

EAS/EmployeeAssistanceServices
Tom Lavin MFT, LADC
557 California Avenue, 89509
775-323-3330
www.EASEAP.com

September 2007

Sleepy?

If you or family members are having sleep problems, you're not alone. The National Sleep Foundation's annual survey (2002) found that:

- 74% of Americans do not get enough sleep**
- 51% of adults say they have problems sleeping at least a few nights a week**
- almost 33% report having trouble sleeping every night**

People who have insomnia have one or more of the following symptoms:

- difficulty falling asleep**
- waking up often during the night, and have difficulty falling back to sleep**
- waking up too early in the morning**
- feel tired upon waking up**

People with insomnia report problems with daytime sleepiness, irritability, fatigue and problems with memory and concentration. People with insomnia have high rates of depression and/or anxiety.

What causes insomnia?

- significant stress (divorce, job change, moving, death of a loved one)**
- physical illness: asthma, arthritis, cancer, chronic pain**
- mental illness: depression, anxiety, post traumatic stress, bipolar disorder**
- environmental factors: noise, light, extreme temperatures [hot/cold]**
- some medications that treat colds, depression, high blood pressure and asthma**
- interferences in regular wake-sleep cycle: jet lag, change of shifts**

-Follow up: what to do?

- Talk with your Primary Care Physician about your sleep problems, and ask for recommendations to address these difficulties**
- Examine your sleep practices/lifestyle choices, and evaluate if you have behaviors or habits that are negatively influencing your sleep [this examination and possible change of behaviors is called "sleep hygiene", and will be the topic of the October 2007 EAS newsletter. The November 2007 EAS newsletter will examine sleep medications, and 7 questions to ask your doctor about sleep medications].**

(some newsletter information from www.webmd.com)