



# INSOMNIA WORLDWIDE

Insomnia is a common sleep disorder worldwide.

With a global population of around 8 billion people, this means that around 2.4 billion people may experience symptoms of insomnia. Approximately 480 million people may meet the criteria for chronic insomnia.

## CAUSES OF GLOBAL INSOMNIA

### 1. Psychological Factors:

Stress, anxiety, depression.



### 2. Lifestyle & Poor Sleep Habits:

Gadget use, irregular sleep schedule, caffeine/alcohol consumption.



### 3. Medical Factors:

Sleep apnea, chronic pain, GERD, neurological disorders (Parkinson's, Alzheimer's).



### 4. Environmental Factors:

Noise/light pollution, extreme temperatures, jet lag, shift work.



### 5. Social & Economic Influences:

Job pressure, social stress, limited access to healthcare.



insomnia can be cured or at least managed well through various methods depending on the cause and severity.



## Vita Sleep

Helps Relieve  
Sleeping Disorders

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(Source: jcsn.aasm.org)



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