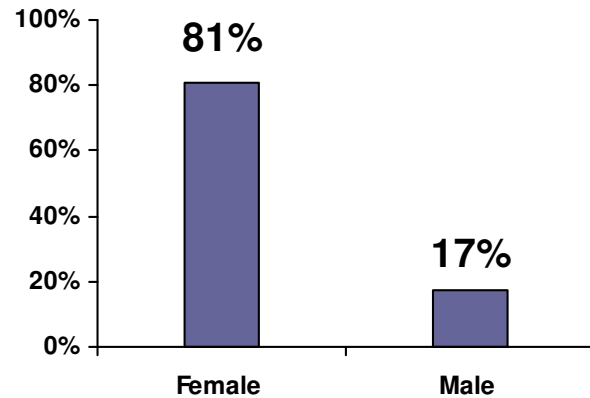


# TREATMENT CHOICES FOR SLEEP PROBLEMS: SURVEY RESULTS

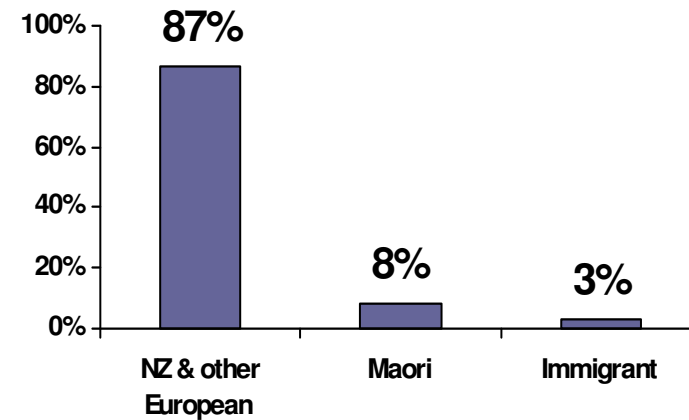
## WHO TOOK PART?

- A total of 176 people completed the Treatment Choices for Sleep Problems survey.
- Of the 176, 160 respondents reported a current sleep difficulty that met criteria for insomnia. The results from these 160 people are summarised below.
- Please note that not everyone answered each question so the numbers may not always total one hundred percent.

