

INSOMNIA:

CAUSES AND NON-ADDICTIVE TREATMENTS

SOME FACTORS THAT MAY ATTRIBUTE TO INSOMNIA

- ❖ **A General Medical Condition**
 - Arthritis, Asthma, Restless Leg Syndrome, Attention Deficit Hyperactive Disorder, Pregnancy
- ❖ **Medication Use or Drug abuse**
 - Alcohol, cocaine, heroin, anti-anxiety medicines
- ❖ **Adjustment Sleep Disorder**
 - Resulting from stress at work, financial stress, traumatic event, traveling, life stressors
- ❖ **Mental or Psychiatric Disorder**
 - Depression, Panic Disorder, Chronic Anxiety, and others
- ❖ **Psychophysiological Factor**
 - Meaning the individual associates the bed not with rest or relaxation BUT with a terrible struggle to get to sleep, which can lead to anxiety

DRUGS THAT MAY CAUSE INSOMNIA

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| ★ Alcohol | ★ Levodopa |
| ★ Amphetamines | ★ MAO Inhibitors |
| ★ Antipsychotics (some) | ★ Methyldopa |
| ★ Appetite Suppressants | ★ Methysergide |
| ★ BetaAgonists | ★ Nicotine |
| ★ BetaBlockers | ★ Phenytoin |
| ★ Bupropion | ★ Quinidine |
| ★ Caffeine | ★ SSRIs (Prozac®, Paxil®, Celexa®, Zoloft®, Luvox®) |
| ★ Cocaine | ★ Theophylline |
| ★ Corticosteroids | ★ Thyroid Preparations |
| ★ Decongestants | ★ Tricyclic Antidepressants |
| ★ Diuretics | |
| ★ Hypnotics (some) | |

SLEEP RESTRICTION

- ❖ Consists of curtailing the amount of time spent in bed to more nearly match the subjective amount of time asleep
 - The time in bed is decreased by 15-20 minutes when sleep efficiency is lower than 80% and increased by 15-20 minutes when sleep efficiency is greater than 90%)

$$\text{SLEEP EFFICIENCY} = (\text{TOTAL SLEEP TIME} \div \text{TIME IN BED}) \times 100\%$$

NON-PHARMACOLOGICAL TREATMENTS FOR INSOMNIA

• SLEEP HYGIENE

- 1) Set a regular time to go to bed and wake-up
- 2) Avoid daytime naps
- 3) Exercise moderately early in the day. Do not exercise just before bedtime
- 4) Do not eat heavy, spicy food, or drink large quantities of liquids in the evening
 - A light snack may be helpful
 - Try warm milk with graham crackers
- 5) Avoid alcohol, caffeine, or nicotine in the evening
- 6) Make the bedroom as comfortable as possible
- 7) Use the bedroom only for sleep and intimacy
- 8) Take a hot bath about an hour and a half before bedtime
- 9) Do not keep looking at the clock
- 10) Avoid routinely using hypnotics

• STIMULUS CONTROL TECHNIQUE

- 1) Establish A Regular Time To Wake Up And Go To Sleep
- 2) Avoid "Clock Watching"
- 3) Eliminate All Non-Sleep Activities In Bed
 - egs: eating, reading, watching television
- 4) Do Not Force Yourself To Sleep
 - Leave the bedroom if you do not fall asleep within 20-30 minutes and engage in a boring or relaxing activity
 - Then return to bed when feeling sleepy

RELAXATION TRAINING

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| -Muscle relaxation techniques | -Massage Therapy |
| -Meditation | -Acupuncture |
| -Biofeedback | -Hypnosis |
| -Imagery Training (focusing on pleasant or neutral images) | |

(ALL REQUIRE REGULAR PRACTICE FOR SEVERAL WEEKS TO SHOW IMPROVEMENT)

NON-ADDICTING PHARMACOLOGICAL TREATMENTS FOR INSOMNIA

- ❖ Trazodone (Desyrel®)
- ❖ Sedating Tricyclic Antidepressants (eg: Amitriptyline)
- ❖ Mirtazapine (Remeron®)
- ❖ Nefazodone (Serzone®)
- ❖ Antihistamines (egs: Benadryl®, Unison®, Atarax® or Vistaril®)
- ❖ Zaleplon (Sonata®)

NATURAL PRODUCTS THAT MAY HELP MILD INSOMNIA

- ❖ Melatonin
 - Mainly for insomnia associated with jet lag or for shift workers
- ❖ Valerian Root
- ❖ Kava
- ❖ Lavendar

(CONSULT WITH A DOCTOR OR PHARMACIST BEFORE USING THESE NATURAL PRODUCTS)