

Health Matters

Assistance Programme

Employee Support Bulletin May 2012



Insomnia



Insomnia is repeated difficulty in getting sleep, staying asleep or getting enough good quality sleep, despite adequate opportunity. Insomnia can lead to some form of impairment of performance and/or wellbeing during the daytime. If this occurs regularly or over a long period of time, it's called chronic insomnia.

A common trigger for sleeping difficulties can include but not limited to stress and worry. Some people are particularly vulnerable because they are more likely to show a more extreme response to stress, such as people who are depressed, chronically ill or struggling with other difficult issues such as relationship problems.

There are many other common causes to insomnia. To talk through these and to discuss insomnia you can call in confidence one of the EAP trained advisors. Treatment of insomnia can include sleeping tablets being prescribed for a short-term use only, when the cause of insomnia has been identified as bereavement or jet lag, for example. However, it is usually more important to address any underlying cause of the insomnia and attempt to restore a normal sleep pattern through changes in behaviour and lifestyle.

Again, if you are experiencing sleeping difficulties or have something keeping you awake with worry, please call your Employee Assistance Programme (EAP).

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !



Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents

You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk