

Insomnia

Insomnia is a sleep disorder where a person has trouble falling asleep, staying asleep or waking up too early and being unable to return to sleep.



Symptoms

- Feeling tired, unwell, or sleepy
- Delayed reflexes
- Mood disruptions, especially irritability
- Disruptions in work or social routines
- Slowed thinking or difficulty concentrating

Who is at risk



- Those with irregular sleep schedules
- Individuals with high stress, mental health conditions or other medical illnesses
- Older adults
- People who consume excessive caffeine, nicotine or alcohol

Preventive Measures

- Maintain a regular sleep schedule.
- Create a comfortable, quiet, and dark sleep environment.
- Avoid caffeine, nicotine, and heavy meals close to bedtime.
- Limit screen time (mobile, TV, computer) before sleeping.
- Include relaxing activities before bed.
- Exercise regularly, but not too close to bedtime.

Trouble Sleeping? Act Early to Restore Restful Nights!