



Understanding and Dealing with Insomnia

Adequate Sleep is Necessary

- To maintain physical and mental well-being
- To better retain what is learned by consolidating memory

What Causes Insomnia?

- Lack of adenosine which promotes sleep drive
- Stress, emotional distress, illness, poor sleep environment, poor lifestyle habits and substance use can cause insomnia

4 Types of Insomnia

(Reference: World Health Organization)

- 1 Difficulty in sleep onset
- 2 Difficulty in maintenance of sleep
- 3 Early morning awakening
- 4 Unrefreshed after sleep

Do You Get Enough Sleep?

Age 6-12 :

need 9-12 hours of sleep every day

Age 13-18 :

need 8-10 hours of sleep every day



Dealing with Insomnia

“During the COVID-19 pandemic, I get used to staying up late and now it is difficult for me to fall asleep at night.”

Self-Care Tip

Sleep and get up at similar time every day, including weekends and holidays.

“Thoughts keep racing in my head at bedtime.”

Self-Care Tip

Avoid having a jam-packed schedule before sleep. Do some relaxing activities (e.g., deep breathing and muscle relaxation exercise).





“I often get up late and take long naps as I could not fall asleep at night.”

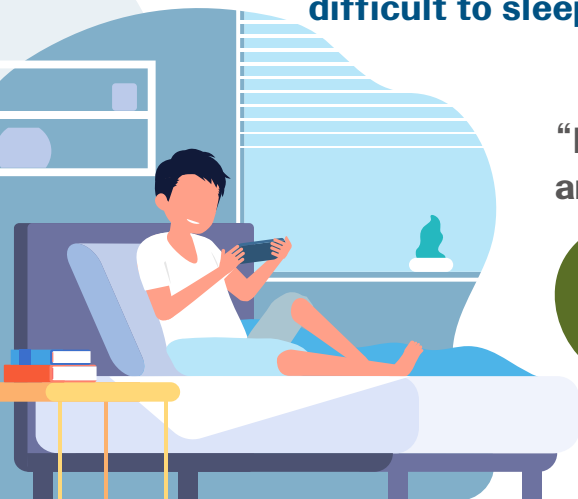
Self-Care Tip

Have 30 minutes to 1 hour sunlight exposure in early morning so as to use daylight to regulate the sleep-wake cycle. Avoid taking long naps. Keep bedroom dark for sleep.

“During the exam period, insomnia can help me save time for studying.”

Self-Care Tip

It is important to have adequate sleep to reduce forgetfulness. Avoid studying in bed, otherwise the brain may associate the bed with awakening, making it difficult to sleep.



“I cannot fall asleep so I watch TV programmes and play mobile games in bed.”

Self-Care Tip

Avoid exposure to electronic screen products one hour before bedtime. Switch off mobile phone and computer in the bedroom.

“I have several cups of coffee, tea and energy drinks to boost my energy as I have poor sleep at night.”

Self-Care Tip

Caffeine in coffee, tea, and energy drinks can affect the body up to 6 to 8 hours. Avoid caffeine intake after mid-day to avoid interfering with sleep.



“I went to bed at 10:30pm after enjoying a big meal. I kept waking up throughout the night.”

Self-Care Tip

Eat in a moderate amount and finish dinner at least 3 hours before bedtime.

