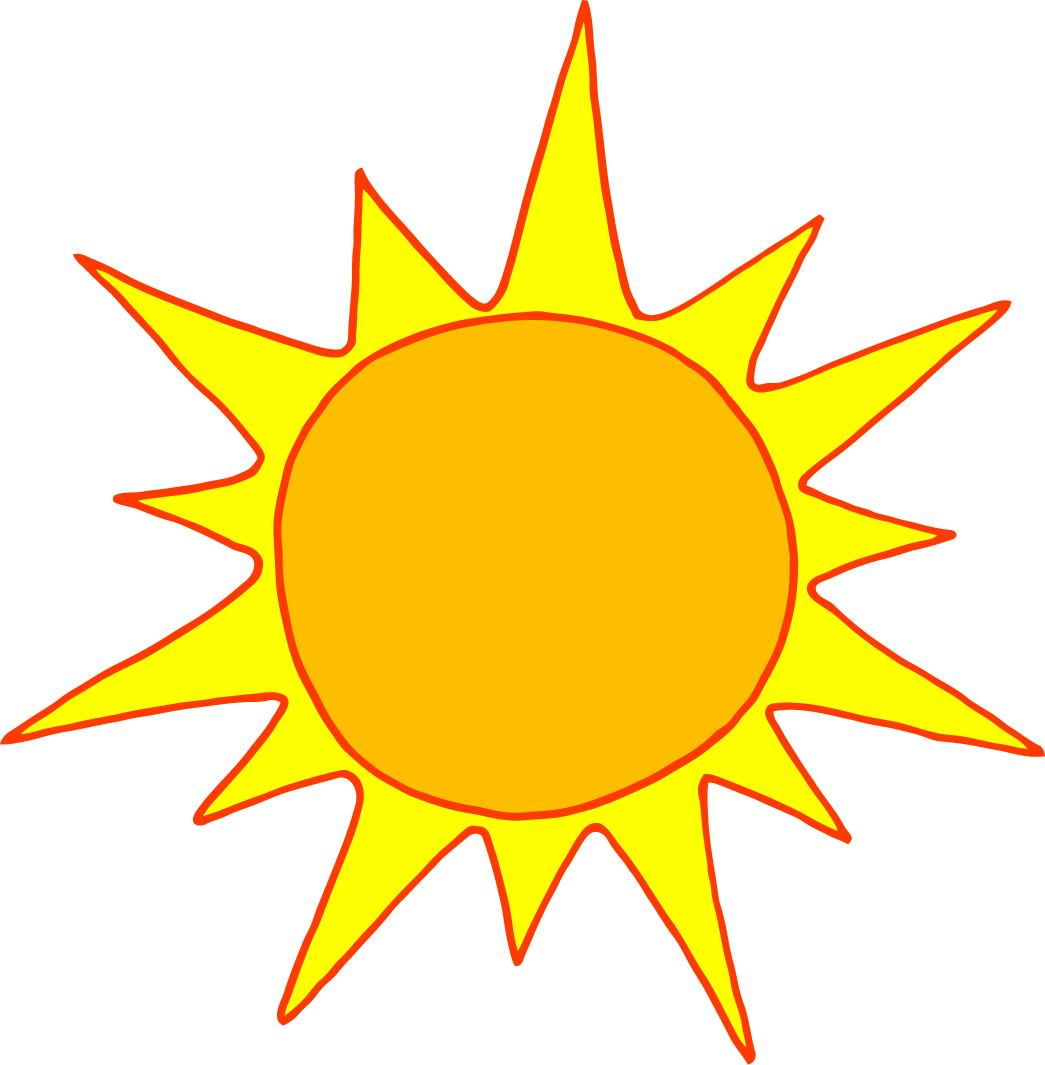
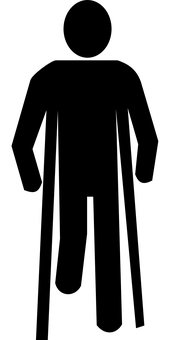
