



What is insomnia?

Insomnia is a sleep disorder when one has trouble falling and/or staying asleep. It is more common among teenagers and the elderly.

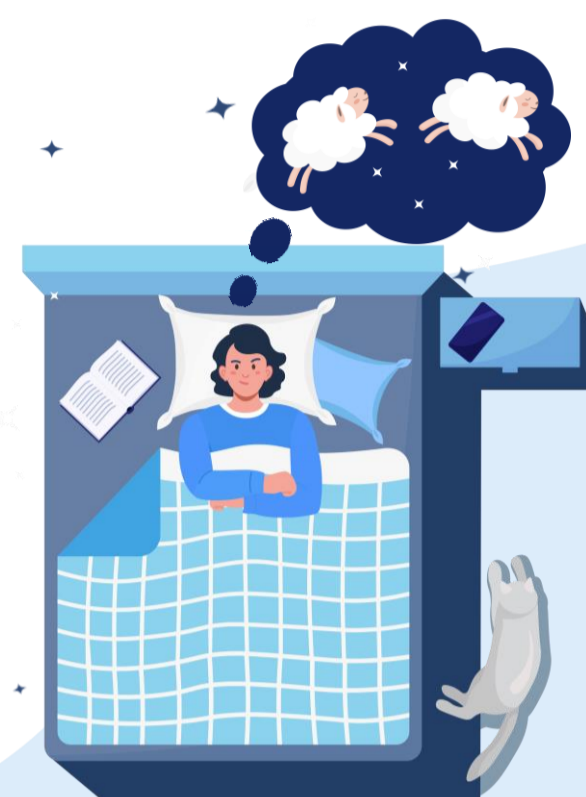
15%

About 15% of Singaporeans suffer from insomnia

35%

Another 25%-35% of the adult population reported that they have sleeping difficulties at some point in their lives

Source: HealthHub



Some common causes:



Smoking, alcohol or caffeine use



Environment factors e.g. noise, light, temperature



Stress, anxiety or depression



Frequent travel or shift work



Medicine use



Pain or illness

What if insomnia is not treated?



Higher risk of:

- high blood pressure
- obesity
- depression
- falls



Poor work performance or higher risk of accident



Trouble focusing, feeling anxious and grumpy

Insomnia treatment

Cognitive Behavioural Therapy (CBT)

- **Consult a doctor or psychologist if insomnia affects your daily life.**
- Your doctor or psychologist may put you through CBT, the **first-line treatment** for insomnia.
- CBT focuses on identifying and removing negative thoughts and worries that keep you awake and changing current behaviour to include healthier sleep habits.



Medicine and Supplements

- Your doctor may prescribe you with medicines to treat insomnia.
- **Medicine to help with sleep should only be taken as needed for a short period of time.** They may cause side effects such as giddiness and daytime sleepiness.
- Supplements such as melatonin may also help with insomnia.



HEALTH + advice tips

If you have any existing medical conditions or are currently taking any long-term medications, you may wish to consult our pharmacist or doctor for appropriate treatment and advice instead. Ask our Pharmacist [here](#).



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