CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Insomnia

Difficulty starting or maintaining sleep, or waking up too early, at least three nights a week for three months, with tiredness or discomfort during the day.

COMMON SIGNS

- Takes a long time to fall asleep or wakes up a lot
- Tiredness and irritability during the day
- Worrying about not sleeping

TIPS FOR YOU

1. Always get up at the same time
2. Use the bed only for sleeping; if you can't sleep, get up and come back when sleepy
3. Cognitive behavioural therapy for insomnia is the treatment of choice

FOR FAMILY AND FRIENDS

1. Respect their fixed wake-up time
2. Avoid screens and arguments before bed

WHEN TO ASK FOR HELP

1. If it lasts more than three months
2. If you feel sleepy when driving

TO OBSERVE AND NOTE DOWN

☐ It takes me more than half an hour to fall asleep
☐ I wake up several times during the night
☐ I wake up too early and can't get back to sleep
☐ I wake up tired
☐ During the day I'm irritable or have no energy
☐ I worry about not being able to sleep
☐ Tiredness makes it hard for me to concentrate
☐ It happens to me at least three nights a week

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/insomnio
- Full article: Insomnia: clinicavivaldi.com/en/trastorno-insomnio
- Spanish Sleep Society: information for patients: https://ses.org.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com