SleepKINWOOD

Know about Insomnia and GET RID OF IT

Insomnia means having difficulty in fallen asleep, waking up too early, or waking intermittently, resulting in insufficient sleep. An ongoing lack of sleep or poor quality sleep increases risk of health problems.

Insomnia Basics

People with insomnia may have difficulties in[1]

- Falling Asleep
- Returning To Sleep
- Staying Asleep

Chronic Insomnia

3 x 3

When insomnia occurs at least 3 nights a week for at least 3 months[1]

Insomnia in Hong Kong

1 in 10 People[2] / **6%** Children[3] is suffering from chronic insomnia

1 in 4 Non-working persons is suffering from insomnia[4]

There is an Increased prevalence of insomnia in **Female & Older Adults**[1]

What Causes Insomnia?

Psychological
Stress, anxiety or depression

Physical
Frequent urination, pain and other forms of discomfort

Lifestyle
Poor sleep habits

Could You Have Insomnia?

Review these signs:

- Daytime sleepiness
- Low energy and fatigue
- Mood disturbances
- Difficulty to focus
- Poor memory

How Insomnia Affects Your Health?

Insomnia can increase risk of serious health problems if it is left untreated:

17 times as likely having clinically significant Anxiety[5]

10 times as likely having clinically significant Depression[5]

45% Increased risk of developing or dying from Cardiovascular Diseases[6]

People with insomnia were **28%** more likely to develop Type 2 Diabetes[7]

Did You Know

Exercises can relieve but also lead to insomnia?

Insomnia Test

Home PSG

1. Check sleep apnea and other sleep disorders
2. Check sleep stages and sleep quality

Sleep Diary

1. Provide subjective lifestyle & behaviour data
2. Provide up to 2 weeks objective sleep data

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Treatment and Lifestyle Management

- Cognitive behavioural therapy (CBT)
- Prescription sleep aids
- Go to bed and wake up at the same time every day, even on weekends
- Finding way to relax like exercise regularly, meditation
- Avoid large meal or caffeine beverage at night
- Avoid long naps especially in late afternoon or evening

Does Insomnia Bother You?

If you often have difficulty falling asleep and suspect that you are suffering from insomnia, you can get a preliminary understanding of your insomnia problems by completing a simple Insomnia Severity Index (ISI) Self-Assessment. In fact, your bedroom environment may also be one of the factors that can cause insomnia. You can consider using 3D Blindfold and Noise Reduction Earplugs during sleep, so that you will no longer be disturbed by light and noise, and help you get a better night's sleep.

Infographic is provided by SleepKINWOOD

For more information about the sleep test service and treatment products for insomnia: www.sleepkinwood.com

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Information in this infographic is for reference only, you should consult your doctor if you have any health concern.

References:
[1] Insomnia – Overview and Facts. American Academy of Sleep Medicine. http://sleepeducation.org/essentials-in-sleep/insomnia/overview-facts. Updated March 4, 2015. Accessed March 29, 2021. [2] 鍾家輝：〈失眠點去醫〉，香港大學精神醫學系。取自https://www.psychiatry.hku.hk/publichealth_11.html，29-3-2021擷取。 [3] Centre for Health Protection of the Department of Health. Long and Sleepless Nights. Non-Communicable Diseases Watch. https://www.chp.gov.hk/files/pdf/ncd_watch_march_2018.pdf. Published March, 2018. [4] Centre for Health Protection of the Department of Health. Sleep: A Basic Health Necessity. Non-Communicable Diseases Watch. https://www.chp.gov.hk/files/pdf/ncd_watch_apr2013.pdf. Published April, 2013. [5] Taylor DJ, Lichstein KL, Durrence HH, Reidel BW, Bush AJ. Epidemiology of insomnia, depression, and anxiety. Sleep. 2005;28(11):1457-1464. [6] Sofi F, Cesari F, Casini A, Macchi C, Abbate R, Gensini GF. Insomnia and risk of cardiovascular disease: a meta-analysis. Eur J Prev Cardiol. 2014;21(1):57-64. [7] LeBlanc ES, Smith NX, Nichols GA, et al. Insomnia is associated with an increased risk of type 2 diabetes in the clinical setting. BMJ Open Diabetes Research and Care. 2018;6:e000604.

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Last Review: 03/2021 (Version 1)