Dealing With Insomnia

What is insomnia and what are the best ways to combat it?

Discuss these questions and then read the first part of the article to check your ideas:

1. What condition is middle-of-the-night insomnia a normal response to?
2. Which is more common, middle-of-the-night insomnia or having trouble falling asleep at bedtime?
3. What percentage of American adults have symptoms of some sort of insomnia each year?
4. What condition is waking up too early often linked to?
5. What do you think is the best thing to do to prevent an occasional bout of middle-of-the-night insomnia turning into a chronic problem?

Help for Middle-of-the Night Insomnia

It is a frustratingly common scenario: You fall asleep easily at bedtime but are wide awake at 2 or 3 in the morning. This middle-of-the-night insomnia happens to everyone every once in a while. It is an appropriate, normal response to stress, doctors say.

But for a significant number of people it can become a chronic disorder. In fact, this type of insomnia is the most common, more so than having trouble falling asleep at bedtime.

About 30% of American adults have symptoms of some sort of insomnia each year, according to scientific studies. Chronic insomnia is generally defined as having difficulty sleeping at least three times a week for three months or more.

Chronic problems falling asleep at bedtime are often associated with stress and anxiety, says Michael Perlis, director of the Behavioral Sleep Medicine Program at the Perelman School of Medicine at the University of Pennsylvania. Waking up too early is often linked to depression. Either type of insomnia can be caused by a circadian rhythm disorder, where there is a mismatch between one’s biological clock and normal sleep times.

The best thing to do to prevent an occasional bout of middle-of-the-night insomnia from turning into a chronic problem seems simple: “Nothing,” says Dr. Perlis. “Don’t sleep in. Don’t nap. Don’t go to bed early the next day and everything will turn out fine.”

Have you ever suffered from insomnia? If so, how did you deal with it?

Say which of these statements you think are true and then read the next part of the article and check your ideas:

☐ Dr. Perlis suggests using caffeine to power through the day after a night of insomnia.
☐ Daniel J. Buysse, a professor at the University of Pittsburgh School of Medicine, says that you should not get up out of bed when suffering from insomnia.
☐ Bright light in the middle of the night can suppress levels of the hormone melatonin.
Dealing With Insomnia

and throw off the circadian time system.

- Dr. Buysse advises his insomnia patients to stay off their computers and smartphones.
- Dr. Buysse says it is OK to watch TV in the middle of the night as long as you wear sunglasses.
- Doing something rewarding, like eating ice cream, can condition the body to keep waking up on subsequent nights.

Compensating for sleep loss can fuel chronic insomnia, because it can make it tougher to sleep the next night. It is better to use caffeine to power through the day, Dr. Perlis says.

There are particular pitfalls, however. Light—from a bathroom switch or sticking your head in the refrigerator—is one. A pulse of bright light in the middle of the night can immediately suppress levels of the hormone melatonin, which is involved in regulating the sleep-wake cycle. Light at night can also throw off the circadian time system.

Depending on the time of night, bright light could make it tougher to fall asleep the next night or make you wake earlier in the morning. Dr. Buysse advises his insomnia patients to use night lights. He also recommends that people stay off their computers and smartphones.

Some doctors also forbid TV-watching in the middle of the night, though Dr. Buysse isn’t so rigid. “Don’t sit 2 inches away from the TV. And wear sunglasses,” he says.

If you can’t sleep in the middle of the night, don’t go grab a snack, Dr. Buysse says. There’s mounting scientific evidence that calories eaten then lead to more weight gain. Also, doing something rewarding, like gobbling ice cream, can easily condition the body to keep waking up on subsequent nights.

Discuss these questions and then read the last part of the article to check your ideas:

1. Jennifer L. Martin, a clinical psychologist, tells her insomnia patients that, if they wake up in the middle of the night, they should not look at the clock. Why?
2. How is chronic insomnia treated?

Jennifer L. Martin, a clinical psychologist and sleep specialist at UCLA, tells her insomnia patients that, if they wake up in the middle of the night, they should resist the urge to look at the clock.

