

How to Treat Insomnia

如何改善失眠症



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

失眠是指睡眠障礙，其特徵是難以入睡和/或睡眠維持困難。

Causes of Insomnia 失眠原因

- Significant stress 重大壓力
- Illness 疾病
- Emotional/physical discomfort 情緒/身體不適
- Some medications 藥物作用
- Environmental factors (noise, light, extreme temperature) 環境因素 (噪音、光綫、極端溫度)
- Asthma 哮喘
- Arthritis 關節炎
- Low back pain 腰背疼
- Hyperthyroidism 甲狀腺功能亢進症

Symptoms of Insomnia 失眠症狀

- Sleepiness during the day 白天困倦
- General tiredness 普遍疲倦
- Irritability 易怒
- Decreased coordination 協調性下降
- Concentration or memory difficulty 集中或記憶困難
- Depression 抑鬱
- Headache 頭痛
- Anxiety 焦慮
- Increased accidents 事故增加
- Constantly waking up at night 夜間不斷醒來

Insomnia Treatment Methods 治療失眠的方法

Self-care 自我護理

- Improve sleep habits: Follow a regular bedtime schedule.
改善睡眠習慣：有規律的睡覺時間
- Avoid drinking too much liquid before bedtime
睡前避免喝過多液體
- Limit technological device to a minimum before bedtime
睡前限制使用電子產品

Therapy 治療

- Cognitive behavioral therapy
認知行為治療
- Talk to a therapist who focuses on modifying your negative thoughts, behaviors and emotional triggers associated with stress and the cause of your insomnia.
與專注於改善與壓力和失眠原因相關的負面思想、行為和情緒因素的治療師進行交談。

Forms of Medication 藥物形式

- Sedation 鎮靜：Causes drowsiness, calmness, and dulled senses. 導致嗜睡、平靜和遲鈍的感覺
- Antihistamine 抗組胺藥：Reduces or stops an allergic reaction. 減少或停止過敏反應
- Antidepressant 抗抑鬱藥：Prevents or relieves depression (elevates mood).
預防或緩解抑鬱症 (改善心情)



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