Notice trouble getting to sleep or staying asleep.

- Sleepy during the day?
  - No: You don’t have insomnia.
  - Yes: Has problem been ongoing more than 2 weeks?
    - No: Check your sleep hygiene and give it more time.
    - Yes: Improve sleep hygiene if feasible. DIY sleep restriction therapy.

Problems Persist?
  - No: Over-the-counter sleeping pills. Use are directed.
  - Yes: Consult a doctor or cognitive behavioral therapist.

Sleepdex