

## **Root Causes of Insomnia**

Causes fall into 5 categories: Psychological, body, chemicals, environmental and unknown.

### **The 1<sup>st</sup> category is Psychological factors:**

- Life stressors such as work or relationship or financial issues
- Psychological issues such as depression, bipolar disorder, psychotic disorders and anxiety disorders
- Unhealthy or incorrect understanding of sleep and the resulting erroneous actions.  
(This is what we will be tackling in this course)

### **The 2<sup>nd</sup> category is Human body factors:**

- Sleep apnea, where you frequently stop breathing during your sleep. By the way, if you feel very tired during the day but think you sleep well, you might have sleep apnea and should seek medical advice as this can be a very serious sleep disorder.
- Medical conditions such as heart disease, Heartburn, Chronic pain such as arthritis.
- Neurological conditions such as Parkinsons, or hyperthyroidism .
- Allergies, especially nasal allergies
- Aging and its effects
- Restless leg syndrome

### **The 3<sup>rd</sup> category is Chemical factors:**

- Medications
- Excess caffeine or nicotine
- Use of alcohol or drugs
- Long term use of some sleeping pills
- Hormone shifts and menopause

### **The 4<sup>th</sup> category is Environmental factors:**

- Shift work
- Environmental noise or disruptions during sleep such as street noise, a snoring partner or having young children

### **And finally the 5<sup>th</sup> category is Unknown causes:**

It may be undiagnosed medical condition \*\*\* so always see a health care professional for diagnosis and advice.

Sometimes we are not able to identify what causes your insomnia. Hopefully as medical science advances, all causes will some day be discovered.

### **Further resources:**

Insomnia – The Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167>

Insomnia - SleepFoundation.org: <https://www.sleepfoundation.org/insomnia/what-causes-insomnia>

American Sleep Association: <https://www.sleepassociation.org/sleep-disorders/insomnia/insomnia-causes/>