

Side Effects: Insomnia

One of the most common side effects from treatment and a symptom of hepatitis C is insomnia or not being able to sleep. If someone suffers from sleeplessness over a period of time it can lead to other symptoms such as fatigue, headaches,

feeling down or depressed and other serious problems. So it is important to take care of insomnia as soon as possible. If you miss one or two nights of sleep it is OK, but more than that can lead to serious problems. Start by talking with your doctor and nurse.

There are also some simple steps you can take to help with those annoying sleepless nights. Try these self-help tips:

- ◆ Make sure the bedroom is dark, not too cold or hot
- ◆ Do not eat too close to bedtime, but do not go to bed hungry
- ◆ Avoid a sleeping partner who snores or makes a lot of noise
- ◆ Stay away from caffeine or alcoholic drinks especially too close to bedtime
- ◆ Establish healthy and good sleeping habits—go to bed the same time every night
- ◆ If you can't fall asleep, get up and do something boring; then go back to bed

Remember.....

- ◆ If you can't sleep for long periods of time it can be a serious problem so talk to your doctor or nurse

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