Insomnia

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Definition

In the ICSD-3, insomnia is defined as “a persistent difficulty with sleep initiation, duration, consolidation, or quality that occurs despite adequate opportunity and circumstances for sleep, and results in some form of daytime impairment” (p. 19). Depending on severity, insomnia can be associated with feelings of restlessness, irritability, mild anxiety, daytime fatigue, and tiredness. ICSD-3 divides insomnia disorders into three types: chronic insomnia disorder, short-term insomnia disorder, other insomnia disorder.

Additional isolated symptoms and normal variants include: excessive time in bed and short sleeper insomnia may be attributable to a combination of psychological and neurological factors, and neuropsychological assessment can help delineate the contribution of both etiologies.

Cross-References

- [Hypersomnia](#)
- [Sleep Disturbance](#)

References and Readings

American Academy of Sleep Medicine. (2014). *International classification of sleep disorders* (3rd ed.). Chicago: American Academy of Sleep Medicine.