

Insomnia Management Toolkit

*HOW TO SPOT THE SIGNS OF INSOMNIA AND
MANAGE THE SYMPTOMS*



PRESENTED BY:
Comprehensive Sleep Medicine Associates (CSMA)
www.csma.clinic



About CSMA

OUR MISSION:

Our mission is to provide a comprehensive approach to the high-quality care of our patients, ranging from newborns to the elderly. CSMA sets the Platinum Standard in providing care to our patients with sleep disorders. We utilize diagnostic testing in a variety of settings, including home, hospital, or laboratory, with procedures that are above and beyond industry standards. This is critical in establishing the proper diagnosis in the most difficult cases.

Comprehensive Sleep Medicine Associates is committed to maintaining excellence, respect, and integrity in all aspects of our operations with both patients and healthcare professionals.

CSMA's sleep centers throughout Greater Houston and Austin provide treatment to patients suffering from snoring and obstructive sleep apnea disorders. For more information on how to stop snoring and obtain help for sleep apnea, call us today at (281) 407-6222.

What is Insomnia and What Are the Common Causes?

WHAT IS INSOMNIA?

Insomnia is a common sleep disorder that makes it hard to fall asleep, stay asleep, or wake up too early and not be able to return to sleep. It affects both sleep quantity and quality, often leading to daytime fatigue, mood disturbances, and impaired cognitive function.

Types of Insomnia:

- Acute Insomnia: Short-term, often triggered by stress or lifestyle changes
- Chronic Insomnia: Occurs at least three times a week for three months or more

WHAT ARE COMMON SIGNS OF INSOMNIA?

If you frequently experience these symptoms, especially if they persist for at least three nights a week for three months, you may have insomnia.

Signs You May Be Experiencing Insomnia:

- Difficulty falling asleep at night
- Waking up frequently during the night
- Waking up too early
- Feeling tired despite spending enough time in bed
- Irritability, depression, or anxiety
- Trouble focusing or remembering things during the day

WHAT ARE CAUSES OF INSOMNIA?

Common Causes of Insomnia:

- Stress or anxiety
- Poor sleep habits (irregular schedules, screen time, caffeine late in the day)
- Depression or other mental health conditions
- Medications (e.g., stimulants, some antidepressants)
- Chronic pain or medical conditions (e.g., acid reflux, asthma, arthritis)
- Hormonal changes or aging

Other factors like medications, neurological problems, and sleep disorders can also contribute to insomnia. Lifestyle choices such as consuming caffeine or alcohol close to bedtime, or having an inconsistent sleep schedule, can also play a role.

How can sleep hygiene improve your insomnia?

WHAT IS SLEEP HYGIENE?

The U.S. Centers for Disease Control and Prevention (CDC) estimates that 1 in 3 people in the United States don't get the sleep they need regularly. That means 33% of adults are living with sleep deprivation.

"Sleep hygiene" is a term that refers to the healthy habits, behaviors, and environmental factors that you can take charge of to help you get a good night's sleep.

SLEEP HYGIENE TIPS TO COMBAT INSOMNIA

Building healthy sleep habits is a foundational step in managing insomnia. Try incorporating these tips:

- Stick to a consistent sleep and wake time—even on weekends
- Avoid caffeine, alcohol, and heavy meals at least 3–4 hours before bed
- Limit screen time 1–2 hours before sleep
- Create a cool, dark, and quiet sleep environment
- Use your bed for sleep only—not for work or scrolling
- Develop a relaxing bedtime routine (reading, stretching, meditation)

COGNITIVE BEHAVIORAL STRATEGIES

Cognitive Behavioral Strategies for Insomnia (CBT-I) CBT-I is considered the gold standard treatment for chronic insomnia. It targets the thoughts and behaviors that disrupt sleep.

Key Components:

- Sleep restriction: Limiting time in bed to increase sleep efficiency
- Stimulus control: Associating the bed with sleep, not wakefulness
- Cognitive restructuring: Challenging negative thoughts about sleep
- Relaxation techniques: Deep breathing, progressive muscle relaxation, mindfulness

When to Seek Help

If you've tried self-help strategies without success or your sleep issues are interfering with your quality of life, it may be time to seek professional support.

At CSMA, our board-certified sleep specialists provide:

- Personalized sleep assessments
- Diagnostic testing (including overnight sleep studies)
- CBT-I referrals and support
- Treatment for underlying conditions like apnea or restless legs syndrome



CONTACT CSMA

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We are committed to maintaining excellence, respect, and integrity in all aspects of our operations with patients and with health care professionals.

CSMA will continue to provide our Platinum Level Care, with the quality of services that Jerald H Simmons MD and his team have been doing for years. You can contact us at a specific clinic or via our main number [888-503-2762](tel:888-503-2762).