

April's Topic: Insomnia

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Sleeplessness (Insomnia)

What is Insomnia?

We all know that a good night's sleep is very important. Unfortunately, very few people commit to getting the recommended 7 to 8 hours each night. Of the different types of sleep disorders, insomnia is likely the most common. Insomnia is defined as the inability to sleep or habitual sleeplessness. It has several patterns: trouble falling asleep, staying asleep, or not feeling rested upon awakening.

How common is it?

Sleep disorders affect 50-70 million of people in the United States. Every 1 in 3 people have insomnia. These symptoms can be described by three different categories: transient, short-term, or chronic. Transient insomnia lasts only 2 or 3 nights, short term is resolved in 3 weeks, and chronic insomnia lasts longer than 1 month.

Why is getting enough sleep so important?

A lack of adequate sleep can lead to decreased productivity, drowsiness, and the inability to focus on tasks throughout the day. A study done by the Sleep Research Society estimated that an employee with insomnia loses about eight days of work performance each year! For the entire U.S. workforce, this adds up to an estimated \$63 billion in lost work performance due to insomnia each year.

Benefits of a Good Night's Sleep

Better Mood

Younger Looking Skin

Fights Depression

Increases Vitality

Improves Memory

Healthy Immune System



How much sleep do I need?

Age Group	Recommended Hours of Sleep Per Day
Newborn (0-3 months)	14-17 hours (including naps)
Infant (4-12 months)	12-16 hours (including naps)
Toddler (1-2 years)	11-14 hours (including naps)
School age (6-12 years)	9-12 hours
Teen (13-18 years)	8-10 hours
Adult (18- 60 years)	7 or more hours
Adult (61-64 years)	7-9 hours
Adult (65 years and older)	7-8 hours

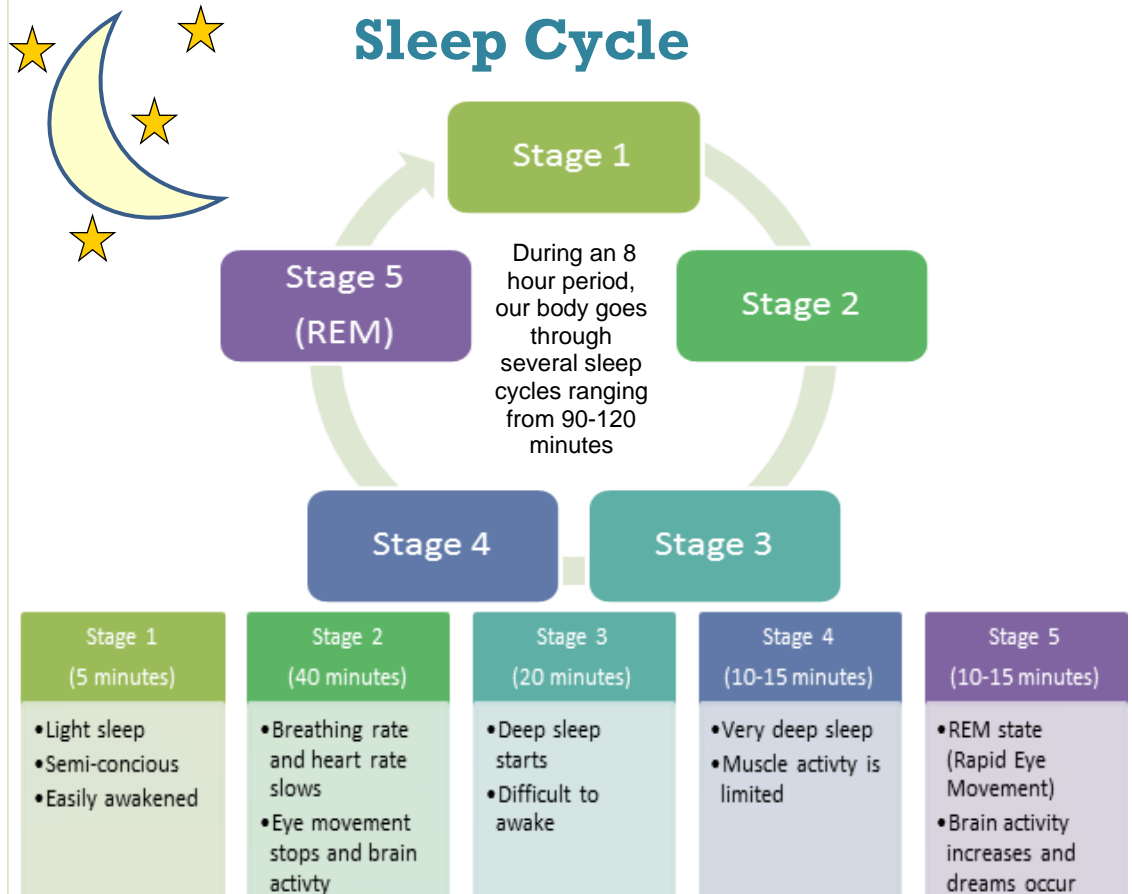
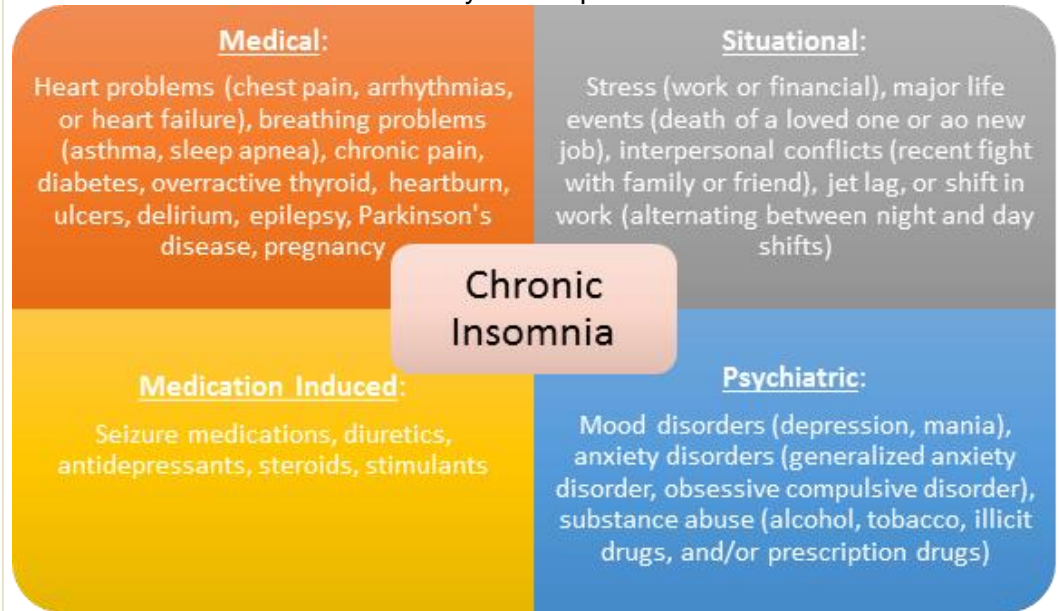
How Can I Get to Sleep Faster?

