

Sleep and insomnia

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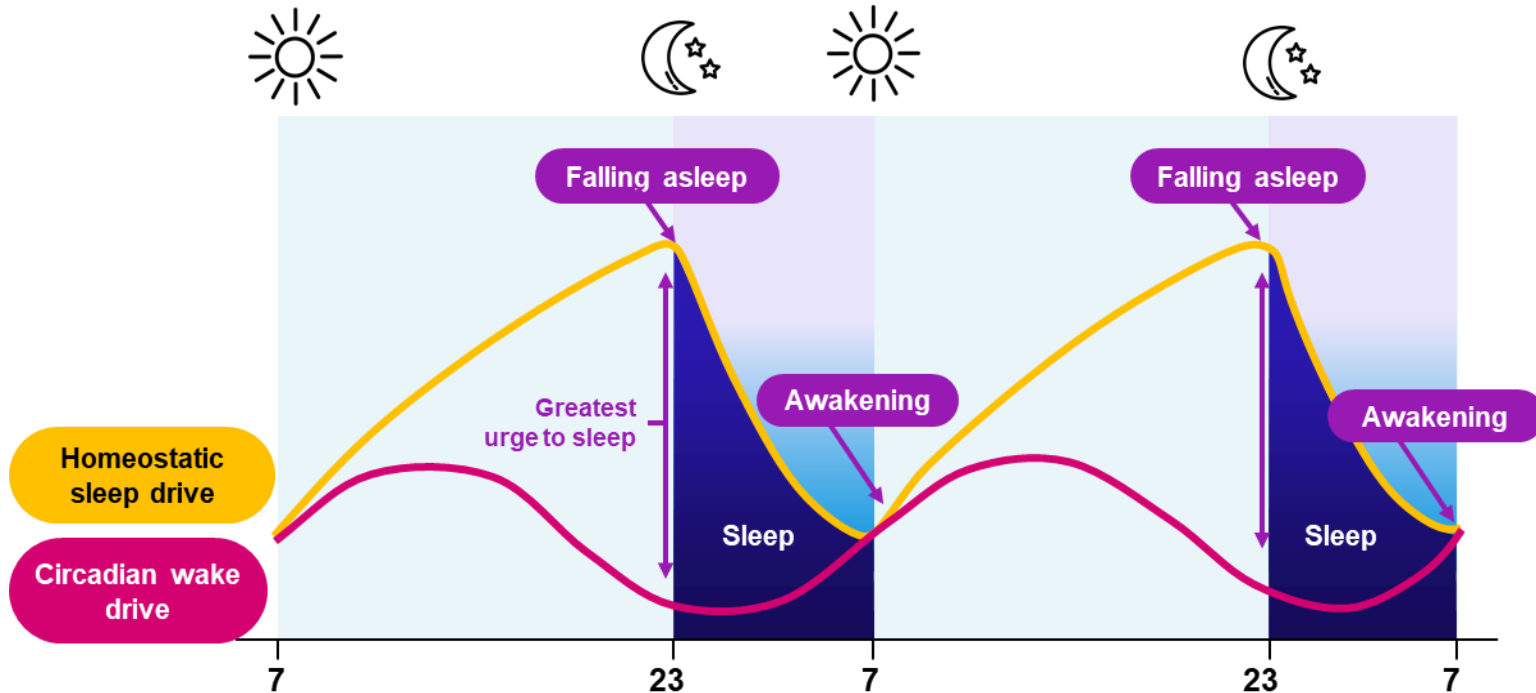
NHS Highland

26th November 2024

Why sleep?

- Spend 1/3 of our lives sleeping
- nREM (3 stages) and REM sleep; different functions
- Critical “housekeeping” function
- Rest, tissue/muscle repair, growth hormone
- Role in learning and memory “pruning the garden”

Good sleep is part of a 24hr cycle



Circadian system imposes a 24-hr rhythm on sleep-wake cycle

Homeostatic sleep drive; refers to duration and intensity of sleep

Sleep quality is an indicator of patient well-being



Good sleep quality¹

- Clear-headed and capable of paying attention
- Look well rested
- Good mood
- Sufficient energy



Poor sleep quality²

- Fatigue
- Poor concentration
- Mood disturbance
- Cognitive difficulties
- Health problems

Sleep Disorders

- 80 + sleep disorders
- Impact sleep quality, duration and daytime well-being
- **Sleep-related breathing disorders**
- Sleep-related movement disorders
- Central disorders
- Circadian rhythm sleep-wake disorders
- Parasomnias

- Most common; insomnia and obstructive sleep apnoea

Insomnia disorder

NICE 2022, 2024

6–10% of adults with sleep problems fulfill the criteria for **chronic insomnia**

Prevalence of insomnia is 1.5 to 2 times **higher in females** than males¹

Insomnia can occur at any age, but is **most common in older adults**¹

Chronic insomnia is associated with **impaired daytime functioning**, which decreases workplace productivity and increases the risk of accidents and injuries²

Undertreated or untreated chronic insomnia **increases the risk of serious medical conditions** including hypertension, diabetes and depression^{8–11}

Managing insomnia

- Set the scene; sleep hygiene
- Sleep diary
- Assessment tools
- Review medication and triggers (alcohol, caffeine, nicotine, recreational drug use)
- Review sleeping pills, hypnotics
- CBT-I; thoughts and behaviours
- Review time-in-bed
- New drugs e.g reduce wakefulness
- Be kind to yourself and be patient

Resources

- National Sleep Foundation www.thensf.org
- Sleepio website www.sleepio.com

