

INSOMNIA

Insomnia, the most common sleep disorder, is characterized by the inability to sleep or abnormal wakefulness, usually resulting from an underlying condition or cause.

Both men and women of all age groups suffer from insomnia, although it is more common in females and older adults.

Individuals suffering from insomnia experience different symptoms and signs:

- difficulty falling asleep
- waking frequently during the night with difficulty returning to sleep
- waking too early in the morning
- unrefreshing sleep

Certain conditions make individuals more likely to experience varying degrees of insomnia. Typically, all types of insomnia are associated with feelings of restlessness, irritability, anxiety, daytime fatigue and tiredness.

Transient or mild insomnia is an almost nightly complaint of an insufficient amount of sleep or not feeling rested after the habitual sleep episode. It is accompanied by little or no evidence of impairment of social or occupational functioning.

Intermittent or moderate insomnia is a nightly complaint of an insufficient amount of sleep or not feeling rested after the habitual sleep episode. It is accompanied by little or no evidence of impairment of social or occupational functioning.

Chronic or severe insomnia is a nightly complaint of an insufficient amount of sleep or not feeling rested after the habitual sleep episode. It is accompanied by severe impairment of social or occupational functioning.

While it is sometimes difficult to diagnose, there are several treatment options available for individuals suffering from insomnia. Transient and intermittent insomnia may not require treatment since the episodes last only a few days. Individuals suffering from chronic insomnia should consult a sleep practitioner for evaluation and treatment options, which include relaxation therapy, sleep restriction and reconditioning.

The American Academy of Sleep Medicine is a professional organization dedicated to advancing sleep health care by setting clinical standards for the field; advocating for recognition, diagnosis and treatment of sleep disorders; educating professionals dedicated to providing optimal sleep health care; and fostering the development and application of scientific knowledge.

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SLEEP STATISTICS

Insomnia affects **20-40 percent** of all adults in the course of any year.

One out of three people have insomnia at some point in their lives.

More than **70 million** Americans suffer from disorders of sleep and wakefulness**

Of the 70 million, nearly **60 percent** have a chronic disorder**

Research suggests that adults require an average of **8 to 8.5 hours** of sleep each night**

Each year, sleep disorders, sleep deprivation and sleepiness add an estimated **\$15.9 billion** to the national health care bill**

The International Classification of Sleep Disorders lists **84 sleep disorders** that serve as a guide for diagnosis

For a complete list of AASM-accredited sleep centers, visit www.aasmnet.org or call (888) 41-AWAKE

**Statistic from the National Institutes of Health National Center for Sleep Disorder Research

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