

# Insomnia (Can't Sleep / Tired)

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

## 1. What is Insomnia?

- Insomnia means **difficulty sleeping**, even when you have the chance to sleep.
  - You may struggle to fall asleep, wake up too early, or wake up many times at night.
  - It leads to feeling **tired, drained, and unfocused** during the day.
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## 2. Types of Insomnia

### 1. Sleep-Onset Insomnia

- 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

- - Memory
  - - Heart health
  - - Daily performance
  - - Long-term sleeplessness can worsen anxiety and stress.
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## 7. How to Improve Insomnia (Practical Steps)

### Self-Help

- - Maintain a fixed sleep schedule
- - Avoid screens 1 hour before bed
- - Reduce caffeine (especially after afternoon)

- Keep the room dark, cool, and quiet
- Do light stretching or breathing at night
- Avoid heavy meals late at night
- Read or listen to soft music before sleep
- Use your bed only for sleep (not phone, work, TV)

## **Professional Support**

- Therapy for insomnia (CBT-I)
- Medication (only if necessary and prescribed)
- 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**

- Caused by **stress, lifestyle habits, mood issues, health conditions**
- Affects **energy, mood, focus, and health**
- Improves with better habits, relaxation, and sometimes therapy
- Treatable and very common — recovery is possible