



SLEEP PROBLEM?

Most everyone experiences trouble sleeping from time to time, but if sleep problems are persistent and affecting your health, work or social life, consider seeking assistance. The following symptoms are signs of sleep disorders:

- ◇ **Difficulty falling asleep, staying asleep or not feeling rested when you wake up for at least one month**
- ◇ **Sleep disruption or daytime fatigue causes distress or difficulty in functioning at work socially or in other important areas such as driving**
- ◇ **Excessive sleepiness that causes distress or difficulty in social, work or other settings and is not caused by lack of sleep at night, or medication side-effect**
- ◇ **Irresistible, and sudden “nap attacks” that occur daily over a period of at least three months**
- ◇ **Sudden relaxation and loss of muscle tone after experiencing an intense emotion**
- ◇ **Experiencing dreams or deep relaxation during short naps**
- ◇ **Difficulty breathing at night that interrupts sleep or interferes with restful sleep**
- ◇ **A persistent pattern of feeling wide awake when it is time for sleep or feeling sleepy when it is time to be awake**
- ◇ **Uncomfortable sensations in the legs that cause a strong urge to move or jerking movements of the arms and legs during sleep**
- ◇ **Recurrent nightmares that cause you to wake**
- ◇ **Waking with intense fear and no memory of a dream**
- ◇ **Recurrent, persistent sleepwalking**

If you notice some of the following symptoms in yourself or in a loved one, call your Employee Assistance Program to speak with a professional counselor.

Help is available. It's free. It's confidential. It's for you.