

Your EAP benefit is here to help you and your family!

Whether you are stressed, anxious, or feeling depressed, you can utilize your EAP benefit for ANY reason!

Call 1-800-300-0628 to schedule an appointment with a professional counselor in your area.

ALL SESSIONS ARE 100% CONFIDENTIAL!!!

## Types of Treatment for Insomnia

Behavioral Treatments:

Stimulus Control- creating a sleep environment that promotes sleep

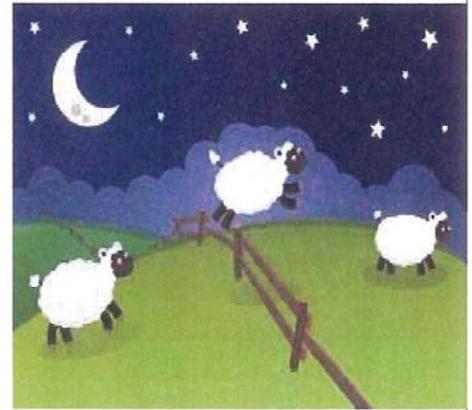
Cognitive Therapy- learning to develop positive thoughts and beliefs about sleep

Sleep Restriction- following a program that limits time in bed in order to get to sleep and stay asleep

Yoga, meditation, & relaxation techniques are also helpful in preparing the body for sleep.

# I'm Counting Sheep: I Can't Sleep!

## Having Trouble Sleeping?



We can all attest to not getting enough sleep and we can all list a number of reasons why- "there aren't enough hours in the day" or "there is too much to do". But we all have trouble sleeping sometimes. This can be for many reasons- *depression, insomnia, fatigue, or feeling anxious.*

Adults typically need 7-9 hours of sleep a night and your quality of sleep is just as important. Sleep is important for your physical and emotional health and can help you stay healthy



Insomnia, Latin for "no sleep", is the inability to fall or remain asleep. It is also used to describe the condition of waking up not feeling refreshed. This disorder is the most common complaint among Americans.

by keeping your immune system strong. Getting enough sleep can help your mood and make you feel less stressed. Whatever the reason, here are a list of things you can do to help you have a better nights sleep:

- Keep your bedroom quiet, dark, and cool. Use curtains or blinds to block out light.
- Go to bed at the same time every night and get up at the same time every morning,

even if you feel tired.

- Create a relaxing bedtime routine- take a warm shower or drink a cup of decaf tea.
- Don't smoke or use tobacco. Nicotine can keep you awake.
- Exercise routinely, but not close to your bedtime.
- Use your bedroom only for sleeping and remove the TV/radio from your room. Noise can be distracting.

## What To Know About Insomnia!

It can be either acute, lasting one to several nights, or chronic, lasting months to years. According to the National Center for Sleep Disorders, research shows 30-40% of adults say they have some symptoms of insomnia and 10-15% say they have symptoms of chronic. Symptoms of insomnia include:

- difficulty falling asleep
- waking up frequently during the night
- trouble falling back asleep
- waking up too early in the morning.
- daytime sleepiness
- trouble concentrating