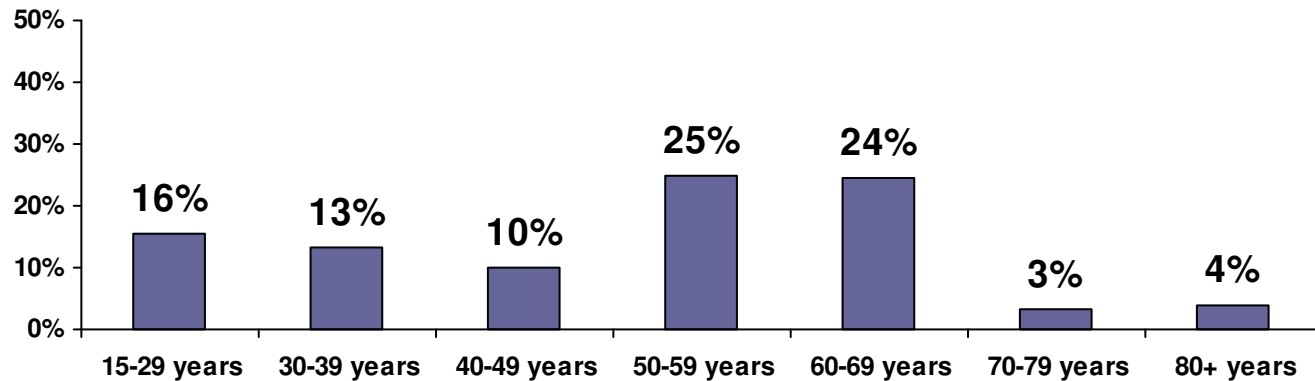
### Gender



### Ethnicity

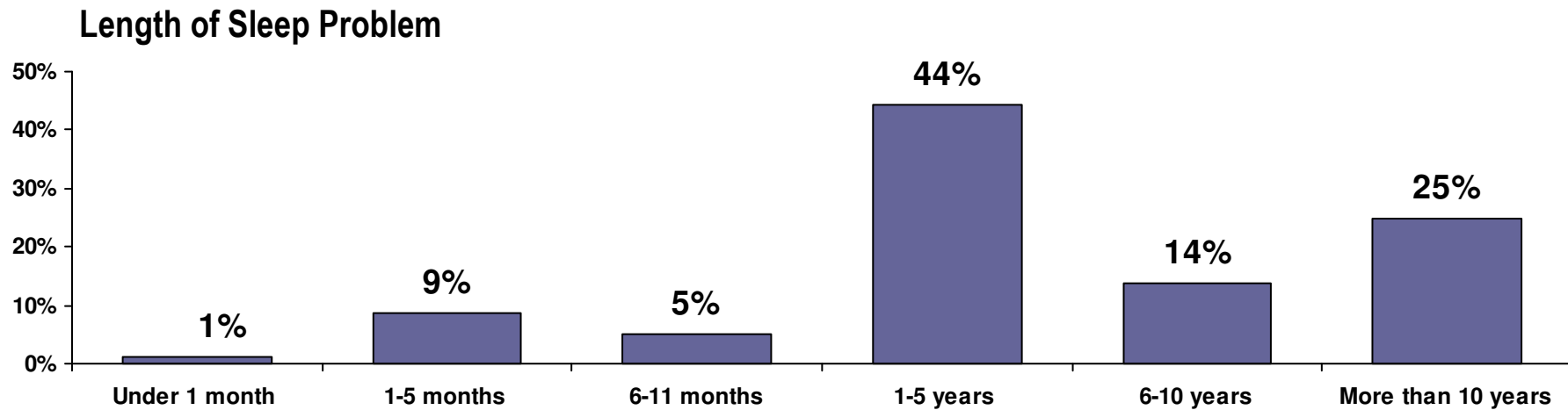


### Age Groups



## HOW LONG HAD PEOPLE EXPERIENCED SLEEP PROBLEMS?

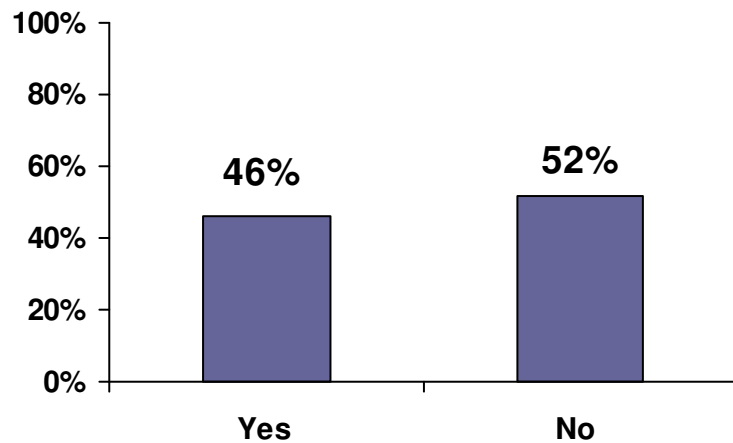
- Sixteen percent of people reported a sleep difficulty that had lasted less than twelve months.
- One to five years was the most commonly reported duration (44%).
- Twenty five percent reported experiencing difficulties with sleep for more than ten years, and many of these respondents indicated that these difficulties spanned decades of their adult lives.



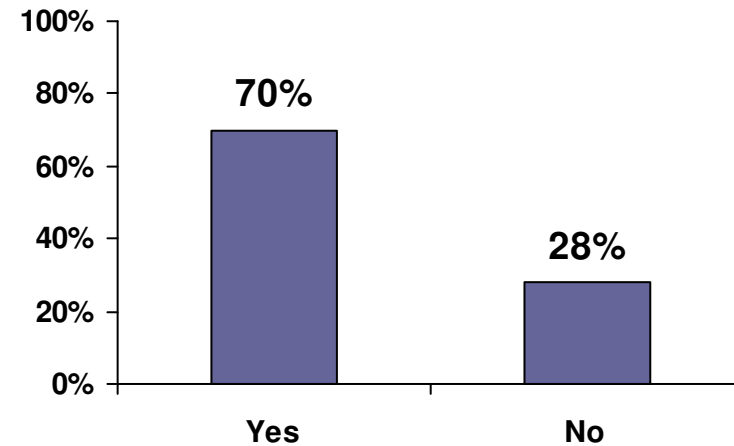
## WHAT TYPE OF SLEEP PROBLEMS DID PEOPLE HAVE?

