Help for Sleep Difficulties

If lack of sleep or disrupted sleep is beginning to affect your everyday function, quality of life or your enjoyment, you should think about seeking out help. A few warning signs to look out for:

- Falling asleep while driving.
- Struggle to stay awake when inactive, such as when watching television or reading.
- Difficulty paying attention or concentrating at work, school, or home.
- Affecting your performance problems at work or school.
- Having difficulty with your memory.
- Having difficulty controlling your emotions.

**Keep track of your sleep**

Pay attention to your sleep habits by keeping a sleep journal[1]. Keeping the journal will allow you and your doctor to trace the causes of your sleep problems. Often, doctors will ask that you keep a sleep journal before coming in to see them about sleep problems.

**Make some changes**

Check out our tools[3] for some little changes you can make in your sleep habits that could help you sleep better. Give yourself several weeks of trying out your new behaviors to see if they are working. Small changes make a big difference!

**Make an appointment**

Talking with a doctor can help you to identify what the underlying cause of your sleep problem is and help you find the best treatment. Here at Campus Health, you can either make an appointment[4] in the Medical Clinic for more of a clinical perspective on your sleep issues or visit Counseling and Psychological Services[5] to consider the mental health side of sleep issues. Providers in either location can help you to address your sleep concerns, albeit in different ways.

Source URL: https://caps.unc.edu/self-help/sleep/help-sleep-difficulties

Links