

Insomnia

a sleep disorder in which you have difficulty falling and/or staying asleep and feel tired during the day

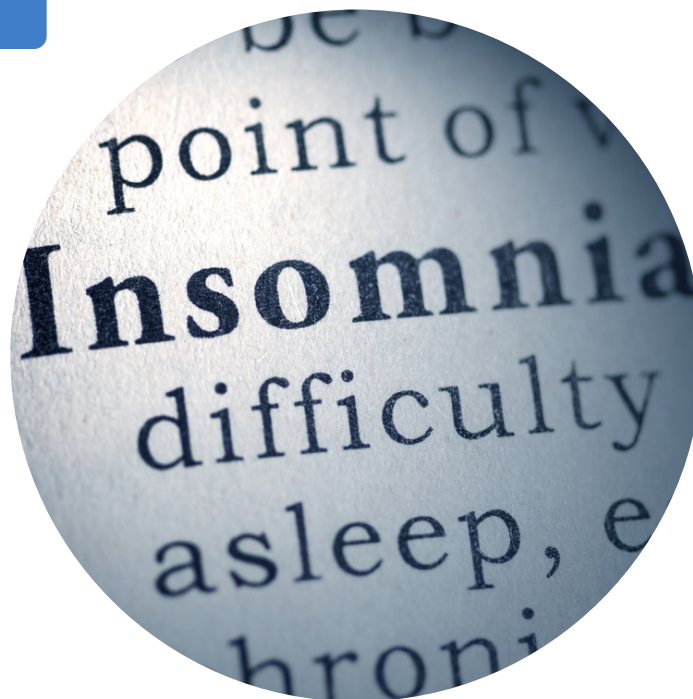
Insomnia

sleep troubles that also cause daytime impairments.

Insomnia is a common problem thought to regularly affect around one in every three people in the UK. It is typically defined as having difficulty falling asleep, difficulty staying asleep throughout the night, experiencing unwanted early morning waking, and consequently not feeling well-rested after a night's sleep. The condition can be short-term (acute) or can last a long time (chronic). It may also come and go. It usually gets better by implementing a series of dietary and lifestyle strategies to optimise sleep, alongside supporting relaxation and reducing stress; two common sleep disruptors. Sleep is important for the body's ability to 'rest and repair' and insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions incl. increased risk of hypertension, diabetes, obesity, depression, heart attack, and stroke. Chronic insomnia is disruptive and can negatively affect work, school or social performance. Over time, insomnia can negatively influence behavioral health and lead to instances of irritability, hyperactivity and aggressiveness. It can impair attention and memory, and may contribute to mood disorders including anxiety and depression.

Common Symptoms

- find it difficult to fall asleep.
- lie awake for long periods at night.
- wake up several times during the night.
- wake up early in the morning and are not be able to get back to sleep.
- do not feel refreshed when you wake/get up.
- find it hard to nap during the day, despite feeling tired.



Consequences

Consequences of insomnia will differ for each individual and may include:

- daytime sleepiness
- fatigue
- impaired attention
- impaired memory
- impaired performance
- accident-prone
- irritability
- anxiety
- depression
- hyperactivity
- aggressiveness

Diet & Nutrition

Diet and Lifestyle support for Insomnia

Diet can play an important role in supporting optimal sleep and help ameliorate symptoms of insomnia. BANT nutrition practitioners assess diet and lifestyle habits to understand how these may contribute to poor sleep and insomnia. They use a personalised approach to modify the diet and provide supporting lifestyle and 'sleep hygiene' recommendations to encourage good quality, prolonged sleep so you feel refreshed upon waking.

