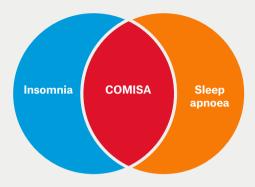
30-40% of people with insomnia have sleep apnoea

30-50% of people with sleep apnoea have insomnia

Insomnia features:

- · Difficulties initiating sleep
- · Early morning awakenings
- Sleep-related negative thoughts, anxiety, or frustration
- Conditioned psychological and physiological response to bedroom environment or routine
- Dysfunctional sleep-related cognitions



Shared features:

- · Frequent awakenings
- · Perceptions of non-restorative sleep
- Daytime impairments (fatigue, sleepiness, concentration difficulties, reduced mood)
- · Reduced quality of life

Sleep apnoea features:

- Narrowing and collapse of the upper airway during sleep
- · Reduced oxygen saturation
- Cortical arousals and sleep fragmentation
- Snoring
- · Dry mouth
- Morning headaches

Figure 1. Co-morbid insomnia and sleep apnoea (COMISA) is a highly prevalent condition.