**TREATMENT GUIDELINES FOR HEALTH STAFF**

**INSOMNIA**

Insomnia is the chronic, recurrent inability to fall asleep or remain asleep for an adequate length of time. The National Sleep Foundation recommends 7 to 9 hours of sleep each night for students in the Job Corps age group. Inadequate sleep interferes with work and/or school.

Authorized health and wellness staff may treat insomnia as follows:

1. Obtain a baseline sleep history – advise students to keep a journal of their sleep pattern for one week

* time required to fall asleep
* number of nighttime awakenings
* total duration of sleep including nap times
* quality of sleep

1. Assist students in assessing and improving sleep hygiene

* Assess sleep environment – noise, temperature, lighting
* Nothing to eat after 7 pm
* Drink only water
* Reduce or avoid use of sugar, caffeine and/or nicotine
* Avoid electronic screens (TV, tablet, laptop, smartphone) and LED “blue lights” 1 hour before sleep
* Exercise daily but do not exercise 2 hours before sleep
* Maintain the same sleep cycle 7 days a week

1. May offer melatonin 3 mg-5 mg by mouth, once at bedtime.
2. May offer Benadryl (diphenhydramine) 25 mg-50 mg once at bedtime as needed for insomnia. Short-term use of Benadryl only if melatonin did not help. Caution daytime drowsiness.
3. Re-evaluate in 1-2 weeks. Prescription sleep medication is rarely needed and should only be prescribed for short-term use.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* Signs associated with sleep apnea, such as BMI > 30, reports of snoring or reports of falling asleep in class
* Lack of sleep is affecting performance in class, trade or social settings after health staff has provided insomnia counseling and treatment
* Symptoms of mental health comorbidity such as anxiety, depression, bereavement