

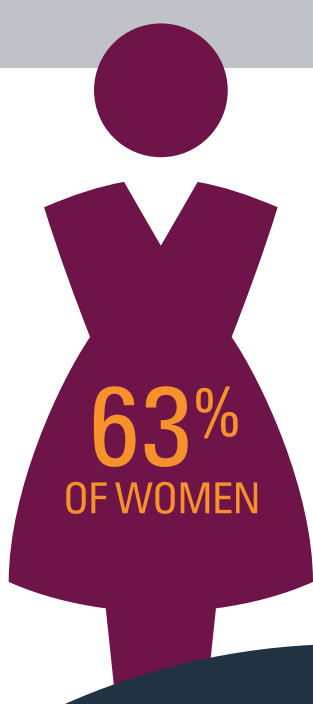
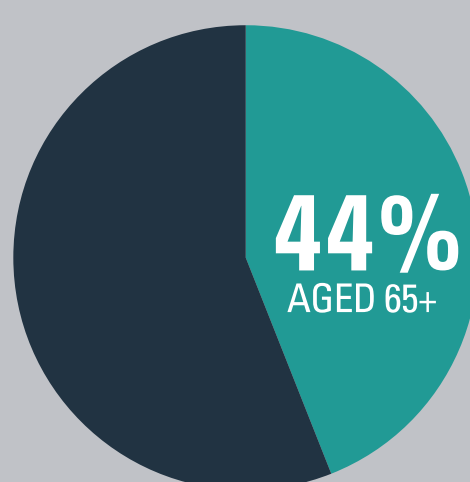
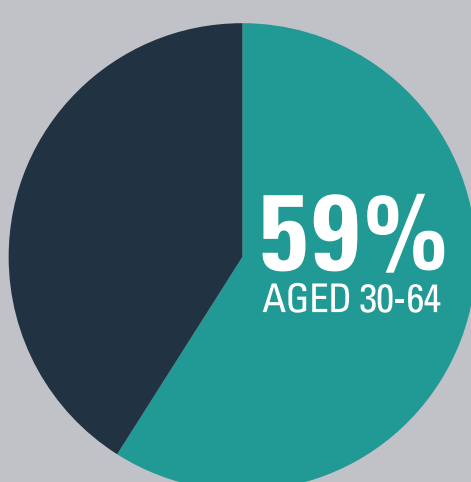
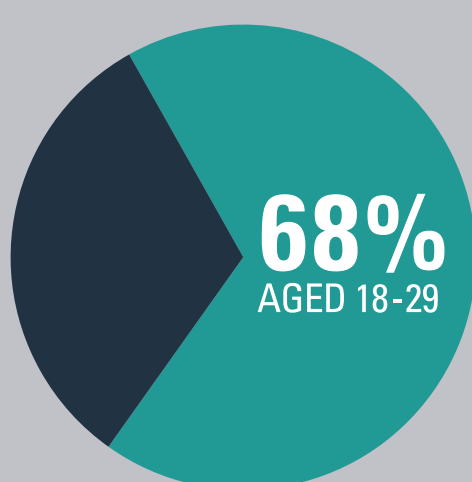
WHAT IS INSOMNIA?

Insomnia is **difficulty falling asleep or staying asleep**

approximately

30 MILLION AMERICANS SUFFER FROM INSOMNIA

ACCORDING TO A POLL FROM THE NATIONAL SLEEP FOUNDATION, THE FOLLOWING PEOPLE SURVEYED REPORTED EXPERIENCING ONE OR MORE SYMPTOMS OF INSOMNIA:



experienced one or more symptoms of insomnia
at least a few nights
per week

It is recommended that adults get
7-8 HOURS/NIGHT of SLEEP

INSOMNIA IS DIAGNOSED TO INCLUDE ONE OR MORE OF THE FOLLOWING:

- Difficulty falling asleep
- Difficulty staying asleep, characterized by frequent mid-night awakenings
- Early morning awakening with difficulty returning to sleep

INCLUDING IMPAIRMENTS DURING THE DAY, SUCH AS:

- Difficulty at work or school
- Problems with memory, attention and/or concentration
- Irritability or mood disturbances
- Fatigue

1. American Psychiatric Association. *Diagnostic and statistical manual of mental disorders*. Washington D.C.: American Psychiatric Publishing; 2013: P. 362

2. NIH State-of-the-Science Conference Statement on Manifestations and Management of Chronic Insomnia in Adults. NIH Consensus and State-of-the-Science Statements. 2005 June 13-15, 22 (2): 1-30.

3. U.S. Census Bureau. "2010 Census of Population and Housing." 2010. P. III-3

4. National Sleep Foundation. 2002 "Sleep in America" Poll. P. 7. 2002.

5. Centers for Disease Control and Prevention. How Much Sleep Do I Need? Available at http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm. Accessed May 29, 2014.

6. Edinger JD; Bonnet MH; Bootzin RR et al. Derivation of research diagnostic criteria for insomnia: report of an American Academy of Sleep Medicine work group. SLEEP 2004;27(8):1567-96.