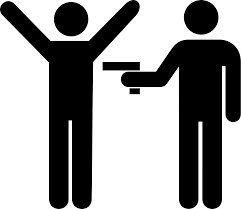
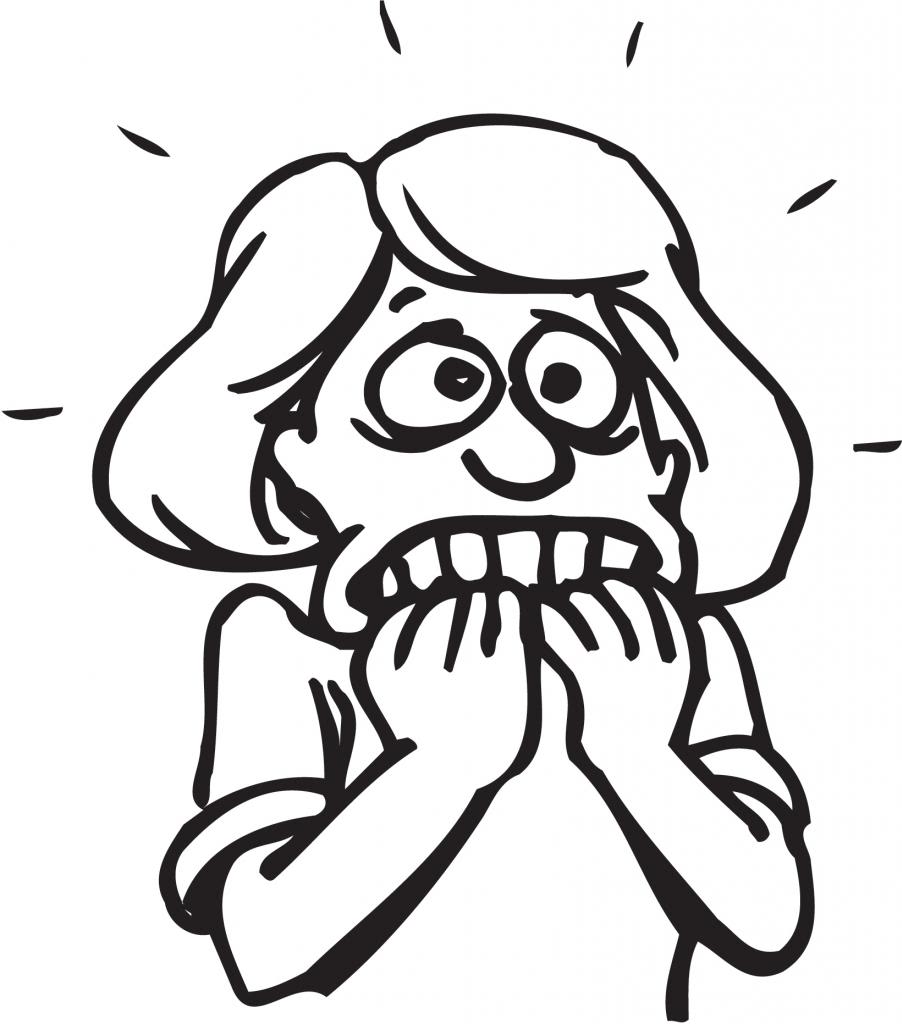
