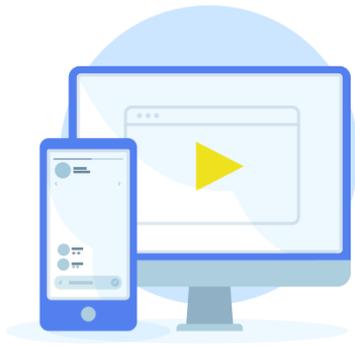
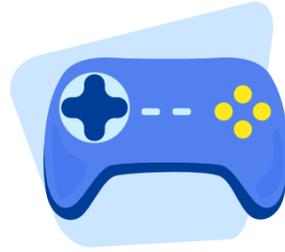


# Insomnia Causes and Facts

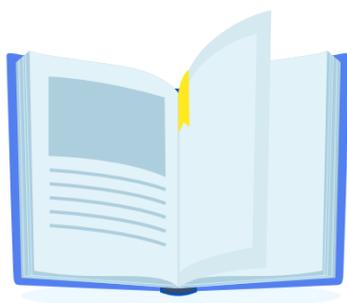
## Facts & Statistics



**88%** lost sleep to watch multiple episodes of a **TV or streaming series**



**72%** of adults ages **18 to 34** and **35% of those age 35 and older** lost sleep to play video games



**66%** lost sleep due to reading



**60%** missed sleep to watch sports

## Causes of Insomnia



### MENTAL HEALTH

- Mental health challenges like stress, anxiety, depression and post-traumatic stress disorder (PTSD) can all make it more difficult to sleep.



### LIFESTYLE

- Frequent travel
- Work schedules
- Eating large meals right before bed
- Stimulating your brain before bed



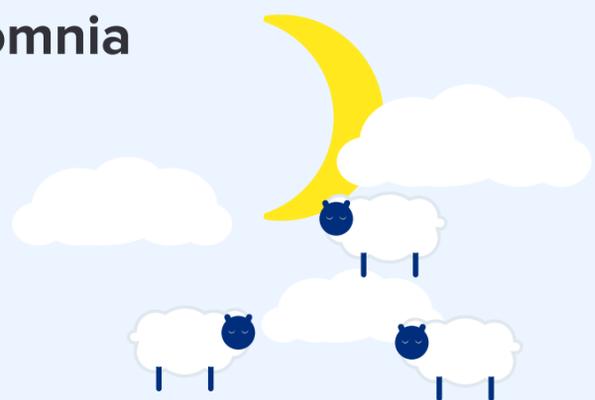
### AGE

- Older adults are more likely to have medical conditions, such as an overactive bladder, or take medications for other health conditions that disrupt sleep.



### TECHNOLOGY DISRUPTIONS

- Blue light, stimulation of the mind before sleep and disruption caused during sleep can all have a significant impact on sleep.

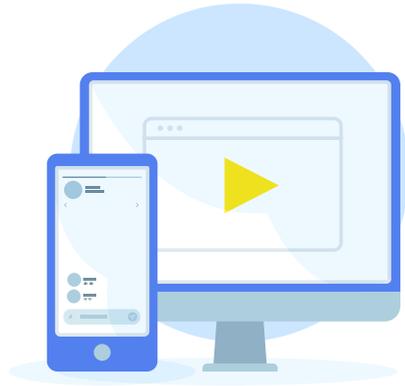


### SLEEP HABITS

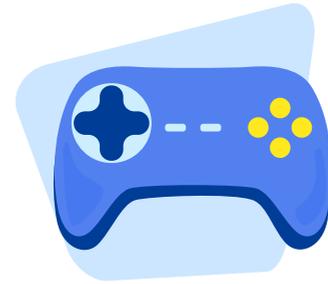
- Irregular schedule
- Daytime napping
- Sleeping in a room with temperature, light or sound extremes



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Sources:

<https://www.healthline.com/health/insomnia/infographic-facts-stats-on-insomnia>



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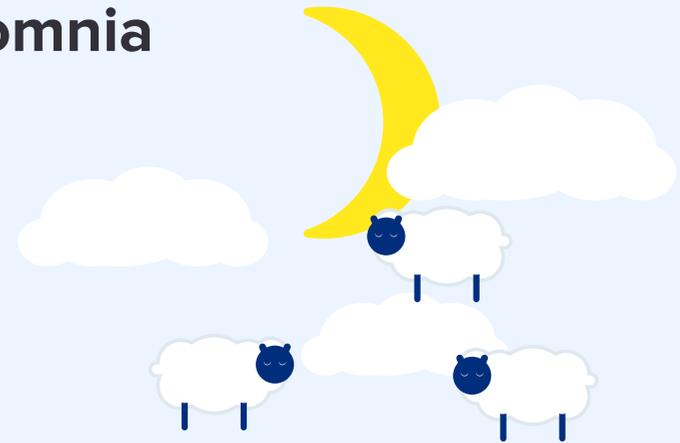
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