Notice trouble getting to sleep or staying asleep.

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

Problems Persist? Yes → Continued problems after a month

Problems Persist? No → Over-the-counter sleeping pills. Use are directed.

Sleepdex