

Insomnia

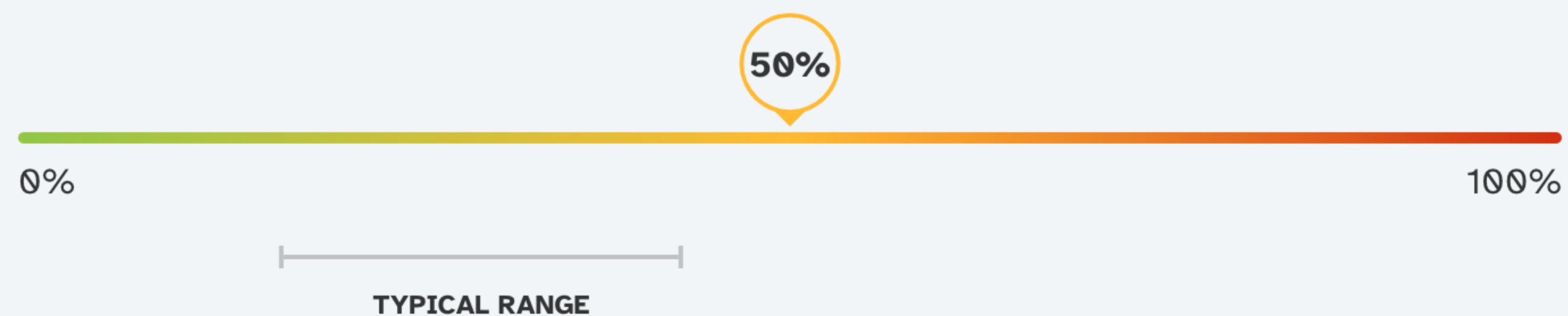
POWERED BY 23ANDME RESEARCH

Insomnia is a sleep disorder that causes chronic trouble with falling or staying asleep. Lack of sleep can take a toll on daily life and can have long-term health consequences if left untreated.



Jamie, your genetic result is associated with an **increased likelihood** of developing insomnia.

An estimated **50%** of people with genetics like yours develop insomnia **by their 60s**. This result takes into account your birth sex and genetic ancestry.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing insomnia depends on factors beyond your genetics, such as your lifestyle. Experts agree that healthy lifestyle habits can help promote quality sleep and alleviate symptoms of insomnia.

- Practice good sleep hygiene. This can include going to bed and waking up at the same time every day, keeping your bedroom comfortable and dark, and staying away from screens before bedtime.
- Avoid caffeine, alcohol, and heavy meals close to bedtime. If you smoke, avoid smoking close to bedtime and consider quitting.
- Stay active. Regular physical activity can help improve sleep quality, as long as exercise is done at least a few hours before bedtime.
- Get some sunlight. Sunlight – especially in the mornings – can help strengthen circadian rhythms.
- Avoid taking naps during the day.
- Consider keeping a sleep diary, like [this one from the National Sleep Foundation](#), or using a sleep journal app; but keep in mind that using screens near bedtime can disrupt sleep. Tracking daily habits can be helpful for identifying patterns and ways to improve sleep.



Talk to a healthcare professional about creating a management plan if you have insomnia or have any concerns about developing it.

More about insomnia

What is insomnia?

Insomnia is a sleep disorder that causes trouble sleeping. Everyone has a hard time sleeping from time to time, but insomnia causes persistent problems with falling asleep, staying asleep, and waking up too early. Insomnia can last a few days or weeks, especially during or after a stressful event, but when it occurs more than three nights a week for three months or more, it is considered chronic. The biological causes of insomnia are not fully understood, but scientists think that it's caused by a combination of disrupted circadian rhythms and changes to the chemical cycles in the brain that control sleep.

How can insomnia impact your well-being?

People with insomnia are more likely to experience:

- Daytime drowsiness, low energy, trouble thinking or concentrating, and trouble remembering things
- Mood problems or mental health conditions, such as anxiety, depression, or substance use disorder
- Motor vehicle accidents (due to difficulty staying awake or concentrating while driving)
- Other health conditions in the long term, including high blood pressure, heart disease, and diabetes

Insomnia can be frustrating to live with, but treatment can be very effective. Lifestyle modifications and psychological support like cognitive behavioral therapy can help treat the underlying causes of trouble sleeping. In some severe cases, sleep-aid medications may be used. If you have concerns about insomnia, talk to a healthcare professional.

Other factors that can impact your chances of developing insomnia

Estimates vary, but as many as 30% of adults in the U.S. have experienced insomnia. Besides genetics, some factors that can increase a person's chances of developing insomnia include:

- Personal or family history of insomnia
- Age (insomnia becomes more common with age)
- Birth sex (hormonal shifts during the menstrual cycle, menopause, and pregnancy can cause insomnia)
- Many health conditions (including mental health, physical health, and sleep conditions)
- Certain medications (including antidepressants, beta blockers, decongestants, and allergy medications)
- Stressful life experiences

Recommended amount of sleep per night:

Ages 18-64



7-9 hours

Over age 65



7-8 hours



Daytime sleepiness



Low energy



Trouble thinking or concentrating



Mental health conditions



Motor vehicle accidents



Other health conditions



Personal history



Age



Birth sex



Many health conditions



Certain medications



Stress

This report **does not diagnose** insomnia. **Consult with a healthcare professional** if you are concerned about your likelihood of developing insomnia, have a personal or family history of insomnia, or before making any major lifestyle changes.



If you have already been diagnosed with insomnia by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



This report **does not account for every possible factor** that could impact your likelihood of developing this condition. Non-genetic and other genetic factors, such as rare variants with large impacts, are not included in this report.



This report has not been validated for individuals of certain ancestries, including some people with ancestry from multiple continents.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#) ▾



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