People “start to think, ‘How many more hours until I get up?’ That tends to create a lot of anxiety. You can’t sleep when you’re anxious and you can’t sleep when you’re doing math,” Dr. Martin says. She also tells patients to analyze their sleeping arrangements,
Dealing With Insomnia

eliminating sources of noise or discomfort.

Chronic insomnia is treated by both medications and psychological treatments. Both tend to work equally well, studies show. Cognitive behavioral therapy for insomnia, known as CBT-I, typically includes “sleep restriction,” or limiting the amount of time patients spend in bed when they’re unable to sleep, and “stimulus control,” which means keeping the bedroom dedicated to just sleep. In May 2016, the American College of Physicians recommended that CBT-I be used first, before medication, to treat chronic insomnia.

Common sleep medications include Ambien and Lunesta. But these drugs present problems. They must be taken at the beginning of the night and most people with middle-of-the-night insomnia don’t have it every night. If taken too late, they can lead to sedation the next morning.

Are doctors where you live quick to prescribe medication for insomnia?

Find medical terms in the article that mean the following:

1 a medical condition in which you have difficulty sleeping
2 someone whose job is to treat people who are ill or injured
3 (of an illness) lasting for a long time
4 a problem or illness which affects someone’s mind or body
5 a sign that someone has an illness
6 the study and treatment of mental illness
7 a person who is receiving medical treatment
8 a drug that you take to treat or cure an illness

Complete the following paragraph with the correct form of the words above. You have to use some words more than once.

Danny had suffered from __________________ for many months, he had not been able to fall asleep quickly and was waking up during the night. So he visited his __________________ who told him the __________________ was _______________ given the length of time he had been suffering from it. Danny’s __________________ said he didn’t like to prescribe __________________ to __________________ with the __________________ of ________________ like tiredness and anxiety, but instead preferred to use a treatment based on ________________.
Dealing With Insomnia

Look at this extract from the article:

![Image](The%20Wall%20Street%20Journal%20February%202017.png)

“Don’t sleep in. Don’t nap. Don’t go to bed early the next day and everything will turn out fine.”

These are examples of the imperative form. Complete this rule:

The imperative has the same form as the __________________ without to.

We use the imperative in many different ways, for example to give orders, to make offers, suggestions and requests, and to give warnings.

We make the negative imperative with don't / do not.

We can make an imperative more emphatic by putting do in front of it. We do this, for example, when we want to be polite, or when we want to express impatience. e.g. Do sit down. / Do hurry up!

The imperative does not normally have a subject, but we can use a noun or pronoun to make it clear who we are speaking to. e.g. Peter, turn the TV down please. / Sit down, everybody.

Write another example here:

After the imperative we can use the question tags will / won't / would you and can / can't / could you e.g. Close the door, could you?

Write another example here:

We use let's (= let us) + an infinitive without to, as a kind of first person plural imperative, to make suggestions.

Write an example here:

We can make negatives with let's not or don't let's.

Write an example here:

We can use do before let's for emphasis.

Write an example here:

After let's we can use the question tag shall we?

Write an example here:

Using the imperative, explain how to deal with middle-of-the-night insomnia.

e.g. Don't look at your phone when you wake up. Use sunglasses if you watch TV.
Find medical terms in the article that mean the following:
1. insomnia
2. doctor
3. chronic
4. disorder
5. symptom
6. psychiatry
7. patient
8. medication

Complete the following paragraph with the correct form of the words above. You have to use some words more than once.

Danny had suffered from insomnia for many months, he had not been able to fall asleep quickly and was waking up during the night. So he visited his doctor who told him the disorder was chronic given the length of time he had been suffering from it. Danny's doctor said he didn't like to prescribe medication to patients with the symptoms of insomnia like tiredness and anxiety, but instead preferred to use a treatment based on psychiatry.

These are examples of the imperative form. Complete this rule:
The imperative has the same form as the INFINITIVE without to.