

# Insomnia (Can't Sleep / Tired)

A condition where a person has trouble falling asleep, staying asleep, or getting restful sleep.

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## 1. What is Insomnia?

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Insomnia means **difficulty sleeping**, even when you have the chance to sleep.

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You may struggle to fall asleep, wake up too early, or wake up many times at night.

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It leads to feeling **tired, drained, and unfocused** during the day.

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## 2. Types of Insomnia

### 1. Sleep-Onset Insomnia

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Trouble falling asleep

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Mind feels too active or stressed

## **2. Sleep-Maintenance Insomnia**

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Waking up in the middle of the night

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Finding it hard to fall back asleep

## **3. Early-Morning Awakening**

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Waking up too early

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Can't return to sleep

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## **3. Common Symptoms**

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Trouble falling asleep

- Waking up often during the night
  - Feeling tired even after sleep
  - Daytime sleepiness
  - Irritability or mood swings
  - Poor concentration
  - Low energy or motivation
  - Headaches or heavy feeling in the head
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## **4. Common Causes**

### **Biological**

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Anxiety / depression

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Hormonal changes

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Chronic pain

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Medication side effects

## Psychological

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Stress and overthinking

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Worrying at night

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Emotional tension

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Trauma or difficult experiences

## Lifestyle Factors

- Too much screen time before bed
  - Caffeine or energy drinks
  - Irregular sleep schedule
  - Heavy meals before bed
  - Lack of exercise
  - Sleeping late consistently
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## 5. How it Feels (In Simple Words)

- “My mind won’t shut off.”

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“I’m tired but I can’t fall asleep.”

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“I wake up again and again.”

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“Even after sleeping, I feel exhausted.”

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“My brain feels slow and drained.”

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## 6. Is Insomnia Dangerous?

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Occasional insomnia is **normal**.

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Chronic insomnia can affect:

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Mood

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Focus

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Memory

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Heart health

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Daily performance

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Long-term sleeplessness can worsen anxiety and stress.

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## 7. How to Improve Insomnia (Practical Steps)

### Self-Help

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Maintain a fixed sleep schedule

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Avoid screens 1 hour before bed

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Reduce caffeine (especially after afternoon)

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Keep the room dark, cool, and quiet

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Do light stretching or breathing at night

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Avoid heavy meals late at night

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Read or listen to soft music before sleep

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Use your bed only for sleep (not phone, work, TV)

## **Professional Support**

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Therapy for insomnia (CBT-I)

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Medication (only if necessary and prescribed)

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Check for medical conditions (pain, thyroid, anxiety, etc.)



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## 8. When to Seek Help

Seek help if:

- Insomnia lasts more than **2–3 weeks**
- You feel tired all day
- It affects your work/study
- You wake up frequently with anxiety
- You have severe mood changes or stress

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## 9. Quick Summary

- **Insomnia = Trouble sleeping + Daytime tiredness**

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Caused by **stress, lifestyle habits, mood issues, health conditions**

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Affects **energy, mood, focus, and health**

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Improves with better habits, relaxation, and sometimes therapy

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Treatable and very common — recovery is possible