



# Insomnia

## How to get a good nights sleep

If you've had trouble getting to sleep or staying asleep for a month or more you may have insomnia. Insomnia is a sleep disorder that can include difficulty falling or staying asleep, waking too early, and feeling tired after waking. Insomnia can often be cured by practicing healthy sleep habits.

### Causes of insomnia

- Depression, pain, illness or stress
- Poor bedtime or sleep habits
- Poor dietary habits
- Too much caffeine or other stimulants
- Disease conditions and/or medications used to treat the condition
- Life changes such as job loss, death, divorce, moving

### Recommended Sleep\*

Infants	(0 – 2 months)	12 – 18 hours
	(3 – 11 months)	14 – 15 hours
Toddlers/Children	(1 – 3 years)	12 – 14 hours
	(3 – 5 years)	11 – 13 hours
	(5 – 12 years)	10 – 11 hours
Adolescents	(13 – 20 years)	8 ½ – 9 ¼ hours
Adults	(21+ years)	7 – 9 hours

\*Taken from the National Sleep Foundation Web site found at [www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need](http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need).

### Medication

Sleeping pills are only a **temporary** cure for insomnia and may be unsafe to use for a long period of time. If your health care provider prescribes sleeping pills for you it is important to take them only as directed.

## Healthy Sleep Habits

