

How to Treat Insomnia



Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep.

Causes of Insomnia

- Significant stress
- Illness
- Emotional/Physical discomfort
- Some medications
- Environmental factors (noise, light, extreme temperature)
- Asthma
- Arthritis
- Low back pain
- Hyperthyroidism

Symptoms of Insomnia

- Sleepiness during the day
- General tiredness
- Irritability
- Decreased coordination
- Concentration or memory difficulty
- Depression
- Headache
- Anxiety
- Increased accidents
- Constantly waking up at night

Insomnia Treatment Methods

Self-care

- Improve sleep habits: Having a regular bedtime schedule.
- Avoiding drinking too much liquid before bedtime.
- Limit technological device to a minimum before bedtime.

Therapy

- Cognitive behavioral therapy
- Talking to a therapist who focuses on modifying your negative thoughts, behaviors and emotional triggers associated with stress and the cause of your insomnia.

Forms of Medication

- Sedation : Causes drowsiness, calmness, and dulled senses.
- Antihistamine: Reduces or stops an allergic reaction.
- Antidepressant : Prevents or relieves depression (elevates mood).



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