

CASE PRESENTATION FOR COMPREHENSIVE SLEEP MEDICINE EDUCATION

RESTLESS NIGHTS, FRUSTRATED DAYS: UNRAVELLING THE MYSTERY OF CHRONIC INSOMNIA DISORDER

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Disclosures

I have no actual or potential conflict of interest in relation to this program/presentation

Learning Objective

- **Identify the diagnostic criteria and clinical features of chronic insomnia disorder.**
- **Differentiate chronic insomnia from other common sleep disorders and comorbid conditions.**
- **Evaluate evidence-based treatment options, including cognitive-behavioral therapy for insomnia (CBT-I) and pharmacological interventions.**
- **Apply practical strategies in case scenarios to optimize individualized management of patients with chronic insomnia.**

Key Message

Chronic insomnia disorder is a prevalent yet often under-recognized sleep–wake disorder with significant neurocognitive, psychiatric, and medical consequences. Accurate diagnosis requires careful differentiation from comorbid conditions, and optimal management demands an evidence-based, patient-centered approach integrating cognitive-behavioral therapy and judicious pharmacologic strategies.

