

INSOMNIA

WHAT IS INSOMNIA?

Insomnia is a common sleep disorder which may cause people to have difficulty falling asleep, staying asleep, or getting quality sleep



COMMON SIGNS AND SYMPTOMS

- Increased daytime fatigue or sleepiness
- Tension headaches
- Irritability, depression, anxiety
- Gastrointestinal symptoms
- Difficulty paying attention or focusing

WHO CAN IT AFFECT?

Anyone can be affected by insomnia. Those at higher risk may include the following:

- Shift Workers
- Workers with stress
- Workers with poor sleep habits
- Changes in sleep habits or environment
- Workers with depression or anxiety
- Workers who use stimulants such as caffeine or nicotine
- Workers who use depressants such as alcohol
- Workers with other health problems such as chronic pain

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical

- Slower reaction time which increases risk of accidents while driving
- Decreased activities tolerance

Cognitive

- Difficulty concentrating at work
- Difficulty with work tasks that include
 - Memory
 - Attention
 - Following instructions
 - Planning

Emotional

- Mood changes including feelings of sadness, anxiety, and/or irritability, which may affect relationships at work
- Difficulty socializing

INSOMNIA MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support
- For more information, please refer to:
 - [Sink into Sleep](#) - Resources for Insomnia
 - [Sleepwell](#) - Insomnia
 - [Canadian Sleep Society](#) - Sleep Podcasts