

A study of insomnia in Pennsylvania reported that *"insomnia is a symptom associated with a wide variety of mental and physical health problems requiring a proper psychiatric and medical management"*(2).

- Disturbed sleep rhythm
- Delayed sleep phase syndrome: difficulty falling asleep and in waking when necessary.
- Advanced sleep phase syndrome: difficulty staying awake in the evening but waking too early.
- Problems relating to shift work etc: difficulty getting enough sleep during available sleep times.