10 MINUTE CLINIC PODCAST

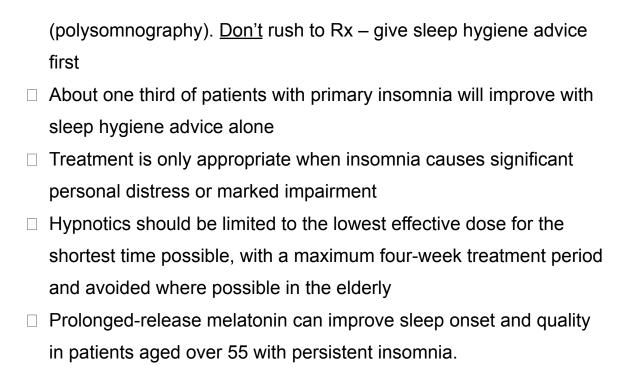
INSOMNIA

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In this 10 minute clinic episode we look at insomnia and its assessment, what causes it and ways of treating it. We also discuss simple tips you can do at home that can cure one in three cases of insomnia without the need for any medication.

Take-home points

There is no standard definition of what is a normal sleep
requirement. This varies with ageing, and from person to person
With increasing age, total sleep time decreases
The normal time taken to fall asleep is considered to usually be
less than 30 minutes
Insomnia is a '24 hour disorder' as it impairs daytime well-being
and subjective abilities and functioning
Probably best described as a condition of 'Unsatisfactory sleep,
either in terms of sleep onset, sleep maintenance or early waking
It is believed to affect around a third of the general population in
the UK and is between 1.5 and 2 times higher in women
Insomniacs are often fatigued/anxious and become more tense
and worried as bedtime approaches
When assessing insomnia, take a careful history to establish a
possible underlying cause. What does the patient mean by 'not
sleeping'? Examine for possible cause including bloods –
TFTs/Fe/HbA1c and always advise to keep a sleep diary for at
least 2 weeks. If OSA possible consider an overnight sleep study



References and resources

Scenario: Managing short-term insomnia (< 3 months) | Management | Insomnia | CKS | NICE

Scenario: Managing long-term insomnia (> 3 months) | Management | Insomnia | CKS | NICE

Insomnia - Symptoms, diagnosis and treatment | BMJ Best Practice

B175. Hypnotics 2.0 (prescqipp.info)

How to sleep better | Mental Health Foundation

Insomnia - NHS (www.nhs.uk)