

# DISCLAIMER

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# Insomnia

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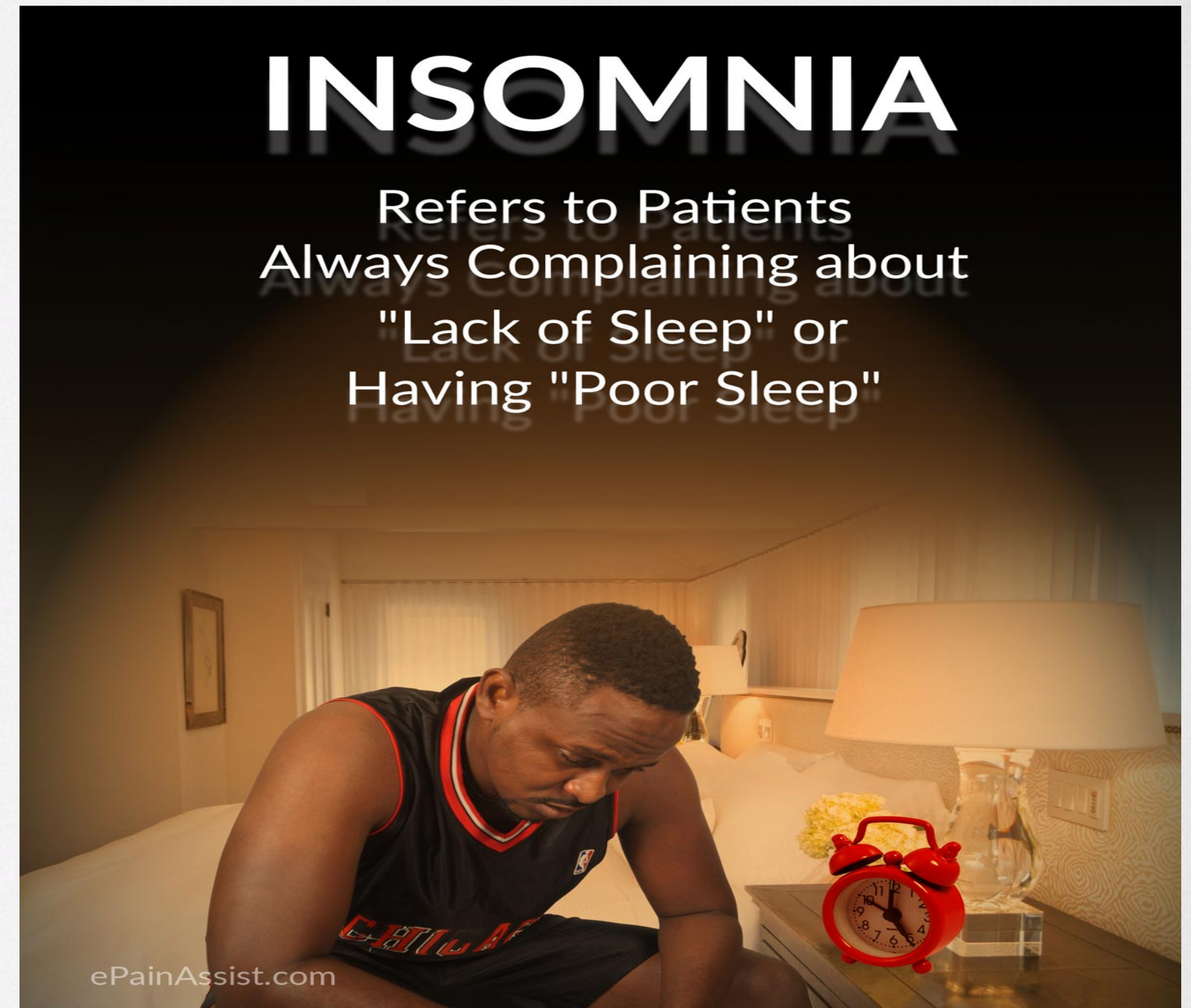




# Insomnia

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- Difficulty initiating sleep
- Difficulty Maintaining sleep
- Waking up too early
- Excessive daytime sleepiness or fatigue
- Chronic: >3 months, waxes and wanes





# Causes of Insomnia

- New environment or schedule
- Chronic illness(esp. heart and lung) or pain
- Inactivity
- Poor sleep habits
- Uncontrolled Depression, Anxiety, PTSD
- Restless leg syndrome/ Sleep walking
- Sleep apnea
- Decongestants, caffeine, nicotine, alcohol
- Preoccupation with inability to sleep





# Diagnoses of Insomnia

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- INSOMNIA WITHOUT IDENTIFIABLE CAUSE: Diagnosis of exclusion
- Make sure it's not due to:
- Late night TV or video games
- Relationship problems
- Grieving the loss of a loved one
- Withdrawal from sleep medicine or other substance
- Epilepsy, Parkinson's, Dementia, Narcolepsy
- 80% of those with a mental or mood disorder have impaired sleep
- SLEEP STUDY !!!





# Treatment of Insomnia

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- Daily exercise
- Avoid stressful activities before bedtime
- Reserve bedroom for sleeping
- Dark and quiet room
- Regular schedule & No daytime naps
- Address secondary causes
- Short term only!!!
- Melatonin 3mg
- Ambien 5mg
- Sonata 5mg
- Lunesta 1mg
- Short acting Benzodiazepines???