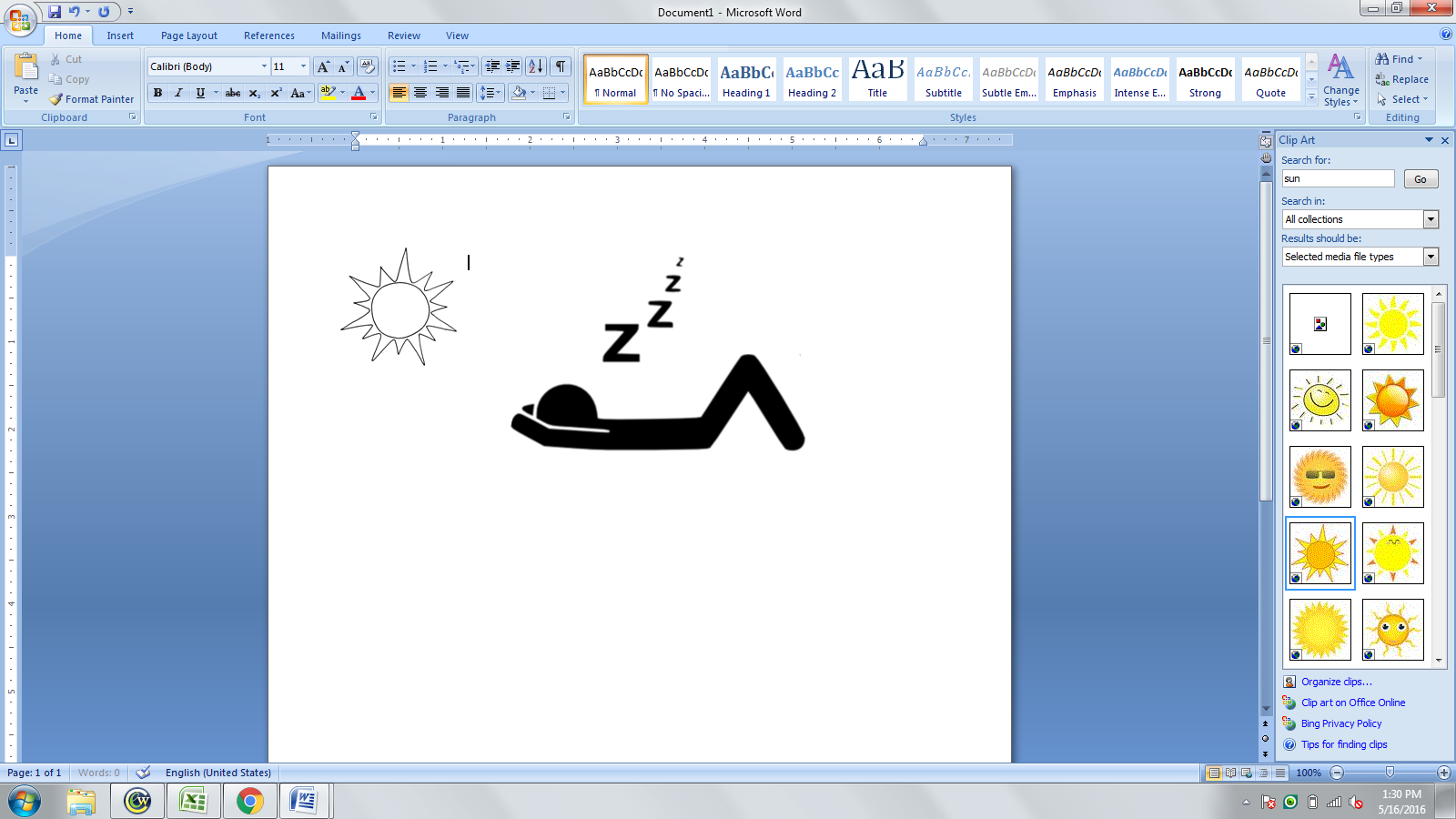
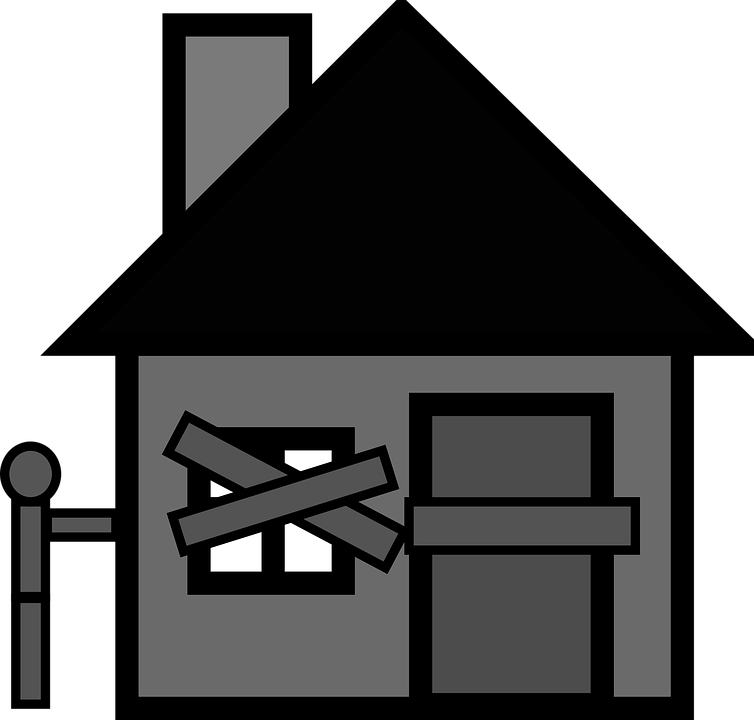
Insomnia

