

## Insomnia



### Overview

If you don't sleep well, you may have Insomnia. It can leave you feeling tired all day. That makes it hard to focus and get things done.

### Causes

There are many causes of insomnia. Often it's because of a medical problem. You may have restless legs, breathing problems, or you may have to wake up to go to the bathroom. Painful arthritis or heartburn can keep you awake. Other times it's because of emotional problems like stress, anxiety and depression. Travel and changes in your daily routine can cause insomnia. It can also be caused by eating before bedtime, and by caffeine, alcohol or nicotine.

### Symptoms

With insomnia, you may have trouble falling asleep. You may have a hard time staying asleep. You may wake up tired, or you may feel tired during the day. Keeping your mind on what you're doing may be hard. You may get headaches, or be irritable and anxious. Your stomach may feel upset. Over a long period of time, lack of sleep can lead to high blood pressure, diabetes, and mental problems.

### Treatment

Insomnia can be treated with relaxation techniques, therapy and better sleep habits. Medications may help you. If a medical problem is causing your insomnia, you may need to fix it. Your healthcare provider can create a care plan that is right for your needs.