- People were asked to describe in a few words the type of sleep difficulty they were currently experiencing.
- The most commonly reported sleep difficulty was waking during the night (70%), followed by difficulty falling asleep (46%).
- Thirty one percent of people said they had difficulty falling back asleep when they woke during the night.
- Ten percent identified worry or thinking too much as contributing to their sleep difficulties.

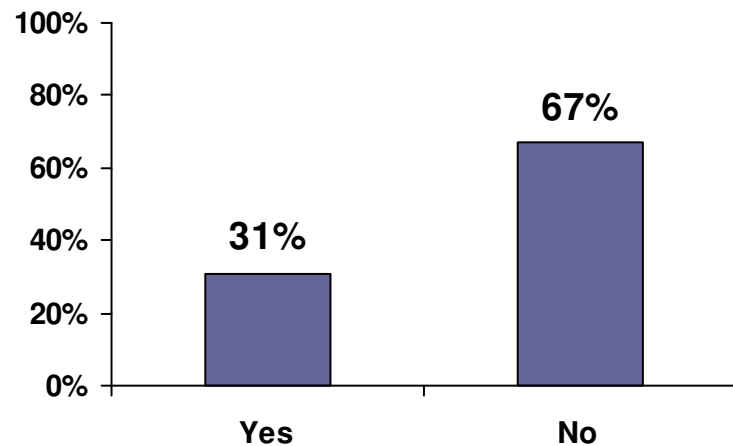
### Difficulty Falling Asleep



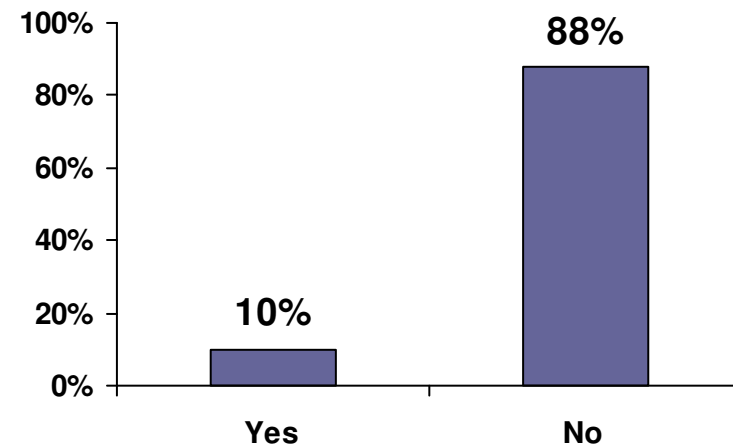
### Waking During the Night



### Waking During the Night and Can't Get Back to Sleep

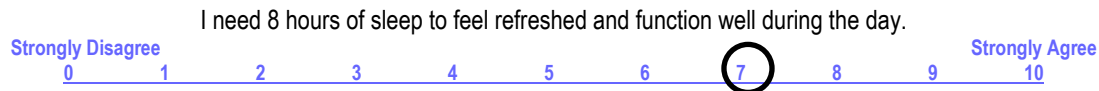


### Worry/Thinking Too Much

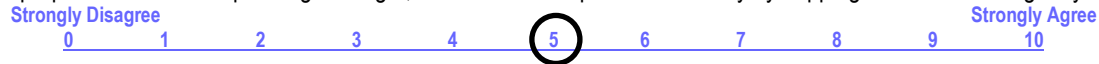


# WHAT WERE PEOPLE'S BELIEFS ABOUT SLEEP?

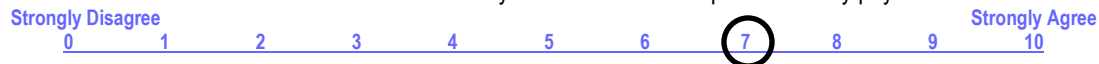
- People were asked to indicate how much they agreed with some sleep related beliefs. The average of people's responses is circled below.



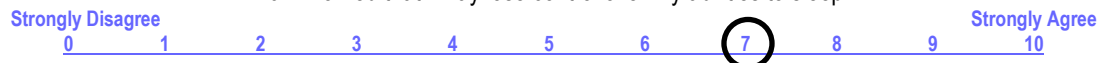
If I don't get the proper amount of sleep on a given night, I need to catch up on the next day by napping or on the next night by sleeping longer.



