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

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectorjuice on Freepik.