INSOMNIA WHAT IS INSOMNIA?



Insomnia is a **common sleep disorder** that makes one hard to fall asleep, hard to stay asleep, or cause one to wake up early and unable to fall back asleep.

DID YOU KNOW?



in the adult population



occasional sleep difficulties

Data valid as of 3 April 2020*



Who are more vulnerable to Insomnia?

Teenagers



having difficulties falling asleep late at night & waking early in the morning





who experience more fragmented sleep

Shift Workers







Causes of Insomnia

Physical or Medical Conditions Conditions that may cause physical discomfort and disrupt sleep include itch, cough, breathlessness





Intake of Substances Consuming substances such as caffeinated drinks and alcohol, as well as smoking can impair sleep

Circadian Rhythm Problem A disrupted sleep pattern experienced by individuals such as shift workers who have disrupted sleep schedules, and those who travel frequently and experience jet lag





Psychological Factors and Psychiatric Disorder such as depression, anxiety and psychosis





Lifestyle Issues Individuals who have poor sleep habits and unsuitable sleeping environment (such as sleeping with lights and noises) can also interrupt sleep



TREATMENTS

Medications are prescribed to treat sleeping disorders.

However, some medications may come with side effects such as daytime grogginess.

SLEEP

INSUFFICIENT SLEEP LEADS TO ...

Weight Gain Research has shown that lack of sizes increases hanger and food instak. It also increases your cravings for high fait and high carbolydister South Isability to weight gain.

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Nonpharmacological treatments include behavioural techniques that help to reduce or eliminate anxiety & body tension and recondition to associate the bed and bedtime with sleep.

HOW TO SLEEP BETTER?

Lack of sleep leads to weight gain?

<u>Click here to find out more</u> <u>about how lack of sleep can</u> <u>affect your body, and how you</u>

can gét quality sleep!

Did you know...

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HER_SLEEP SORDEKS

Obesity Hypo-ventilation Syndrome (OHS)

Individuals with BMI of more than 40 are at higher risk of OHS. During sleep, one stops breathing intermittently and may experience breathing difficulties.

Snoring and Obstructive Sleep Apnoea (OSA)

OSA is chronic severe snoring. Both snoring and OSA are common in people who are obese, consume a lot of alcohol, and the medical conditions increase with age.



Affecting 5 to 10% of the population, individuals experience abnormal sensations in their legs and calves, especially at night.

Data valid as of 10 February 2020*

Seek professional help early if your sleep problems worsen. Complications such as psychiatric disorders can occur if left untreated.

For more information about sleep disorders and how to get help, head on:

https://bit.ly/healthhub_sleep

*INFORMATION RETRIEVED FROM MINISTRY OF HEALTH (SINGAPORE) VECTORS FROM WWW.FLATICON.COM