

Getting referred

The Edinburgh Sleep Centre accepts referrals from general practitioners and medical specialists. In addition, we consider referrals directly from self-funding patients. We are recognised by all of the UK private health care companies, and by the major international health insurance companies.

If you require any further, no-obligation information, please do not hesitate to contact us.



How to get to us

The Edinburgh Sleep Centre is situated on the east section of Heriot Row. It is well served by public transport and road links.

Parking

Metered parking is available directly opposite the Centre. This is free between the hours of 6.30pm and 8.30am.

Public Transport

The Centre is within walking distance of Edinburgh Waverley train station and St. Andrews Street bus station. The centre is served by Lothian Buses numbers 13, 23, and 27, which stop at the Dundas Street end of Heriot Row, and numbers 24, 29 and 42, which stop at the Howe Street end.

The Edinburgh Sleep Centre

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Insomnia

About 30 to 40 percent of adults in the Western World suffer from some level of insomnia in any one year, and about 10 percent to 15 percent complain that their insomnia is chronic, severe or both. The prevalence of insomnia increases with age and is more common in women.

Insomnia is an experience of inadequate or poor quality sleep characterised by one or more of the following:

- difficulty falling asleep
- difficulty maintaining sleep
- waking up too early in the morning
- non-refreshing sleep

Insomnia also involves daytime consequences such as:

- tiredness
- lack of energy
- difficulty concentrating
- irritability

Types of Insomnia

Acute Insomnia: Periods of difficulty lasting between one night and a few weeks are referred to as acute insomnia. Acute insomnia is often caused by emotional or physical discomfort. Some common examples include significant life stress, acute illness, and environmental disturbances such as noise, light and temperature. Sleeping at a time inconsistent with the daily biological rhythm, such as occurs with jet lag, can also cause acute insomnia.

Chronic Insomnia: refers to sleep difficulty at least three nights per week for one month or more. Chronic insomnia can be caused by many different factors acting singly or in combination, and often occurs in conjunction with other health problems. In other cases sleep disturbance is the major or sole complaint, and involves abnormal sleep-wake regulation or physiology during sleep.

Insomnia associated with psychiatric, medical and neurological disorders: Although psychiatric disorders are a common source of chronic insomnia, they account for less than 50 percent of cases. Mood and anxiety disorders are the most common psychiatric diagnoses associated with insomnia. Insomnia can also be associated with a wide variety of medical and neurological disorders.

Factors that cause problems throughout the day such as pain, immobility, difficulty breathing, dementia, and hormonal changes associated with pregnancy, peri-menopause, and menopause can also cause insomnia. Many medical disorders worsen at night, either due to sleep *per se*, circadian influence (e.g. asthma), or lying down (e.g. gastro-oesophageal reflux).

Insomnia associated with medication and substance abuse: A variety of prescription drugs, non-prescription drugs, and drugs of abuse can lead to increased wakefulness and poor quality sleep. The likelihood of any given drug contributing to insomnia is unpredictable and may be related to dose, lipid solubility, individual genomic differences, and other factors. Some drugs commonly related to insomnia are stimulating antidepressants, steroids, decongestants, beta blockers, caffeine, alcohol, nicotine, and recreational drugs such as ecstasy. We offer a treatment service for patients who have insomnia associated with substance abuse.

Insomnia associated with specific sleep disorders: Insomnia can be associated with specific sleep disorders, including restless legs syndrome (RLS), periodic limb movement disorder (PLMD), sleep apnoea and circadian rhythm sleep disorders.

Primary Insomnia: When other causes of insomnia are ruled out or treated, remaining difficulty with sleep may be classified as primary insomnia. Factors such as chronic stress, hyper-arousal, poor sleep hygiene, and behavioural conditioning may contribute to primary insomnia.

If you require further information, please contact us or visit our website:

www.edinburghsleepcentre.com.