What causes insomnia?







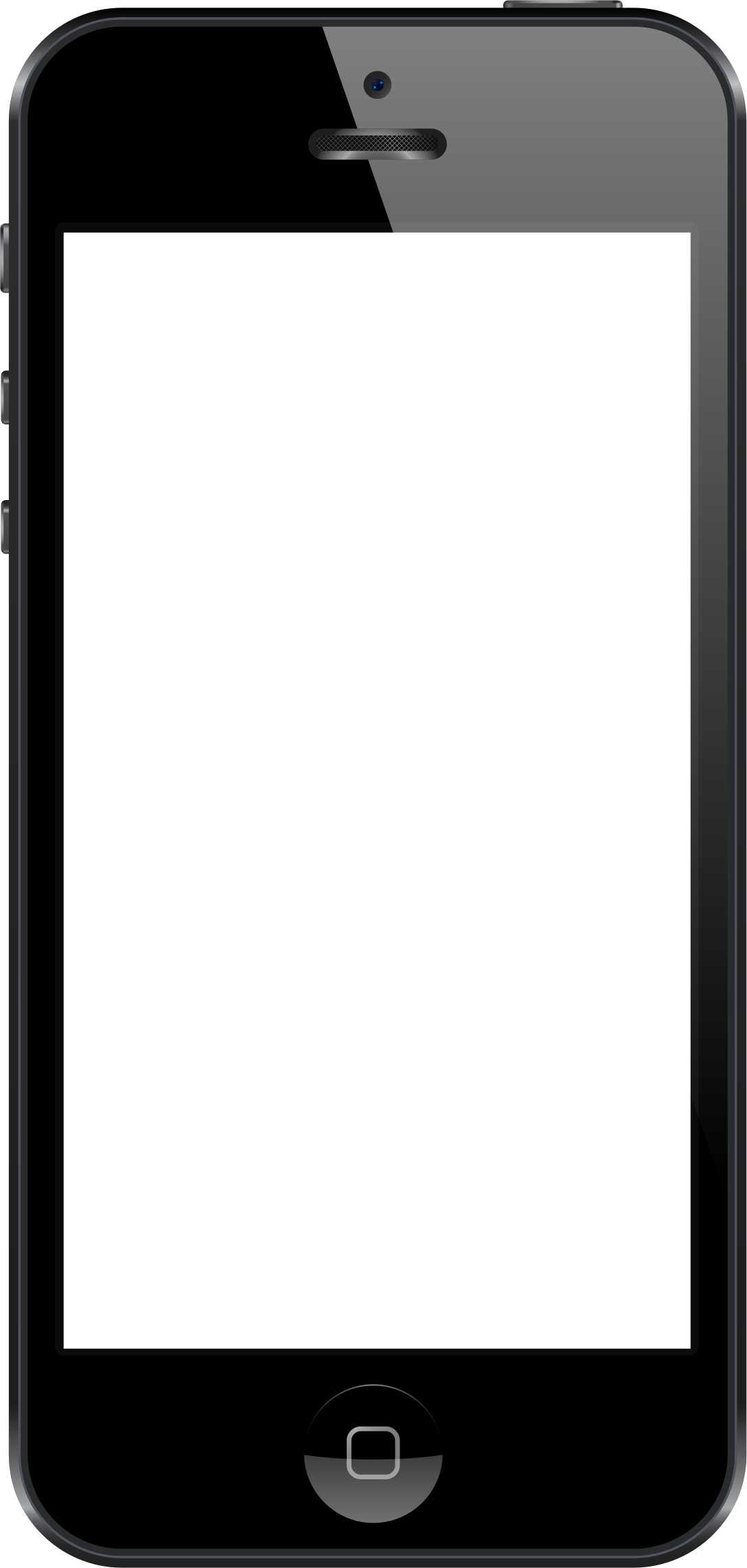


Naps during the day

Excessive worry

Life stressors



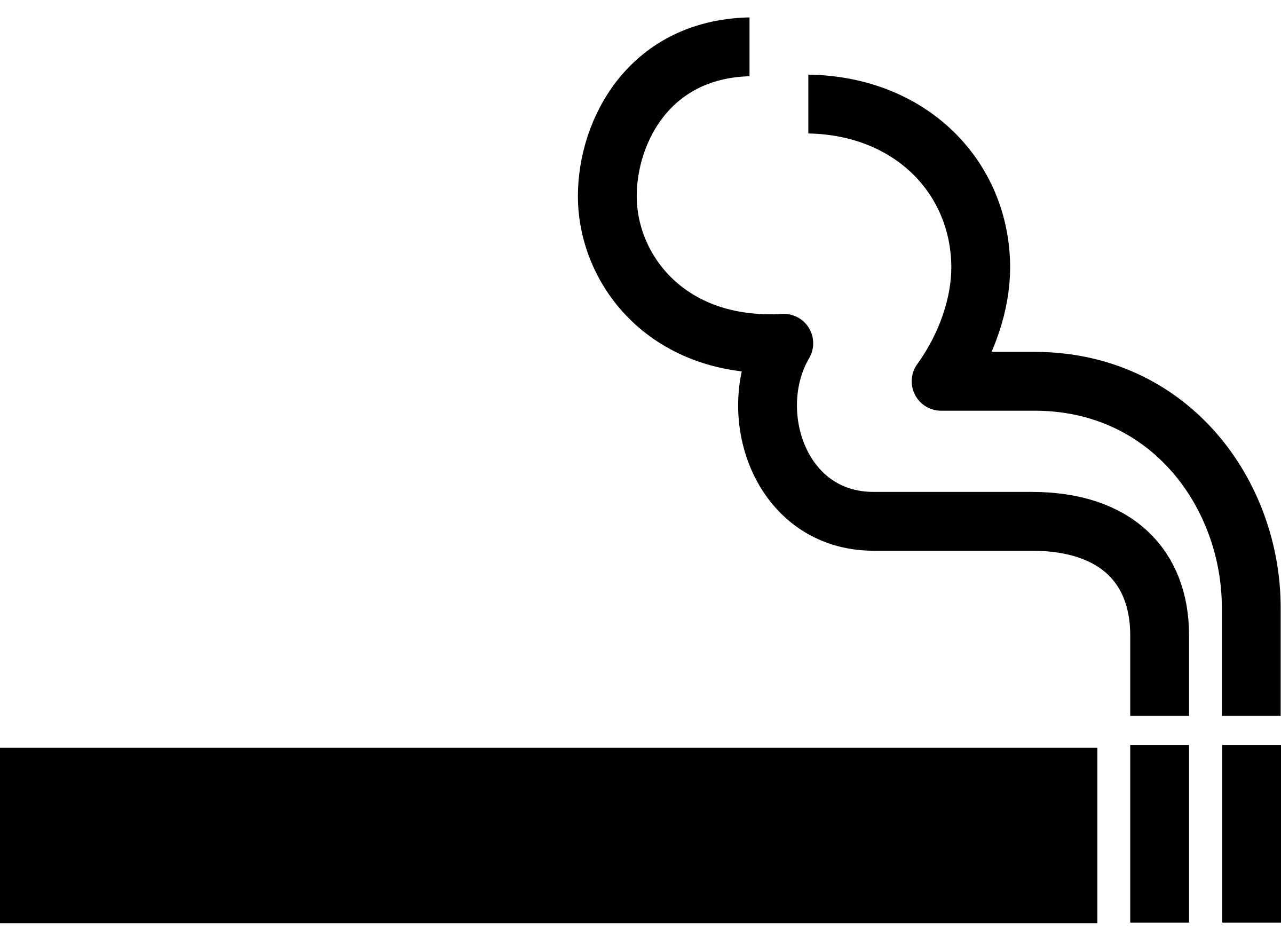






CAPTION

CAPTION

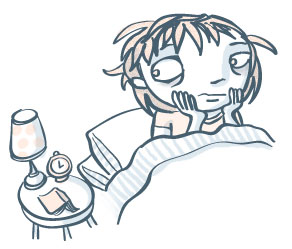


Caffeine before bed

Substance use

Distracting environment

Signs of insomnia

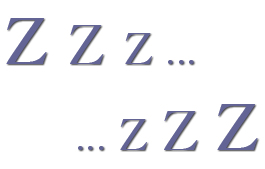


Waking up too early

Waking up frequently

Difficulty falling asleep

How is insomnia treated?



Use bed only for sleep

Relax before bed

Get out of bed when you cannot sleep