I am concerned that chronic insomnia may have serious consequences on my physical health.



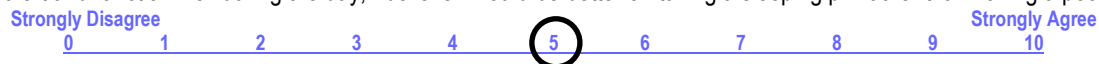
I am worried that I may lose control over my abilities to sleep.



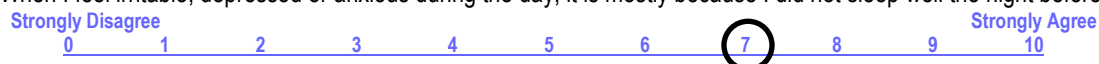
After a poor night's sleep, I know that it will interfere with my daily activities on the next day.



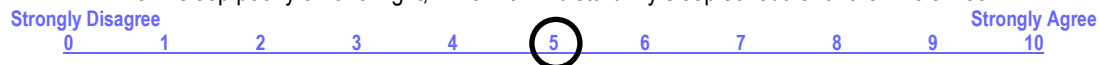
In order to be alert and function well during the day, I believe I would be better off taking a sleeping pill rather than having a poor night's sleep.



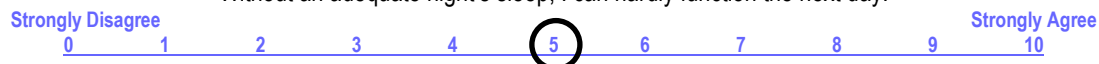
When I feel irritable, depressed or anxious during the day, it is mostly because I did not sleep well the night before.



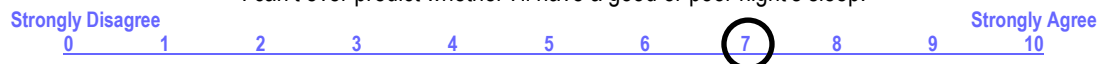
When I sleep poorly on one night, I know it will disturb my sleep schedule for the whole week.



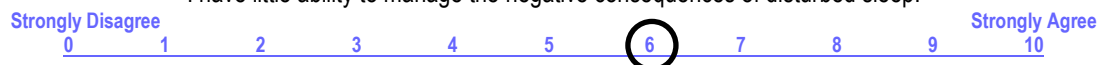
Without an adequate night's sleep, I can hardly function the next day.



I can't ever predict whether I'll have a good or poor night's sleep.



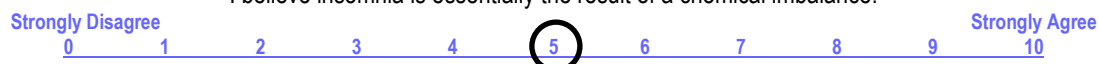
I have little ability to manage the negative consequences of disturbed sleep.



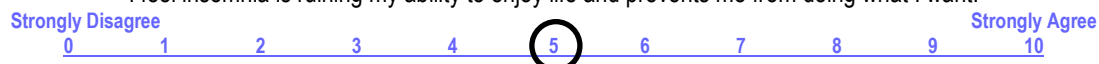
When I feel tired, have no energy, or just seem not to function well during the day, it is generally because I did not sleep well the night before.



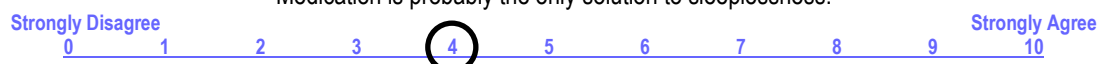
I believe insomnia is essentially the result of a chemical imbalance.



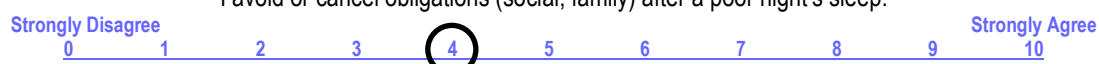
I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.



Medication is probably the only solution to sleeplessness.



I avoid or cancel obligations (social, family) after a poor night's sleep.



