

Myths and Facts about Sleep & Insomnia

Myth	Fact
More sleep will help me recover from a lack of sleep	<i>Deeper</i> sleep will help me recover from a lack of sleep
Sleeping in can help me catch up on sleep	Occasional excessive sleeping in can make insomnia more likely
Insomnia is all about having difficulty falling asleep	Insomnia also involves waking up too early and not being able to fall back asleep, waking up often throughout the night, and waking up feeling unrefreshed in the morning
Insomnia is rare; there is something wrong with me	At least 30 – 40% of Canadians struggle with insomnia
Insomnia will get better by itself over time	Insomnia rarely spontaneously resolves itself over time if left untreated
There isn't anything I can do about my insomnia	Yes, there is! Talk to your healthcare provider today to learn if CBT-I is right for you.