

A watercolor illustration of a person lying in bed, looking wide-eyed and awake at night. The person is covered by a blue blanket, and their head is resting on a pillow. Their eyes are large and staring, and their mouth is slightly open. A smartphone is on the bedside table next to the bed. The background is a dark blue, suggesting a night sky or a dark room. The overall style is soft and painterly.

# Insomnia

David Schenker

# What is Insomnia? Effects of Insomnia

Insomnia can mean that you are not sleeping enough, not sleeping well and/or having trouble falling/staying asleep.

Chronic Insomnia affects individuals 3 times per week and lasts for 3 months

## Insomnia

Daytime effects of insomnia include:

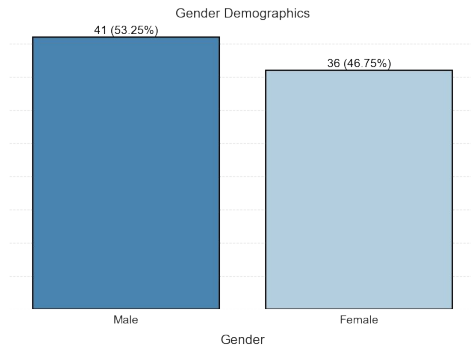
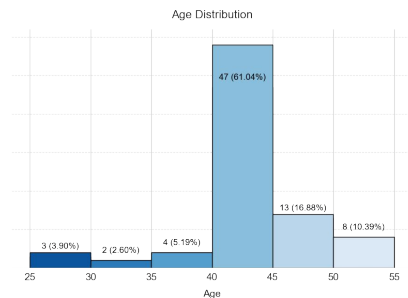
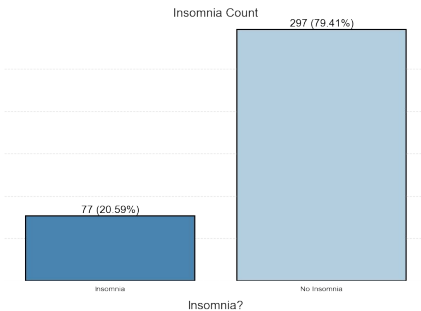
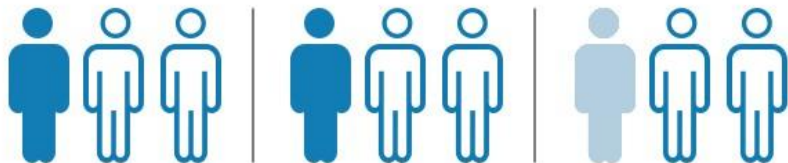
 <p><b>Feeling tired, unwell or sleepy.</b></p>	 <p><b>Delayed reflexes.</b></p>
 <p><b>Trouble remembering things.</b></p>	 <p><b>Mood disruptions, especially irritability.</b></p>
 <p><b>Disruptions in work or social routines.</b></p>	 <p><b>Slowed thinking or trouble concentrating.</b></p>

 Cleveland Clinic

# Who has insomnia?

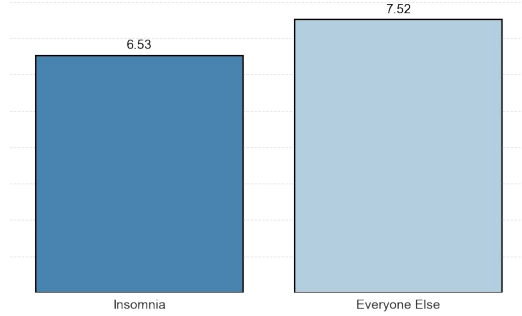
According to a study done by the National Center for Biotechnology Information (NCBI) 1 in every 3 adults have chronic insomnia

