

INSOMNIA

WHAT IS INSOMNIA?



Insomnia is a **common sleep disorder** that makes one hard to fall asleep, hard to stay asleep, or cause one to wake up early and unable to fall back asleep.

DID YOU KNOW?

10-15%

have a chronic sleep problem in the adult population

25-35%

have transient or occasional sleep difficulties

Data valid as of 3 April 2020*



Aim for **7 to 9 HOURS** of **QUALITY** sleep everyday!

Who are more vulnerable to Insomnia?

Teenagers



having difficulties falling asleep late at night & waking early in the morning



Elderly

who experience more fragmented sleep

Shift Workers



Frequent Travellers



Causes of Insomnia

Conditions that may cause physical discomfort and disrupt sleep include itchy, cough, breathlessness



Intake of Substances
Consuming substances such as caffeinated drinks and alcohol, as well as smoking can impair sleep

A disrupted sleep pattern experienced by individuals such as shift workers who have disrupted sleep schedules, and those who travel frequently and experience jet lag



Psychological Factors and Psychiatric Disorder such as depression, anxiety and psychosis

Individuals who have poor sleep habits and unsuitable sleeping environment (such as sleeping with lights and noises) can also interrupt sleep



TREATMENTS

Medications are prescribed to treat sleeping disorders.

However, some medications may come with side effects such as daytime grogginess.

Non-pharmacological treatments include behavioural techniques that help to reduce or eliminate anxiety & body tension and re-condition to associate the bed and bedtime with sleep.

OTHER SLEEP DISORDERS

Obesity Hypo-ventilation Syndrome (OHS)

Individuals with BMI of more than 40 are at higher risk of OHS. During sleep, one stops breathing intermittently and may experience breathing difficulties.

Snoring and Obstructive Sleep Apnoea (OSA)

OSA is chronic severe snoring. Both snoring and OSA are common in people who are obese, consume a lot of alcohol, and the medical conditions increase with age.

Restless Legs Syndrome (RLS)

Affecting 5 to 10% of the population, individuals experience abnormal sensations in their legs and calves, especially at night.

Data valid as of 10 February 2020*

Seek professional help early if your sleep problems worsen. Complications such as psychiatric disorders can occur if left untreated.

For more information about sleep disorders and how to get help, head on:

https://bit.ly/healthhub_sleep

HOW TO SLEEP BETTER?

Did you know...

Lack of sleep leads to weight gain?

Click here to find out more about how lack of sleep can affect your body, and how you can get quality sleep!

