

Insomnia

Understanding Insomnia

- **What is Insomnia?**
 - Insomnia is a sleep disorder characterized by difficulty falling or staying asleep.
- **Common Symptoms:**
 - Difficulty falling asleep
 - Frequent awakenings
 - Daytime fatigue
 - Irritability

Strategies for Managing Insomnia

1. **Establish a Sleep Routine:**
 - Go to bed and wake up at the same time each day, even on weekends.
2. **Create a Sleep-Conducive Environment:**
 - Keep the bedroom dark, cool, and quiet.
3. **Limit Screen Time:**
 - Avoid electronic devices at least an hour before bed.
4. **Relaxation Techniques:**
 - Practice relaxation exercises like deep breathing or meditation before bed.
5. **Limit Stimulants:**
 - Avoid caffeine and nicotine in the hours leading up to bedtime.

Exercises

- **Progressive Relaxation:**
 - Relax each muscle group progressively before sleep.
- **Guided Imagery:**
 - Visualize calming and peaceful scenes to relax your mind.

Tips

- Avoid heavy meals and alcohol before bedtime.
- Engage in regular physical activity during the day.
- Consult a healthcare professional if insomnia persists.

These handouts are designed to provide clients with practical tools and techniques that they can use to manage various mental health issues. Each handout is structured to offer a comprehensive understanding of the techniques, allowing clients to practice and implement them effectively in their daily lives. Feel free to adjust and expand on these materials to suit your specific needs and preferences.

Schedule your mental health appointments at www.theappointments.ca