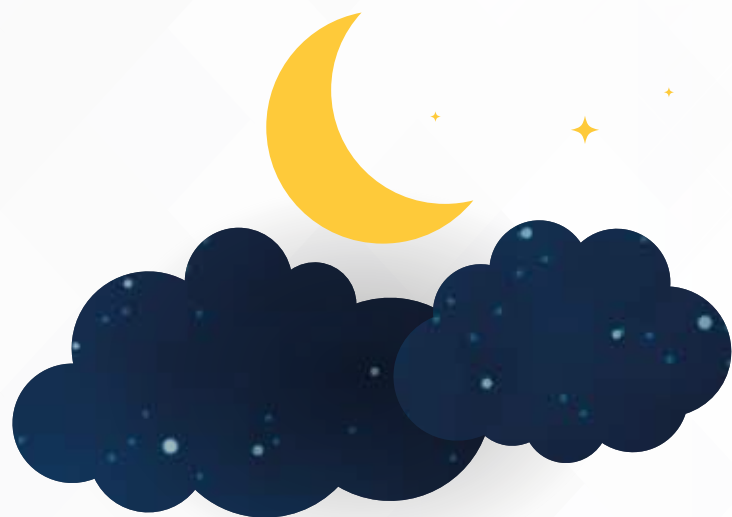




Do you suffer from **insomnia?**



Prepared & directed by:

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What do you know about insomnia?

It is a sleep disorder that causes difficulties in sleeping or continue to sleep or may cause a person to wake up early and still feel tired with the inability to go back to sleep.



World Health
Organization

"Sleep hours vary from person to person, but according to The World Health Organization, most adults need 7 - 8 full hours of good sleeping"

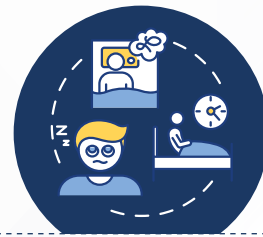


What kind of insomnia do you have?



Acute insomnia:

- Short-term
- Lasts for days or weeks
- Occurs as a result of stress or traumatic event



Chronic insomnia:

- Long-term
- Lasts for a month or more
- Insomnia may be the underlying problem or may be linked to medications or other medical conditions

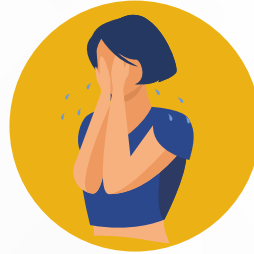


"Usually simple changes in your daily habits can be helpful in solving the problem of insomnia"

Symptoms of insomnia:



Difficulty sleeping at night



Anxiety, depression, and stress



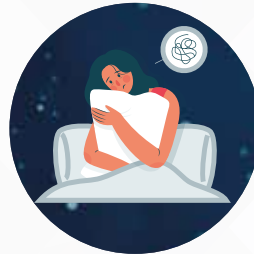
Waking up at night



Difficulty in concentration



Waking up too early with a feeling of fatigue



Constant thinking



Fatigue during the day and feeling sleepy



"If it becomes difficult for you to do your work during the day due to insomnia, seek for medical advice"

Do you want to know the possible causes?

Stress: Anxiety about work, study or health can keep your mind busy at night, which makes it difficult to sleep.

Biological clock disorder: Your biological clock rhythm acts as an internal clock that direct several things like a sleep cycle, waking up, metabolism and body temperature and may cause it to disrupt insomnia.

Bad sleeping habits: Bad sleeping habits include an irregular sleep schedule, long naps, stimulating activities before bed, an uncomfortable sleeping environment, watching TV or busy with the phone just before bedtime may hinder your sleep cycle.

Eating too much food late at night: Eating a large amount of food may make you feel uncomfortable before bed and may cause Gastroesophageal Reflux or heartburn, which may keep you awake.



"Insomnia may be a major problem or may be related to other conditions"

What is the relationship of food in fighting insomnia?



Drinking herbal tea or green tea helps to relax and calm nerves.



Drinking a glass of warm milk before bed may help you get a better sleep.



Having a banana help fight insomnia because it contains potassium and magnesium



"Diet is the main lifestyle change that may have a gradual impact in treating insomnia"

Golden tips for a healthy and good sleep:



- Sleeping and waking up at the same time everyday.
- Adjust nap hours to be short.
- Stop drinking coffee or tea in the evening or close to bedtime.
- Organize the sleeping environment in terms of bed, comfortable bedding, room temperature, and lighting.
- Daily exercise may relieve anxiety, stress, and insomnia during the night.



"Many problems affecting your mental or physical health can cause sleep disturbance, including insomnia, so quickly solve these problems"



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