

If you think you may be suffering from sleep-related problems, complete this short Self-Test and give it to your healthcare practitioner during your visit. Your answers may help in designing the best plan for restoring your health.

How often in a typical week are you bothered by any of the following problems?

- 1. Does it often take you more than 30 minutes to fall asleep at night?
- 2. Do you wake up frequently during the night?
- 3. Do you take over-the-counter sleep aids to help you get to sleep at night?
- 4. Do you find it a chore to carry on a detailed conversation?
- 5. Do you have difficulty staying alert while driving?
- 6. Do you feel drowsy during the day or during periods of peak activities?
- 7. When you awaken, do you feel groggy and lethargic?

| Not at all | Few days | More than half the days | Nearly every day |
|------------|----------|-------------------------|------------------|
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8. Do you suffer from any or all of the following: mild depression, stress or low self-esteem?

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|-----|----|
| Yes | No |
|-----|----|

9. Have your grades or productivity been slipping over the last sixty (60) days?

| | |
|-----|----|
| Yes | No |
|-----|----|

If you have marked any of these items more often than “a few days” you may benefit from talking to your healthcare practitioner about your options.

Reference adapted from: National Sleep Foundation, 2004 www.sleepfoundation.org

Take The First Step Today

If you are struggling with insomnia, ask your healthcare practitioner about all of your treatment options. This could be your first step toward a happier and healthier tomorrow.

What is the connection between insomnia and your nervous system?

Tips for Healthy Sleep

- Try to have a standard and relaxing bedtime routine with regular sleep times. Make sure your bedroom is dark, cool and quiet and that your pillows, sleep surface and coverings provide you with comfort.
- Exercise regularly, but finish your workout at least three hours before bedtime.
- Avoid foods and drinks high in caffeine (coffee, colas and tea) for at least eight hours prior to bedtime, and avoid alcohol for a few hours before bedtime. Caffeine and alcohol disturb sleep.
- Try to remove work materials, computers and televisions from the sleep environment.



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Recognizing Signs of Sleep Issues

Insomnia is a sleep disorder characterized by the inability to sleep and/or to remain asleep for a reasonable period during the night. Sufferers typically complain of being unable to close their eyes or “rest their mind” for more than a few minutes at a time.

These complaints include:

- Difficulty falling asleep
- Easily disrupted sleep
- Difficulty returning to sleep
- Waking up too early in the morning
- Not feeling refreshed upon waking and feeling tired through the day

Types of Sleep Issues

Transient Sleep Difficulties:

Transient insomnia lasts up to one week and often occurs in response to stressful events in a person’s life such as a new job, upcoming deadlines, or exams.

Intermittent Sleep Difficulties:

Intermittent insomnia lasts for one to six months and usually occurs when more serious and ongoing stress is present. This frequently includes extreme mental stress caused by injury, loss of loved ones, financial crisis, or factors like noises or uncomfortable sleeping arrangements.

Chronic Sleep Difficulties:

Chronic insomnia is any insomnia that lasts more than six months. People with chronic insomnia frequently have a lifestyle or other medical issues that contribute to their sleeplessness. This includes: chronic pain, frequent headaches, depression and most other mood disorders, medications, caffeine and/or alcohol consumption, sleep apnea, shift work, and RLS (Restless Leg Syndrome).

Sleep Statistics

A 2009 survey titled “Sleep In America”, conducted by The National Sleep Foundation, reported the following findings related to insomnia:

- 58% had only a few “good nights’ sleep” in the past month
- 66% feel their sleep needs are not being met
- 64% report experiencing a sleep problem at least a few nights per week, up from 51% in 2001; 41% report problems nearly every night
- 33% of Americans are losing sleep due to concerns about their personal finances and the U.S. economy
- 34% feel loss of sleep decreases their ability to work efficiently
- 38% feel that they cannot participate in leisure activities due to sleep loss
- 54% have driven while drowsy at least once in past year, with 28% reporting they do so at the least once per month
- 28% have fallen asleep while driving in the past year

Why Can’t I Sleep?

Insomnia is often caused by dysfunction in the central nervous system, caused by imbalances of certain neurotransmitters and/or hormones - chemicals your body uses to communicate with itself. Neurotransmitters relay signals between nerve cells (neurons). Hormones relay signals from certain glands to the brain and other parts of the body. The body has several neurotransmitters and hormones that might be involved in a patient’s sleep disorder.

Tests for imbalances in these body chemicals can be useful in helping patients and healthcare practitioners decide which interventions are best for individualized care.

How Can I Start Sleeping Again?

Neurotransmitters and hormones can be measured by using a simple urine and saliva test. These results can tell your healthcare practitioner if any neurotransmitters and hormones are out of balance. With that information, you and your practitioner can decide upon the best interventions - based on your individual body chemistry - to help you sleep normally again.



Take the Self-Test on the back of this brochure and share the results with your healthcare practitioner. If you know of someone suffering from sleep difficulties, please share this brochure with them.