

# What Causes Insomnia?

## VOCABULARY

- \***Wreaking Havoc** – causing a great amount of disorder or damage
- \***Wrack** – to cause extreme physical or mental pain to; subject to extreme stress
- \***Fight-Flight-Freeze** – the body's automatic, built-in system designed to protect us from threat or danger
- \***Cortisol** – one of several steroid hormones produced by the adrenal cortex and resembling cortisone in its action
- \***Adrenocorticotropic** -- a polypeptide tropic hormone produced by and secreted by the anterior pituitary gland. It is also used as a medication and diagnostic agent
- \***Jolting** – causing surprise or shock
- \***Hyperarousal** – a state of heightened physiological and psychological stress which may result in anxiety, fatigue, and reduced tolerance to pain
- \***Circadian** – relating to biological processes that occur regularly at about 24-hour intervals, even in the absence of periodicity in the environment

## COMPREHENSION

1. When insomniacs sleep, what vital resource is not being adequately replenished?
2. Which two conditions often lead to or from insomnia?
3. What happens to your body when insomnia hijacks the stress response?
4. What are some good sleep hygiene?
5. What does DSPD stand for?
6. Why is it hard to fall asleep in a state of hyper-arousal?

# What Causes Insomnia?

7. What causes DSPD?

8. How can short-term sleep deprivation become full-blown insomnia?

## LET'S TALK

1. Good sleep hygiene can be difficult to maintain and all too easy to ignore. What are some of your bad sleeping habits? How can you resolve them? Do you have any additional ways to build good sleep hygiene?
2. Do you think being too aware of your health can become a bad thing?