



Mark's physical symptoms

Difficulty getting to and remaining asleep
Muscle tension and irritability
Fatigue
Poor concentration
Headaches

Mark's behaviours

Drinking lots of coffee through the day
Napping in the daytime
Missing or being late for work
Using alcohol at night to try and sleep

Mark's altered thoughts

"What if I don't sleep tonight"
"If I don't sleep I won't be able to do anything tomorrow"
"If I am late for work again my boss will sack me"

Meet Mark who experiences poor sleep known as insomnia

Mark had experienced sleep problems for several months. He did not wake feeling refreshed and wanted to be able to sleep better. He worried about not being able to sleep and the consequences for him the next day. The more he worried about not sleeping, the worse he slept. He felt tired in the day time and it affected his concentration at work. He would drink lots of coffee to try and make it through the day. He was finding it difficult to get to work on time and would often go home early and nap on the sofa. He also noticed he was becoming more and more irritable with his girlfriend. Mark was in a vicious circle. He used an evidence based approach called Cognitive Behavioural Therapy (CBT) to overcome his insomnia.