## WHAT TREATMENTS HAD PEOPLE TRIED FOR SLEEP PROBLEMS?

- The treatments that the most people had tried were sleep hygiene (86%), sleep routine (84%), and relaxation (76%).
- Over half of all people (55%) had tried a prescription medication for their sleep problem.

<i>Type of Treatment</i>	<i>Have Tried</i>	<i>Have Not Tried</i>
<i>Sleep Hygiene</i>	86%	13%
<i>Sleep Routine</i>	84%	13%
<i>Relaxation</i>	76%	24%
<i>Natural Product</i>	58%	34%
<i>Prescription Medication</i>	55%	44%
<i>Over The Counter Medication</i>	34%	60%
<i>Other</i>	22%	67%
<i>Sleep Diary</i>	21%	78%
<i>Talking Therapy</i>	19%	79%
<i>Specialist Sleep Clinic</i>	5%	90%

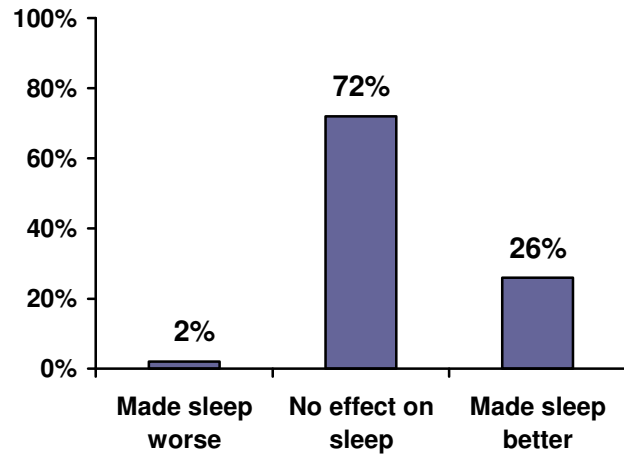
## WHAT EFFECT DID THESE TREATMENTS HAVE ON SLEEP?

- People who had tried each treatment approach rated the effect it had on their sleep. The results are displayed in the table below.
- The treatment that people found most effective was prescription medication; however 20% also said that prescription medication had made their sleep worse.

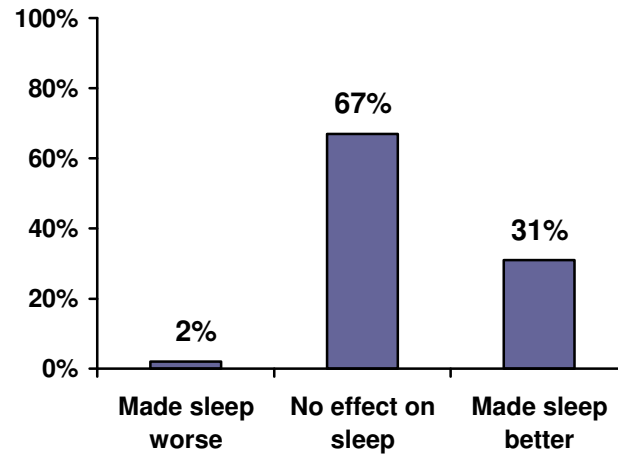
<i>Type of Treatment</i>	<i>Made Sleep Worse</i>	<i>No Effect on Sleep</i>	<i>Made Sleep Better</i>
<i>Sleep Hygiene</i>	2%	72%	26%
<i>Sleep Routine</i>	2%	67%	31%
<i>Relaxation</i>	1%	61%	38%
<i>Natural Product</i>	4%	66%	30%
<i>Prescription Medication</i>	20%	6%	74%
<i>Over The Counter Medication</i>	2%	65%	33%
<i>Other</i>	0%	64%	36%
<i>Sleep Diary</i>	6%	91%	3%
<i>Talking Therapy</i>	0%	73%	27%
<i>Specialist Sleep Clinic</i>	0%	75%	25%

