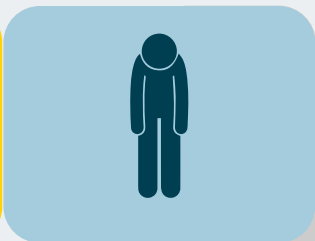


HOW SLEEPLESSNESS COMES ABOUT



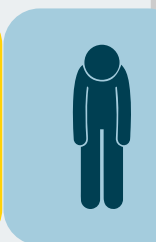
PHASE 1

You are who you are with your own character and nature.



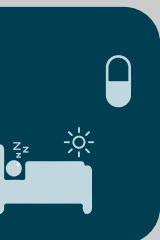
PHASE 2

Something happens which causes you stress and leads to you sleeping badly (acute phase).



PHASE 3

You try to do something about your sleep problem (early phase).



PHASE 4

The effect of the original event has faded, but you continue to sleep badly due to your own behaviour (late phase).



= Own nature



= Sudden event such as divorce or loss of a loved one



= Behaviour such as drinking, staying in bed, worrying



= Sleep problem

