



WHAT IS INSOMNIA?

Insomnia is when you have trouble falling or staying asleep. It is the most common sleep disorder in America. It is more common among older people and women. It can be a short term problem, one to several days or long term problem, several months to years.

SYMPTOMS:

- Difficulty falling asleep
- Waking up often during the night
- Difficulty returning to sleep
- Waking up too early in the morning
- Not feeling refreshed after sleeping
- Daytime sleepiness
- Difficulty focusing
- Irritability

CAUSES:

- Jet lag
- Certain medications
- Stress and anxiety
- Pain
- Digestive problem
- Menstruation
- Pregnancy
- Menopause
- Depression

TREATMENTS AND PREVENTIONS:

- Use the bed and bedroom for sleep only
- Have a regular bedtime and sleep-wake schedules
- Do not eat or drink too much close to bedtime
- Create a sleep-promoting environment that is dark and comfortable
- Avoid disturbing noises
- Consume less or no caffeine
- Avoid alcohol and nicotine
- Do not exercise within three hours before bedtime
- Avoid naps, particularly in the late afternoon or evening
- Limit watching TV/computer use before bedtime
- Talk to your health care provider if your condition is severe

Source:

- National Sleep Foundation

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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甚麼是失眠症?

失眠症即是無法保持睡眠狀態或有入睡困難的問題。這是美國最常見的睡眠障礙。失眠在長者或女性中比較常見。失眠症可以是短期問題，維持一至數天；或長期問題，維持幾個月至幾年。

症狀:

- 難以入睡
- 經常在夜間醒來
- 難以再次入睡
- 早上太早醒來
- 睡醒後沒有精神
- 白天困倦
- 難以集中精神
- 易怒

失眠原因:

- 時差
- 某些藥物
- 壓力和焦慮
- 疼痛
- 消化問題
- 經期
- 懷孕
- 更年期
- 抑鬱

治療及預防:

- 只在臥室和床上睡覺
- 有一個固定的作息時間表
- 睡前不要吃或喝太多東西
- 創造一個有助睡眠(黑暗和舒適)的環境
- 避免噪音煩擾
- 攝取含較少或無咖啡因的食品
- 避免酒精和尼古丁
- 睡覺前三小時不要運動
- 避免午睡，尤其是在晚午或傍晚
- 限制睡前看電視/電腦使用
- 如果病情嚴重，請諮詢醫護人員

資料來源:

- National Sleep Foundation

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