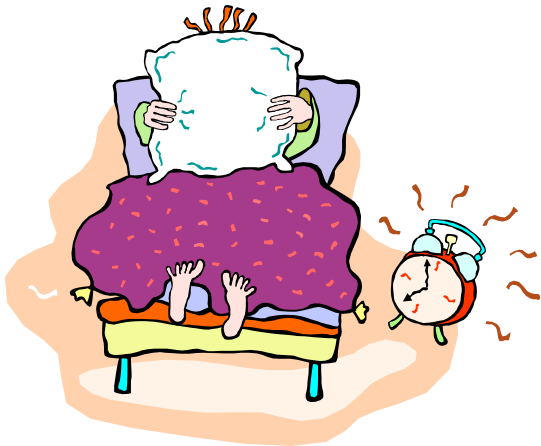


HEALTH TIPS FOR WINTER, 2009

INSOMNIA

By

Jane West, RN, Parish Nurse



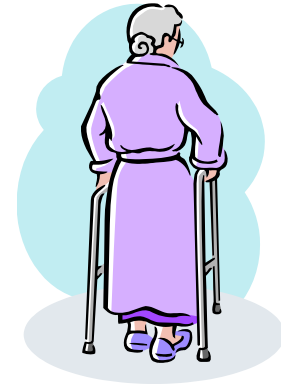
CAUSES OF INSOMNIA

- ANXIETY, STRESS
- DEPRESSION
- CAFFEINE, ALCOHOL
- NOISE, LIGHT
- LACK OF MELATONIN
(VERY LITTLE IN ELDERLY)
- HIGH LEVELS OF CORTISOL
- POST MENOPAUSAL WOMEN
- PAIN AND OTHER PHYSICAL DISORDERS
- GENETICS
- SIDE EFFECTS OF PRESCRIPTION DRUGS
- JET LAG
- WORKING NIGHT SHIFTS OR LONG HOURS



WHO GETS INSOMNIA?

- OVER 90% OF AMERICANS
- ONE IN THREE ADULTS EVERY YEAR
- WOMEN
- OLDER MEN
- PEOPLE OVER AGE 65
- THOSE WITH CERTAIN MEDICAL CONDITIONS
- THOSE WITH CHILDHOOD FEARS
- SMOKERS
- MOTHERHOOD
- HIGH LEVELS OF CORTISOL



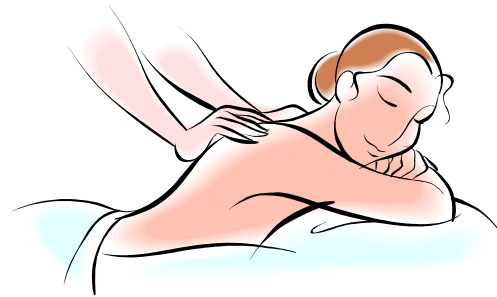
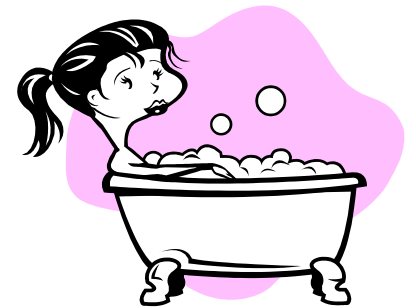
TIPS TO AVOID INSOMNIA

- DECREASE STRESS
- DEEP BREATHING EXERCISES
- REGULAR SLEEP SCHEDULE
- EXERCISE DURING THE DAY
- DON'T READ OR WATCH TV IN BED
- CONSIDER "WHITE NOISE" SUCH AS A FAN
- DON'T WATCH THE CLOCK
- A COMFORTING AND RELAXING BEDROOM
- AVOID CAFFEINE, ALCOHOL AND SMOKING



TREATMENT OF INSOMNIA

- PHYSICAL AND MENTAL RELAXATION
- YOGA
- GUIDED IMAGERY
- SOFT MUSIC
- RELAXING BATH OR SHOWER
- MASSAGE
- PSYCHOTHERAPY
- PRAYER



MEDICATION TREATMENT OF INSOMNIA

- OVER THE COUNTER MEDS SUCH AS:
NYTOL, SLEEP-EEZ, SOMINEX
- TYLENOL PM,
- ANTIHISTAMINES, (BENADRYL)
- PRESCRIPTION MEDS SUCH AS:
BENZODIAZEPINES (XANAX)
HYPNOTICS (AMBIEN)
ANTIDEPRESSANTS (PAXIL)

