

What Is Insomnia?

Insomnia is a prevalent sleep disorder in which a person consistently has difficulty falling asleep, staying asleep, or waking up too early and being unable to return to sleep, leading to non-restorative sleep and daytime fatigue. It can be acute, lasting days to weeks due to stress, travel, or environmental changes, or chronic, persisting for at least three months and affecting several nights per week. Factors contributing to insomnia include poor sleep habits, irregular schedules, excessive screen time before bed, stimulants like caffeine or nicotine, mental health conditions such as anxiety or depression, chronic medical problems, and certain medications. Common consequences include daytime sleepiness, irritability, difficulty concentrating, and impaired cognitive performance, which can affect work, school, and overall quality of life. Effective management typically involves lifestyle adjustments, good sleep hygiene, and cognitive-behavioral therapy for insomnia (CBT-I), with medications used cautiously and usually only for short-term relief.