the tools to recognise and manage your causes and symptoms in the long term. Once you have completed the program we will follow up with you every 6 months to ensure you are still getting the benefit from your treatment.

Should you have any questions or need any additional support, we are always here to help!

For more information or to book an appointment please contact us on 6298 8314

