

## Overview of Sleep and Insomnia

- Sleep is a complex process involving physical, mental, and environmental factors.
- The amount of sleep needed to feel and perform well varies for each person.
  - ✓ The normal range is 4-10 hours of sleep.
  - ✓ About 60% of people report functioning best with 7–8.5 hours of sleep.
  - ✓ Performance is maintained with 4-6 hours of "core sleep" for brief periods
- Biological rhythms are strongly tied to our sleeping patterns
  - ✓ Circadian rhythm related to light, melatonin, body-temperature, and wakefulness
  - ✓ Sleep vs. wake rhythm (eventually get sleepy when awake for long periods)
- Complaints of poor sleep are fairly common:
  - ✓ About 30% of people have sleep problems occasionally.
  - ✓ Up to 10% complain of chronic sleep problems.
- Insomnia is the most common sleep complaint:
  - ✓ *Early* or *Sleep-Onset* Insomnia – delays in falling asleep
  - ✓ *Middle* or *Sleep-Maintenance* Insomnia – restless sleep or awakenings
  - ✓ *Late* or *Terminal* Insomnia – waking up earlier than intended
- Common among insomnias:
  - ✓ Diminished sleep efficiency (time asleep / time in bed)
  - ✓ Daytime fatigue, disturbed mood, and decreased mental and physical performance
- Causes of insomnias:
  - ✓ Environmental stressors
  - ✓ Internal factors (physiological and cognitive arousal)
  - ✓ Learned associations
- Treatment goals for insomnias:
  - ✓ Improved sleep efficiency
  - ✓ Improved energy, mood, and performance
- Treatment techniques for insomnias:
  - ✓ Treat underlying health problems
  - ✓ Cognitive-behavioral therapy
  - ✓ Improve health habits
  - ✓ Improve sleep hygiene
  - ✓ Stress-management
  - ✓ Short-term pharmacotherapy

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