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# insomnia

*Want of sleep; inability to sleep; wakefulness; sleeplessness.*

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# Types of Insomnia

- **Transient Insomnia**
  - Lasting less than 1 month
- **Short-term Insomnia**
  - Lasting between 1 and 6 months
- **Chronic Insomnia**
  - Lasting more than 6 months

# Causes

There are many things that are said to cause insomnia;

**Stressors:**

- Starting a new job
- Changes in routine
- Anxiety

**Other factors such as taking** medications, drug abuse, exercising before bedtime, drinking tea or having a large meal close to trying to go to sleep.

Also, doing things not associated with sleep and relaxation in bed ( for example, watching television or reading) can make it hard to fall asleep when you desire.

# What are the symptoms of insomnia?

Impairment of daytime functioning is the defining and the most common symptom of insomnia.

Other common symptoms include:

- ❖ daytime fatigue,
- ❖ daytime sleepiness,
- ❖ mood changes,
- ❖ poor attention and concentration,
- ❖ lack of energy,
- ❖ anxiety,
- ❖ poor social function,
- ❖ headaches, and
- ❖ increased errors and mistakes.



## FDA-approved prescription drug treatments for insomnia

- Benzodiazepines (flurazepam, temazepam, triazolam)
  - Nonbenzodiazepine (zolpidem, eszopiclone, zaleplon)
  - Orexin-receptor antagonist (suvorexant)
  - Melatonin Receptor Agonists (ramelteon)
  - Antidepressants (doxepin)
- **Others options**
- Barbituates
  - Antipsychotics
  - Anticonvulsants