**Insomnia & Poor Sleep Fact Sheet**

*Brought to you by ProFriends Coaching & Mentoring*

### **What is Insomnia?**

Insomnia is a common sleep disorder that impacts a person's ability to fall asleep, stay asleep, or achieve restful sleep. It often leads to daytime fatigue, mood disturbances, and difficulties in daily functioning. While everyone experiences occasional sleepless nights, people with insomnia face persistent and recurrent issues that affect their quality of life and overall health.

#### **Types of Insomnia**

1. **Acute Insomnia**: Short-term insomnia, typically lasting days or weeks, often triggered by life stressors like exams, relationship changes, or major life events. Acute insomnia usually resolves once the stress is managed or the situation changes.
2. **Chronic Insomnia**: Lasts three months or longer, with sleep difficulties occurring at least three nights a week. Chronic insomnia can be due to underlying health conditions, psychological factors (such as anxiety or depression), lifestyle habits, or persistent stress.
3. **Comorbid Insomnia**: Occurs alongside another medical or psychiatric condition, like chronic pain, depression, or anxiety. These coexisting issues often create a cycle where sleep deprivation worsens the other conditions, and vice versa.
4. **Onset Insomnia**: Difficulty falling asleep at the beginning of the night, often linked to anxiety or overthinking.
5. **Maintenance Insomnia**: Difficulty staying asleep, frequently waking up during the night, or waking up too early without being able to fall back asleep. This form can be associated with both physical and psychological causes.

#### **Causes of Insomnia**

* **Psychological**: Stress, anxiety, depression, and trauma are some of the main contributors. For example, people often lie awake replaying events or worrying about future situations.
* **Physical**: Conditions like chronic pain, asthma, allergies, or gastrointestinal issues can make sleep uncomfortable or disrupted.
* **Lifestyle and Environmental Factors**: Erratic sleep schedules, frequent travel, caffeine or alcohol intake close to bedtime, and high exposure to screens (blue light) can disrupt circadian rhythms.
* **Hormonal Changes**: Hormonal fluctuations, particularly during menopause or pregnancy, can trigger insomnia in some individuals.
* **Medications and Substance Use**: Certain medications (like antidepressants or asthma medications) and stimulants (like caffeine and nicotine) can interfere with sleep.

#### **Why is Insomnia a Problem?**

Insomnia is more than just difficulty sleeping. It significantly impacts a person's emotional, physical, and mental health. Without enough rest, the body can’t fully repair and restore itself, which affects cognitive functioning, mood regulation, immune defence, and overall energy levels. Chronic insomnia also increases the risk of developing other health issues, including hypertension, heart disease, and type 2 diabetes.

### **Signs to Watch Out For**

* **Difficulty Falling Asleep**: Lying awake for long periods before falling asleep.
* **Frequent Wakeups**: Waking up multiple times during the night and struggling to fall back asleep.
* **Early Morning Wakeups**: Waking up too early and being unable to get back to sleep.
* **Daytime Sleepiness**: Feeling exhausted during the day despite spending enough time in bed.
* **Mood Changes**: Experiencing irritability, anxiety, or a low mood due to poor sleep.
* **Concentration Issues**: Struggling to focus or make decisions as a result of sleep deprivation.

### **Facts & Figures About Insomnia and Poor Sleep**

* **1 in 3 adults in the UK experiences poor sleep**, and up to 16 million people suffer from insomnia, according to research by Aviva Health UK and Sleep Council UK.
* **Chronic insomnia affects 10-15%** of the UK population, leading to persistent fatigue, mood changes, and reduced quality of life (NHS).
* **Poor sleep increases the risk** of health conditions like heart disease, obesity, and diabetes (Sleep Foundation).

### **Benefits of Good Sleep**

1. **Improved Mental Health**: Regular sleep boosts mood, reduces stress, and helps prevent anxiety and depression.
2. **Better Focus and Productivity**: Quality sleep enhances concentration, decision-making, and cognitive performance.
3. **Stronger Immune System**: Sufficient sleep bolsters the immune system, helping the body fight infections.
4. **Balanced Hormones**: Good sleep supports hormone regulation, which impacts appetite, stress, and energy levels.
5. **Heart Health**: Consistent sleep lowers blood pressure and reduces the risk of heart disease and stroke.

### **Detrimental Effects of Poor Sleep**

* **Mood and Mental Health Issues**: Inadequate sleep increases the risk of mood disorders, irritability, and poor emotional regulation.
* **Physical Health Risks**: Long-term poor sleep can contribute to weight gain, diabetes, heart disease, and hypertension.
* **Cognitive Decline**: Sleep deprivation affects memory, concentration, and learning abilities, impairing day-to-day functioning.
* **Lowered Immune Defence**: Chronic sleep loss weakens the immune system, making it harder for the body to fend off illnesses.

### **Tips & Tools to Improve Sleep**

1. **Establish a Sleep Routine**: Try to go to bed and wake up at the same time daily to regulate your internal clock.
2. **Create a Relaxing Environment**: Keep your bedroom dark, quiet, and at a comfortable temperature. Limit screens before bed, as blue light interferes with sleep.
3. **Limit Stimulants**: Avoid caffeine, nicotine, and heavy meals close to bedtime. Instead, opt for calming herbal teas like chamomile.
4. **Practice Mindfulness**: Meditation, deep breathing, and progressive muscle relaxation can help calm the mind and ease you into sleep.
5. **Stay Active**: Regular physical activity can help you fall asleep faster and enjoy deeper sleep. Avoid intense exercise close to bedtime.
6. **Avoid Long Daytime Naps**: Keep naps short (20-30 minutes) and avoid napping late in the day to avoid disrupting nighttime sleep.
7. **Journaling**: Write down worries or things on your mind before bed to prevent them from keeping you awake.

### **How Profriends Coaching and Mentoring Can Help**

At **Profriends Coaching and Mentoring**, I understand that poor sleep impacts every aspect of your life. My services focus on helping you manage the factors contributing to insomnia and find sustainable solutions for a healthier sleep routine.

* **One-on-One Coaching**: Personalised sessions to explore sleep challenges, understand triggers, and implement effective strategies.
* **Stress & Anxiety Management**: Learn tools to reduce stress and anxiety, common contributors to insomnia.
* **Routine Building**: We help you build a bedtime routine that works for your lifestyle, supporting better sleep quality and duration.
* **Accountability and Support**: Regular check-ins to help you stay on track, make adjustments, and see progress over time.

**Website**: [www.profriendscoachingandmentoring.co.uk](http://www.profriendscoachingandmentoring.co.uk/)**Support for Women 18+**: Whether you're dealing with occasional sleepless nights or chronic insomnia, Profriends is here to help you restore balance and achieve restful sleep.

Sleep is a pillar of well-being. Let Profriends Coaching and Mentoring support you in building healthy sleep habits for a more energised, focused, and fulfilling life.