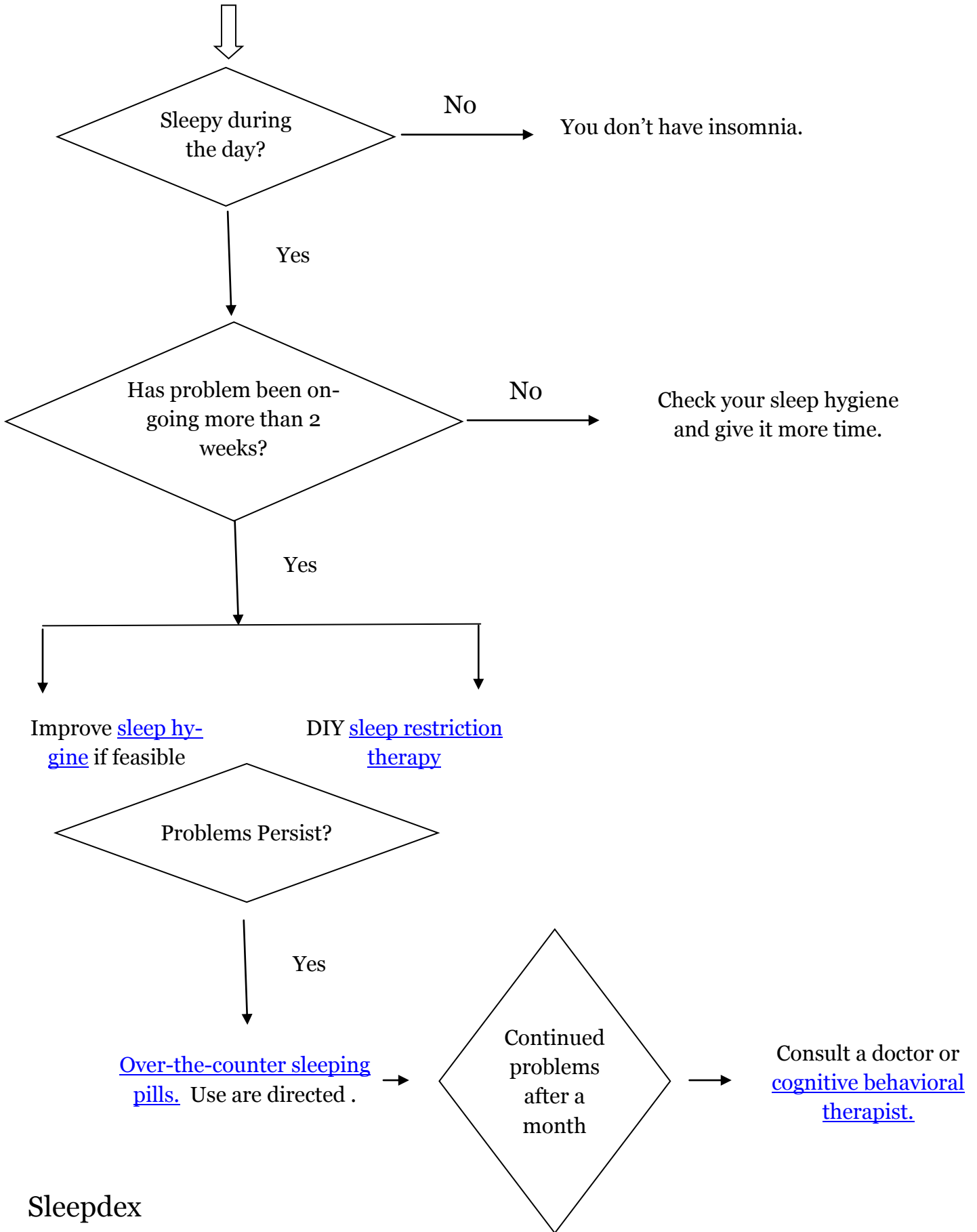Notice trouble getting to sleep or staying asleep.

Sleepy during the day?

No → You don't have insomnia.

Yes

Has problem been on-going more than 2 weeks?

No → Check your sleep hygiene and give it more time.

Yes

Improve sleep hy-gine if feasible

DIY sleep restriction therapy

Problems Persist?

Yes

Over-the-counter sleeping pills. Use are directed .

→ Continued problems after a month

→ Consult a doctor or cognitive behavioral therapist.

Sleepdex