

Montclair Health Associates

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INSOMNIA

Simply stated, insomnia is trouble with sleeping. It's our body's way of telling us something isn't right.

Your symptoms can be primary (not related to any other health problem, such as a change in your daily routines) or secondary (caused by a medical condition such as asthma, anxiety, depression, stimulant use—such as caffeine, and, chronic sleeping medication use).

If you are experiencing any of these symptoms could mean you are suffering from insomnia:

Difficulty falling or staying asleep; waking up too early; and, experiencing non-restorative sleep (sleeping more than 7 hours on average per night but not feeling refreshed upon waking). If you are feeling fatigued during the daytime, experiencing a loss of focus, or are irritable from a lack of sleep you may benefit from care for insomnia.

At Montclair Health Associates, we will help you understand insomnia and related sleep problems, along with their probable cause(s) giving you the opportunity to fall sleep quickly and experience restorative sleep without dependency on tranquilizers, alcohol use, or on-label use sleep aids.

Please let us know...

- Are you experiencing more tension or stress recently? Feel like you have no time for yourself?
- Have your daily routines been disrupted or changed for any reason?
- Have your physical activity levels decreased? Too busy or just can't find time for exercise? Or, are you exercising just prior to bedtime?
- Has falling asleep or staying asleep become more difficult as you have become older?
- Have you been taking some type of sleep aid medication (Ambien or Halcion) for a considerable length of time?
- Are you using your bedroom for things other than sleep and sex?
- How close to bedtime do you eat? What percentage of your daily calories are consumed just before bed?
- What do you do when you can't fall asleep? Read in bed? Watch television? Get up to eat or drink?