

# Chronic insomnia is a distinct condition that impacts patients' nights and their days<sup>1,2</sup>



Difficulty getting to sleep or maintaining sleep, early waking, or non-restorative sleep<sup>1</sup>

Patients may have **wake-promoting regions of the brain that remain overactive at night**<sup>3,4</sup>

Orexin is a neurotransmitter that promotes wakefulness<sup>3,5,6</sup>

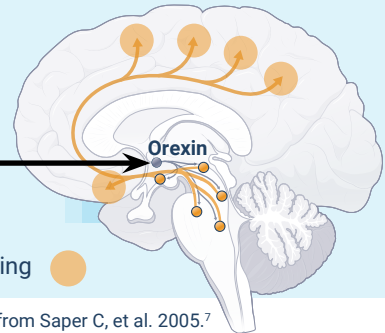


Figure adapted from Saper C, et al. 2005.<sup>7</sup>



Symptoms occur at least **3 nights per week for 3 months** or more<sup>8</sup>

**Sleep difficulty occurs** despite adequate opportunity for sleep<sup>1</sup>



Resulting in **impaired daytime functioning** or wellbeing<sup>8</sup>

Compared to those without, patients with chronic insomnia experience



Impacted cognitive functioning<sup>1,9,10</sup>



Increased daytime fatigue<sup>10,11</sup>

**2x**

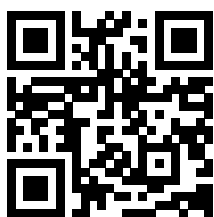
as many missed workdays<sup>\*12</sup>

\*Patients with 'severe' insomnia (n=240) living in France. Defined as having sleep disturbance at least three times a week for at least one month. Data taken from previous 12 months.<sup>12</sup>

Internationally-recognised classification systems consider **chronic insomnia a distinct condition**<sup>2</sup>

**Your patients may benefit from a pharmacological treatment specifically recommended for chronic insomnia in adults**<sup>13</sup>

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**References** 1. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision. Arlington, VA: American Psychiatric Association Publishing, 2022. 2. Riemann D, et al. J Sleep Res. 2023; 32(6): e14035. 3. Riemann D, et al. Sleep Med Rev. 2010; 14(1): 19–31. 4. Nofzinger E, et al. Am J Psychiatry. 2004; 161: 2126–2129. 5. Roch C, et al. Psychopharmacology. 2021; 238(10): 2693–2708. 6. Scammell TE, et al. Annu Rev Pharmacol Toxicol. 2011; 51: 243–266. 7. Saper C, et al. Nature. 2005; 437(7063): 1257–1263. 8. NICE Clinical Knowledge Summary (CKS). Insomnia: How do I diagnose insomnia? Last revised June 2024. Available at: <https://cks.nice.org.uk/topics/insomnia/diagnosis/diagnosis>. Last accessed January 2025. 9. Ustinov Y, et al. Sleep Med. 2010; 11(1): 65–68. 10. Kyle SD, et al. Behav Sleep Med. 2010; 8(3): 123–140. 11. Shekleton J, et al. Sleep. 2014; 37(1): 107–116. 12. Léger D, et al. Sleep. 2002; 25(6): 621–625. 13. Mignot E, et al. Lancet Neurol. 2022; 21(2): 125–139. 14. QUVIVIQ™ Idorsia Pharmaceuticals Ltd, summary of product characteristics. 15. Robbins R, et al. Front Sleep. 2022; 1: 935228. 16. Kunz D, et al. CNS Drugs. 2022; 37(1): 93–106.