# WHAT EFFECT DID THESE TREATMENTS HAVE ON SLEEP (GRAPH)?

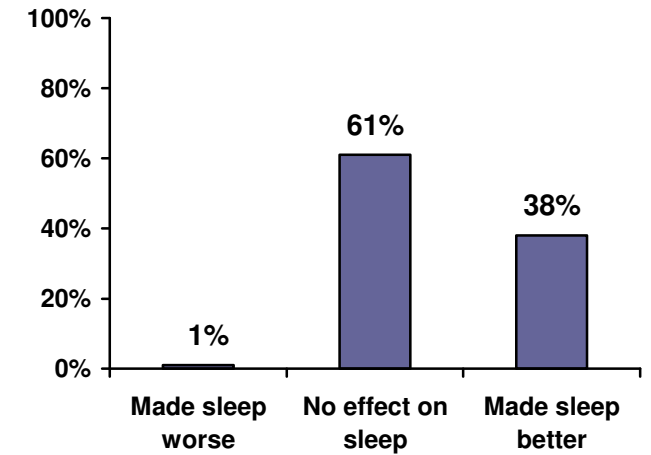
## Sleep Hygiene



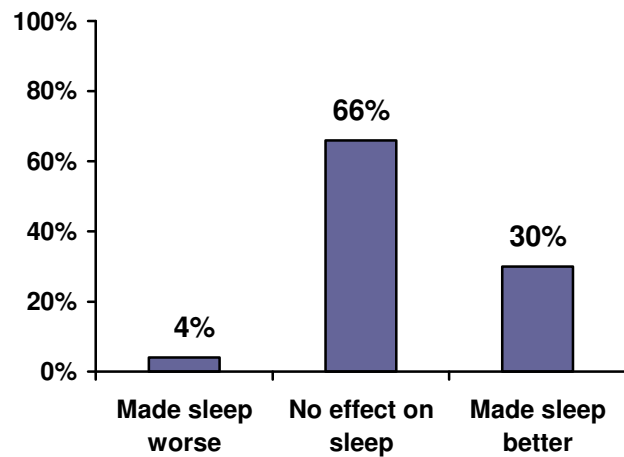
## Sleep Routine



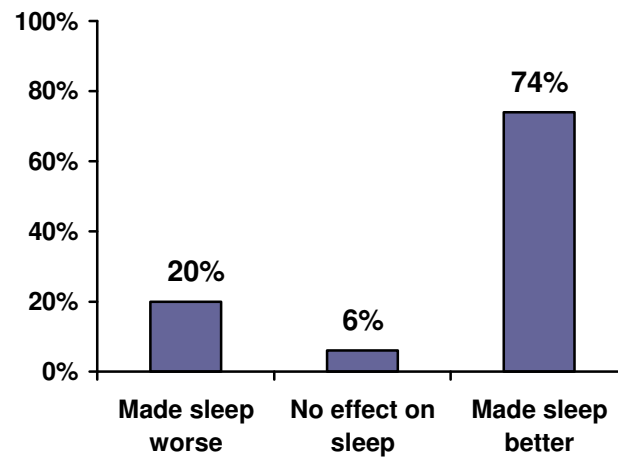
## Relaxation



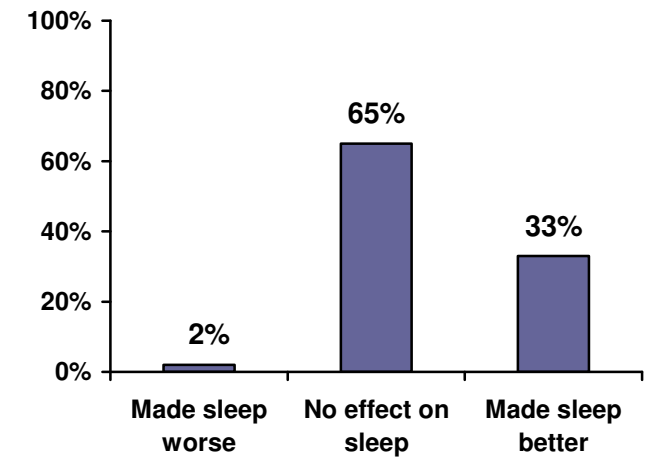
## Natural Product



## Prescription Medication

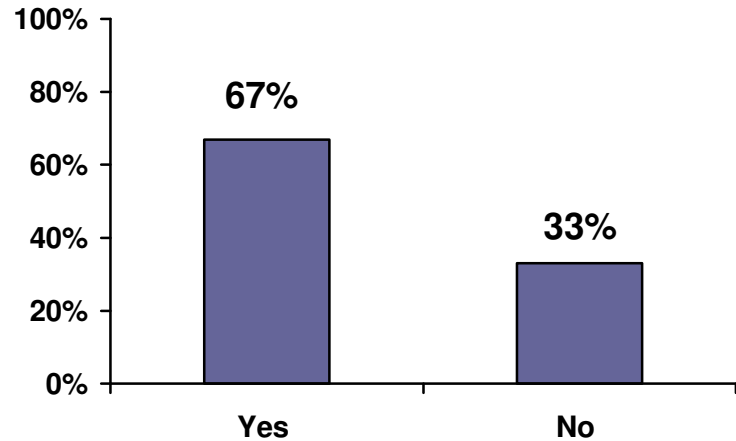


## Over the Counter Medication



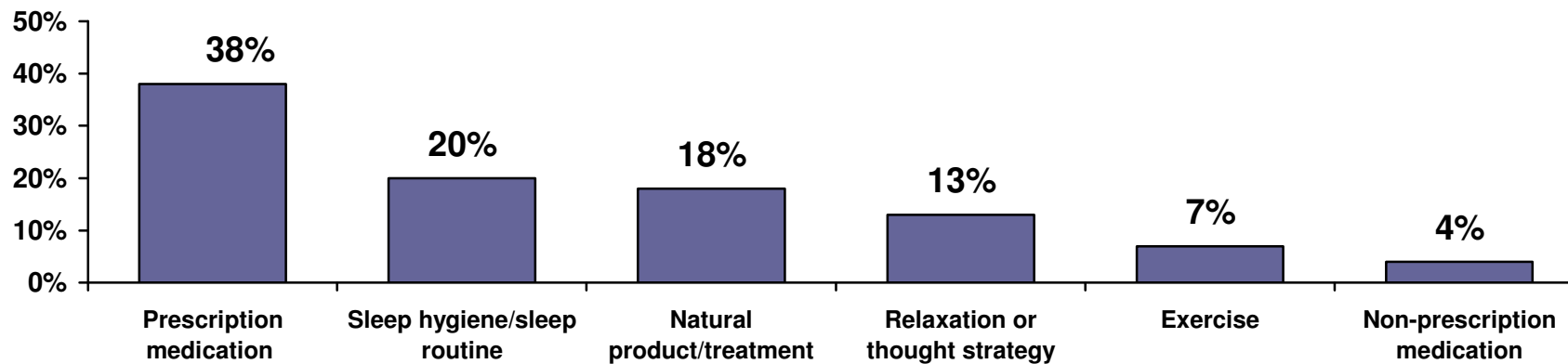
## DID PEOPLE HAVE A PREFERRED TREATMENT OPTION?

- Almost seventy percent (67%) of people described a preferred treatment option.
- Thirty three percent of people did not indicate a preferred treatment.