A guide to good Sleep Hygiene

- 1. Stick to a sleep schedule:** Go to bed at the same time each night and wake up at the same time every morning.
- 2. Pay attention to what you eat and drink.** Avoid caffeine, nicotine, alcohol, and heavy, rich, fatty, or spicy meals close to bedtime.
- 3. Create a bedtime ritual.** For example, lower lights and turn off electronics 1 hour before bedtime each night.
- 4. Get comfortable:** Use bed only for sleeping/intimacy. Not for reading, using cell phones/tablets, or watching TV.
- 5. Limit daytime naps to 30 minutes**
- 6. Include physical activity into your daily routine.** As little as 10 minutes of walking or cycling can improve sleep quality.
- 7. Manage stress** with meditation, breathing exercises, and activities you enjoy.

Common Causes of Chronic Insomnia:

Often, chronic insomnia is caused by another disease, medication, situation, or mood disorder. Once this factor is identified and resolved, then the insomnia will likely also improve.



Over-the-Counter Sleep Aids

Anti-Histamines

- **Includes:**
 - Diphenhydramine (*Benadryl®*, *Unisom SleepGels®*, *ZzzQuil®*)
 - Doxylamine (*Unisom SleepTabs®*)
- **Pros:** Primary side effect is sedation, non-habit forming, works in 15 minutes to 1 hour
- **Cons:** may cause daytime sleepiness, dry mouth, and urinary retention. Avoid use if 65 years or older as it can lead to confusion, hallucinations and may cause falls

Melatonin

- **What is it?** Melatonin is a hormone your body naturally produces to induce sleep and help control the sleep-wake cycle.
- **Pros:** great for jet lag, relatively safe with minimal side effects, safe to use for all ages, non-habit forming
- **Cons:** may cause headaches and daytime sleepiness, not recommended for use beyond 2 weeks without consulting your doctor

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https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

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State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management