

CASE PRESENTATION FOR COMPREHENSIVE SLEEP MEDICINE EDUCATION

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

Inje University College of Medicine

IlSan Paik Hospital, S. Korea

Department of Neurology

Pamela Song

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.

