

TIP #

4

DON'T TAKE INSOMNIA LYING DOWN



A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake. Dealing with insomnia is one great way to get a better night's sleep.



WAKING IN THE NIGHT

Imagine awakening in the middle of the night. You wake up for a number of reasons:

- Go to bathroom
- Grab covers or throw off covers
- Disturbed by bed partner
- Awakened by pain or discomfort
- Bad dream awakens you
- Worry alarms you to awaken



Many of us will easily fall back to sleep. However, you may be like many who fight your way back to sleep.

INSOMNIA STATISTICS



30 to 35% of people have brief symptoms of insomnia.



15 to 20% of people have a short-term insomnia disorder, which lasts less than three months.



10% of people have a chronic insomnia disorder, which occurs at least three times per week for at least three months.



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.



According to the US Surgeon General, insomnia costs the U.S. Government more than **\$15 billion** per year in health care costs.



Women are up to twice as likely to suffer from insomnia than men.

Approximately **10 million** people in the U.S. use prescription sleep aids.



About **4%** of U.S. adults used prescription sleep aids in the past month.

FALLING BACK ASLEEP



There's more to falling back to sleep than "counting sheep."



Many sleep experts recommend the **15-minute** rule.

This easy to understand rule has 5 simple steps if you wake up and can't fall back to sleep in 15 minutes:



Stay in the bed and bedroom for no more than 15 minutes.



If you are still awake after 15 minutes, get out of the bed and leave the bedroom.



Go back to bed only when you are VERY, VERY sleepy.



Go to a dimly lit room without turning on any blue-light emitting device such as a computer or smartphone.



If worry woke you up, jot down what's bothering you. If there is anything on the list you can handle in the next 30 minutes, knock it off the list.

Dealing with insomnia is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!

SOURCES:

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