What Causes Insomnia?

And What You Can Do About It.

- Relaxation Techniques
- Meditation
- Deep Breathing
- Eliminate Noises and Odors
- Address Safety Concerns
- Turn Off Lights
- Adjust Meds with Doctor
- Talk with Therapist
- Reduce Caffeine & Alcohol

What is Insomnia?

Insomnia is the most common sleep disorder and includes having difficulty falling asleep, waking often during the night, waking up too early or just feeling that your sleep isn’t refreshing.