

## **Typical Signs of Insufficient Sleep**

- Daytime sleepiness. Be careful: Most people are in denial about sleep deprivation!  
Lack of alertness, nodding off or daydreaming on tasks is often blamed on boring or monotonous tasks – when really it is sleep deprivation.
- Habitually sleep less time than you ‘think or feel’ that you need
- Unplanned naps
- Sleep longer on weekends or days off
- Symptoms disappear with longer periods of sleep
- Medical, psychiatric or sleep disorder(s) do not better account for symptoms

### **Typical Causes**

- Insufficient sleep
- Insomnia: Difficulty falling asleep, difficulty staying asleep, difficulty waking up in the morning
- Contributing factors to insufficient include: Fear, worry, frustration, disturbing thoughts (nightmares, night terrors), depression/anxiety and behaviors incompatible with “natural sleep” patterns and cycles