27% of these patients, don't know it

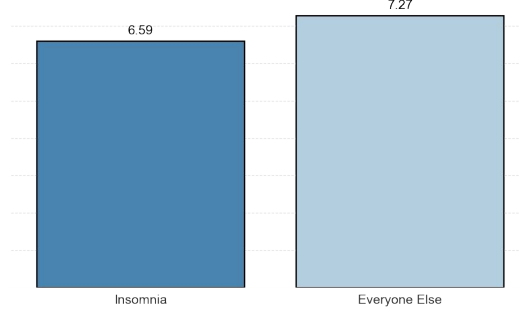


# Insomnia vs the World

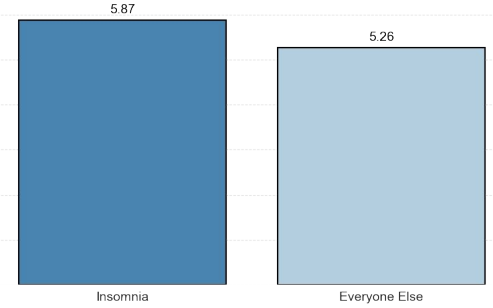
Average Quality of Sleep



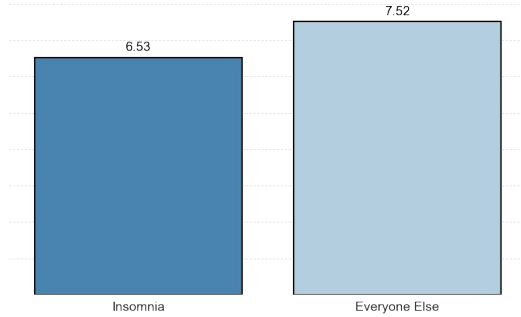
Average Sleep Duration



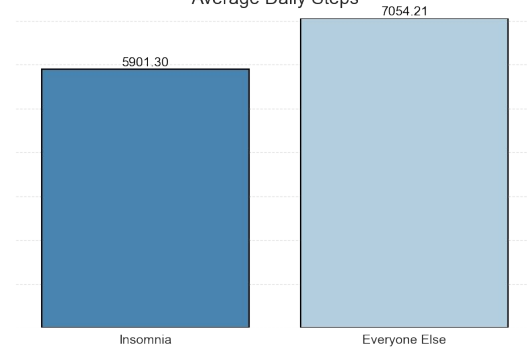
Average Stress Level



Average Physical Activity Level



Average Daily Steps





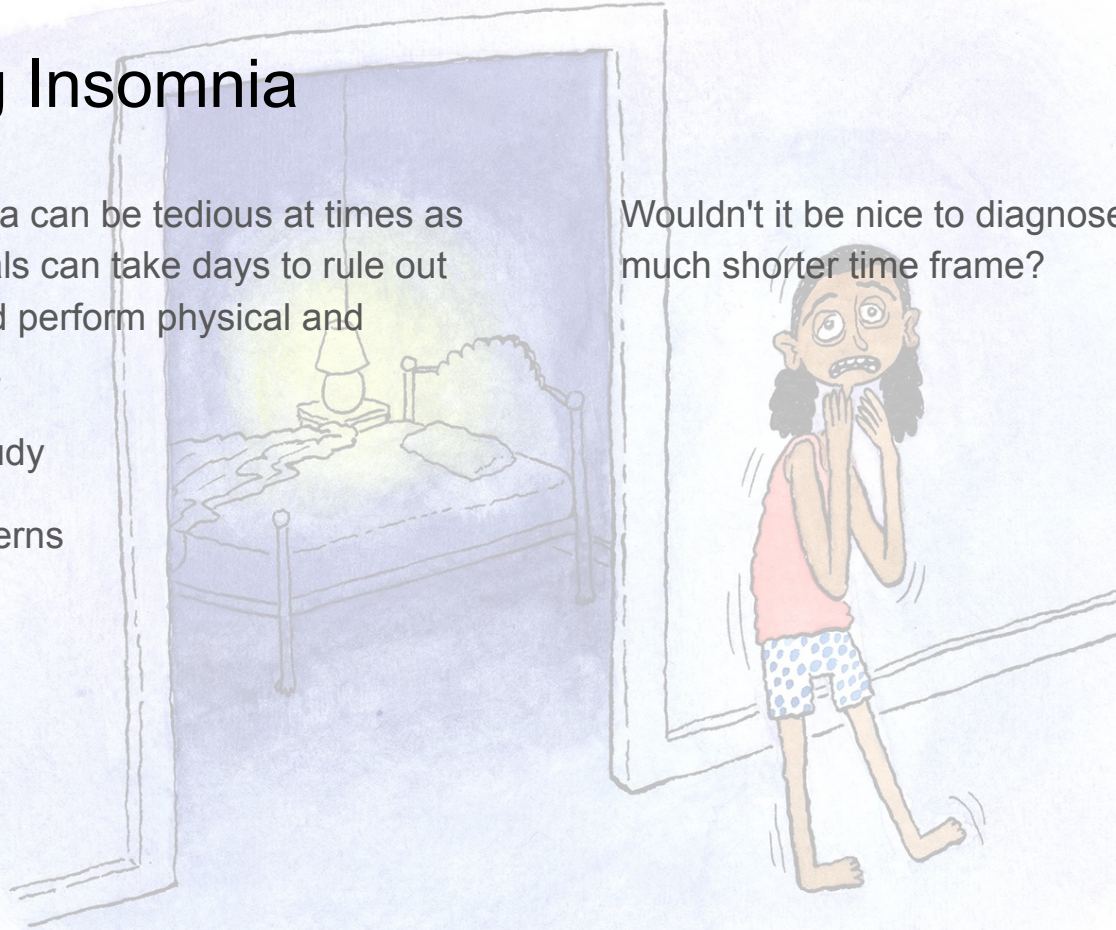
# Diagnosing Insomnia

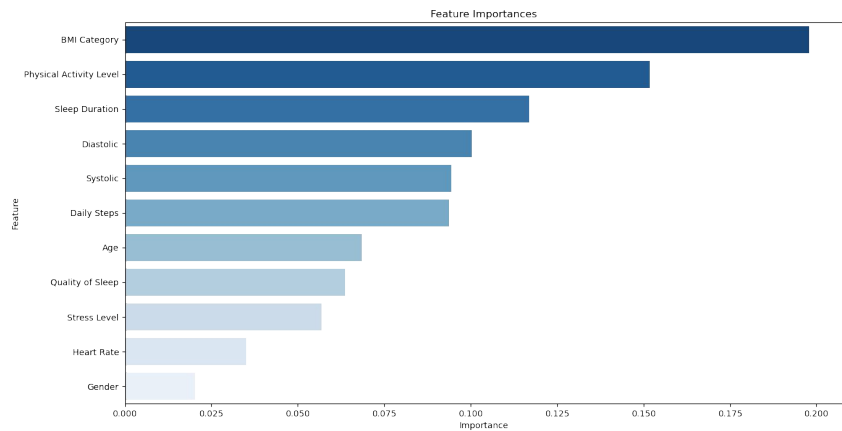
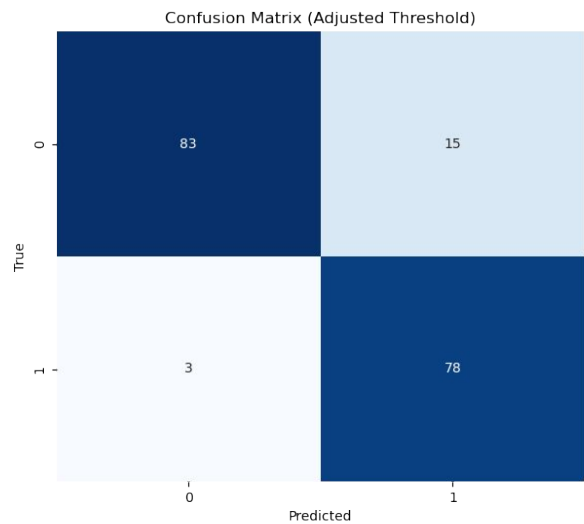
Diagnosing Insomnia can be tedious at times as medical professionals can take days to rule out other conditions and perform physical and neurological exams.

Overnight Sleep Study

Tracking Sleep patterns

Wouldn't it be nice to diagnose Insomnia in a much shorter time frame?





# Links

<https://www.newyorker.com/humor/daily-shouts/reasons-i-cant-sleep>

<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/low-blood-pressure-when-blood-pressure-is-too-low>

<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/diagnosis-treatment/drc-20377636>

<https://health.clevelandclinic.org/sleep-apnea-its-waaaay-more-common-than-you-think>

<https://my.clevelandclinic.org/health/diseases/12119-insomnia>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/insomnia-what-you-need-to-know-as-you-age#:~:text=Overview,considered%20a%20full%2Dfledged%20disorder.>

<https://my.clevelandclinic.org/services/insomnia-treatment#diagnosis>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5353813/#:~:text=Data%20was%20analyzed%20for%20the,physician%20until/unless%20asked%20for.>