



1. Insomnia Disorder
2. Mental Disorder (Catatonia Specifier)

3. Anxiety Disorder

Recommended Treatments

Mental Disorder (Catatonia Specifier)

No specific treatment found.

Insomnia Disorder

No specific treatment found.

Anxiety Disorder

Cognitive Behavioral Therapy (CBT), SSRIs (e.g., Sertraline),
Relaxation techniques

