

Symptoms of Insomnia



**Feeling tired,
unwell or sleepy**



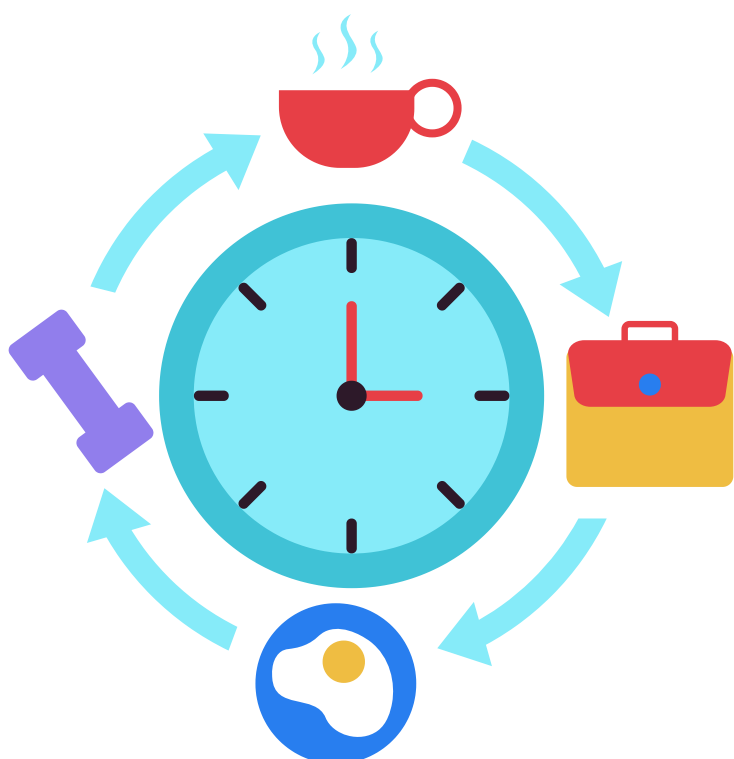
Delayed reflexes



**Trouble
remembering things**



**Mood disruptions,
especially irritability**



**Disruptions in work
or social routines**



**Slowed thinking or
trouble concentrating**