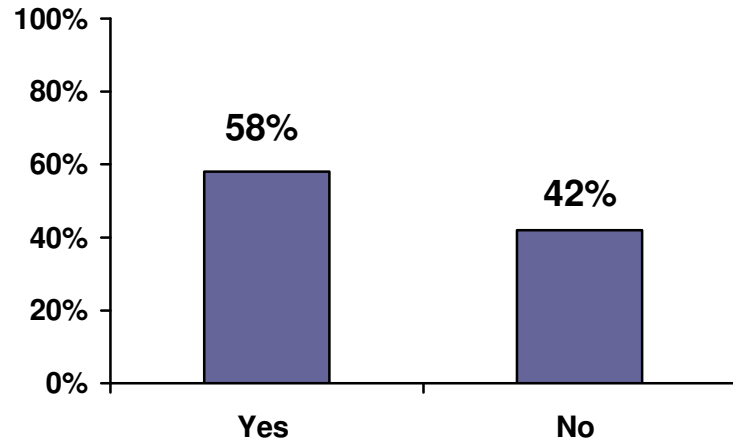
## WHAT WERE PEOPLE'S PREFERRED TREATMENT OPTIONS?

- People were asked what their preferred treatment option was. The responses of the people who had a preferred treatment option are displayed below.



## WERE PEOPLE CURRENTLY USING TREATMENTS FOR THEIR SLEEP?

- Over fifty percent (58%) of people were currently using a treatment for their sleep problem.
- Forty two percent of people were currently not using any treatment.



## WHAT TREATMENTS WERE PEOPLE CURRENTLY USING?

- People were asked what treatment they were currently using. The responses of the people who were using a current treatment are displayed below.

