

# Insomnia



## What is Insomnia?

Insomnia is a common sleep disorder which may cause people to have difficulty falling asleep, staying asleep, or getting quality sleep.



## How can insomnia affect work? zzzZ

### Physical

- Slower reaction time which increases risk of accidents while driving
- Decreased activity tolerance

### Cognitive

- Difficulty concentrating on tasks
- 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

## Common Signs/ 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 depressants such as alcohol
- Workers with other health problems such as chronic pain



## 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