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Introduction of insomnia

To deliver intelligent and holistic medicine and to provide the best healthcare
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1. Introduction

The key to staying healthy is to get enough sleep. Almost everyone has experienced insomnia. It's a symptom that can lead to fatigue, irritability, inattention, and so on during the daytime.

2. Definition

Insomnia is a subjective demand, which has the following two definitions:

- (1) Inadequate sleep time: you cannot get enough sleeping time than before.
- (2) Poor quality of sleep: although there is enough sleep time, it always feels like restless sleep.

3. Types

Insomnia can be divided into three categories, which can be isolated or mixed.

- (1) Difficulty in falling asleep: not being able to fall asleep while lying on the bed for more than one hour.
- (2) Difficulty in staying asleep: fall asleep quickly, but frequently awake at midnight.
- (3) Early premature waking: fall asleep quickly but wakes up at one or two o'clock in the early morning.

4. Causes

- (1) Psychological factors and disease: psychosocial pressure, unsatisfactory and worrying things, may cause insomnia. Severe psychological disorders, such as schizophrenia, major depression, bipolar disorder, drug addiction, and dementia can also lead to insomnia.
- (2) Environmental factors: the sleep environment, such as temperature, light, noise, and comfort, will cause insomnia. For example①: some people often go travel on business and take a long-distance flight. Due to time and space changes, and diurnal variation, their daily life cannot be easily adjusted. The problem of insomnia can gradually improve after a few days of adjustment as usual. ②: for

some people working in shift, it is hard to fall asleep because they couldn't adapt to the new lifestyle after changing shifts.

- (3) Physiological factors: there are various kinds of pain and discomfort, such as toothache, angina pectoris, and urine frequency at night due to surgery or other reasons. They will cause insomnia because of intolerable pain. Avoid taking medicines at night which will cause insomnia, such as CNS stimulation or asthma drugs.
- (4) The use of stimulants such as alcohol, tea, coffee, coke, and drugs with CNS stimulation will cause insomnia.
- (5) Age factor: in healthy elders, they are inclined to decrease sleep time and increase the frequency of awake at night.

5. Treatment

The treatment of insomnia focuses on the causes of insomnia. It can be divided into the following methods:

- (1) Treatment for disease: many mental disorders, such as anxiety, depression, and schizophrenia, begin with insomnia as the main symptom. However, the goal is to treat underlying mental and physical diseases.
- (2) Tips for good sleeping habits: avoid oversleeping, get up on time in the morning, do not take a nap, avoid big meals before going to bed, use diaphragmatic breathing, do not drink alcohol, coffee, tea, and avoid smoking after dinner, do exercise regularly and muscle relaxation.
- (3) Psychotherapy: use supportive psychotherapy and health education to ease the patient's fear of insomnia. Some auto-suggestion words like "insomnia will not put your life in danger" can be used. Learn to express your emotions or adjust to external stress.
- (4) Medical treatment: the use of sleeping pills can give an effect immediately. These

drugs are very effective and less dangerous with low dosages for a short time. However, the efficacy will gradually decrease after two weeks. The patient should cooperate with the doctor as much as possible. Do not stop the drug casually which makes insomnia worse.

6. Notices for home care of insomniacs and their family members

- (1) Develop good sleep habits.
- (2) Cooperate with the doctor and take the medicine on time and taper the drug according to the instructions of the doctor.
- (3) It is easier to fall asleep with massage and music.
- (4) Avoid sleeping and arrange some activities in the daytime as possible.
- (5) Don't drink too much water but go to the toilet before sleep.
- (6) Avoid a noisy environment and create a quiet environment for sleep.
- (7) Give a little sedative and sleeping pills according to the doctor's prescription if necessary.
- (8) Family members should pay attention to storing sleeping pills to avoid the patient swallowing them at one time.

7. Conclusion

Insomnia is one of the most frequently complained sleep problems among sleep disorders, and it has been considered by the medical profession as a disease that seriously affects life and quality of life in recent years. When the quality of sleep at night is poor, it is easy to affect the mood and work performance during the day, interpersonal relationships, and health status. By exploring the real causes of insomnia, we can find appropriate sleep-promoting techniques and improve sleep quality.

8. Reference

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Let us take the quiz to make sure you understand.

1. Psychosocial pressure, unsatisfactory and worrying things, may cause insomnia.

Yes No Don' t know

2. Insomnia is a subjective demand, which has the following two definitions: Inadequate sleep time and poor quality of sleep.

Yes No Don' t know

3. Difficulty in falling asleep: not being able to fall asleep while lying on the bed for more than two hour.

Yes No Don' t know

4. Many mental disorders, such as anxiety, depression, and schizophrenia, begin with insomnia as the main symptom.

Yes No Don' t know

5. It is easier to fall asleep with massage and music.

Yes No Don't know