



Falling Asleep & Staying Asleep Handout

This handout contains information that may help if you have difficulty falling asleep or staying asleep. In the pages that follow, you will learn about sleep disorders and the techniques that are used by insomniacs as part of a treatment plan, as well as by people who occasionally have trouble sleeping. Tips and strategies to help improve your sleep hygiene are as well included.

Insomnia is the inability to sleep, the inability to sleep, or the inability to sleep well at night. Many different medical and mental problems cause insomnia. It can be a symptom of a breathing problem, like sleep apnea, or it can be linked to heart failure, side effects from medications, anxiety, or depression.

Insomnia may be situational, lasting a few days or weeks. It may also be chronic, lasting for more than one month. While short periods of insomnia may be treated with medication, chronic insomnia may not always be helped by sleeping pills.

In severe cases, people experience fatigue, sleepiness, difficulty concentrating and difficulty thinking clearly. For some people with severe and chronic insomnia, an evaluation by a primary physician or a sleep specialist often helps get to the root of the problem. Seeing a doctor is important when insomnia is new or has worsened.

Remember, in many cases insomnia is a symptom of an underlying disease. Insomnia is not a disease itself. Though it is best to see a physician for sleep disorders, we are providing a number of things you can do to improve your sleep. Improvement of your sleep habits is an essential step in treating your insomnia.

I. Introduction:

- *What to do if you can't sleep*
- *Some Simple Things to Do When You Can't Sleep*
- *Simple Steps to Help you Get to Sleep*

II. Sleep Habits:

- *Your Personal Habits*
- *Your Sleeping Environment*
- *Getting Ready for Bed*
- *If You Get Up in the Middle of the Night*
- *Other Factors*

III. Relaxing Techniques:

- *Progressive Relaxation*
- *Toe Tensing*
- *Deep Breathing*
- *Guided Imagery*
- *Quiet Ears*

IV. Conclusion

We wish you a good night sleep.

Please do not hesitate to contact us if you have further questions.



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