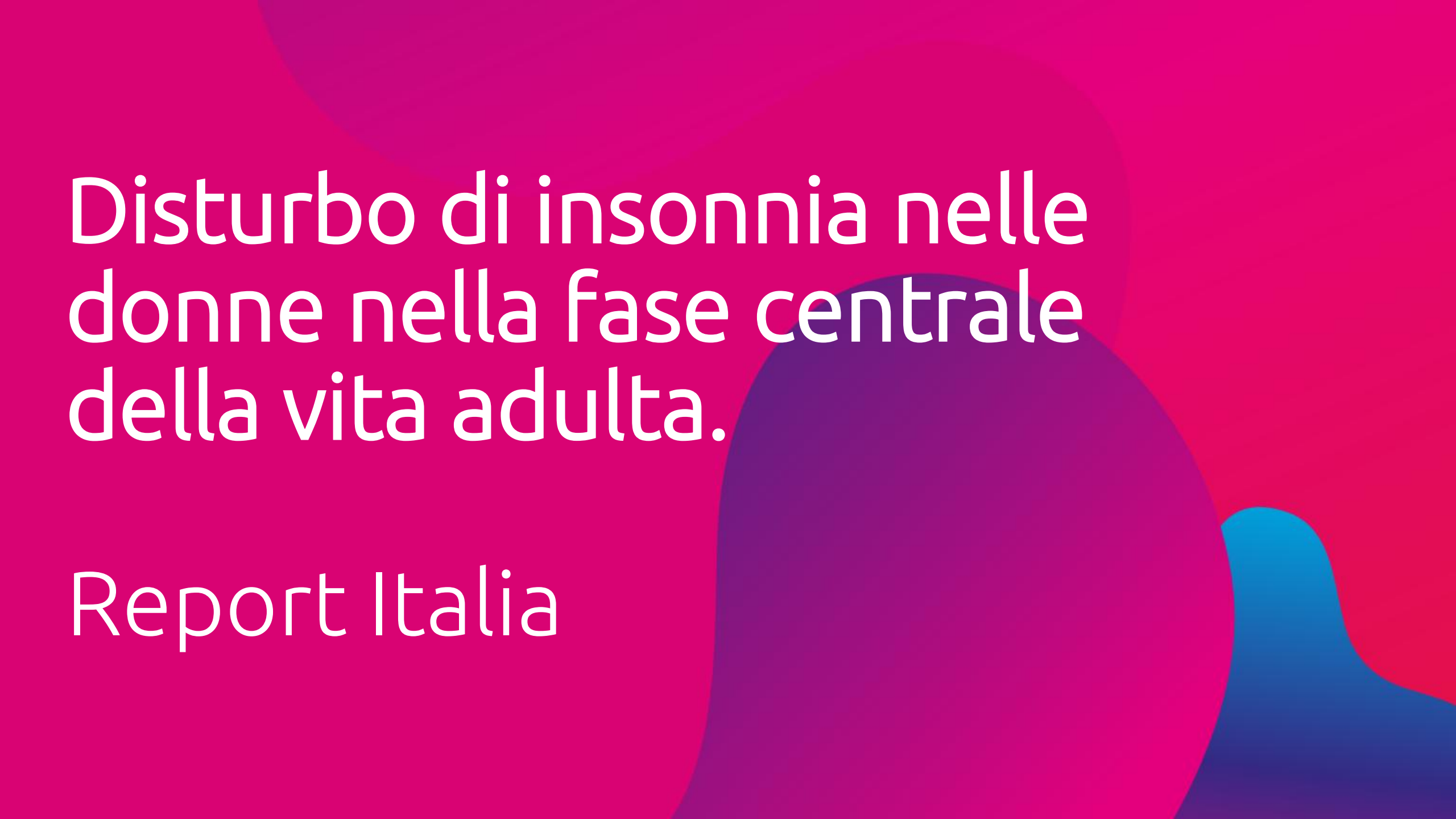
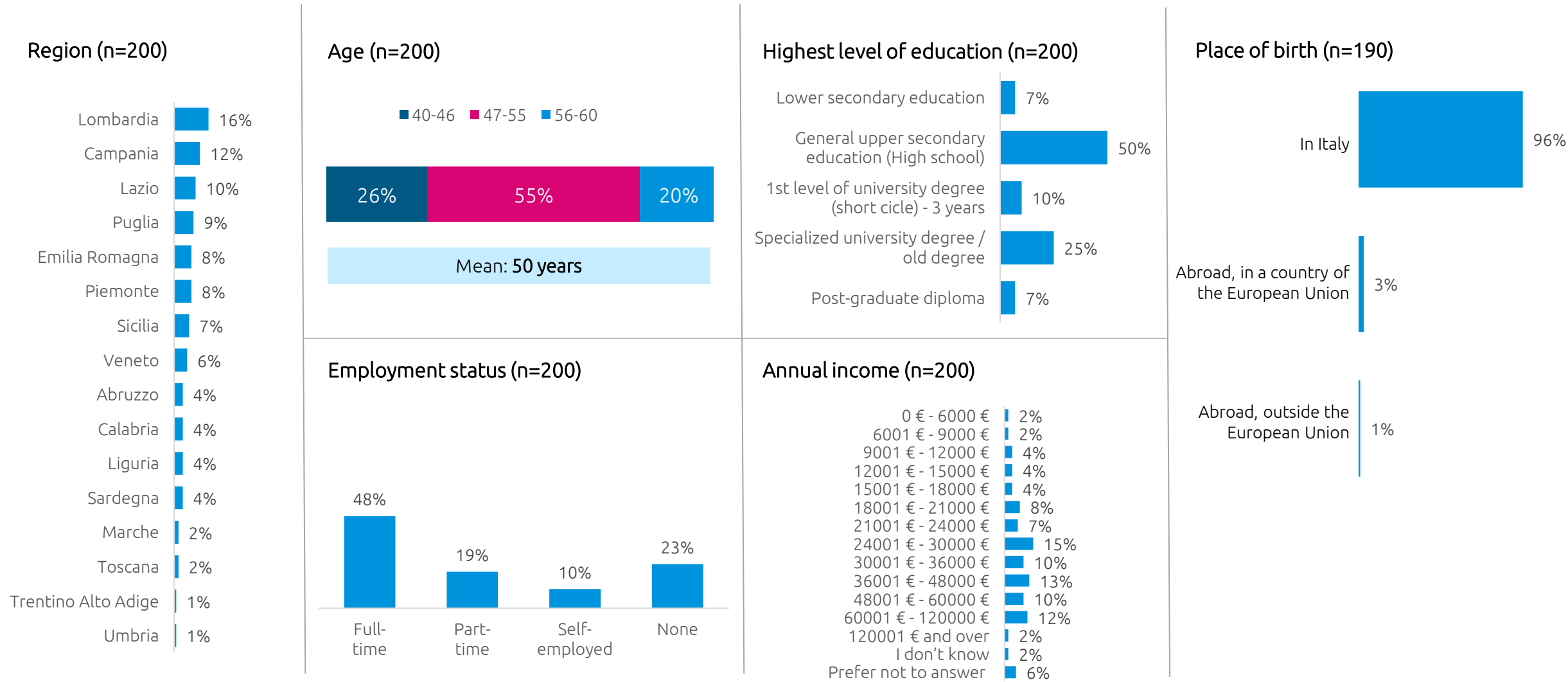




Disturbo di insonnia nelle
donne nella fase centrale
della vita adulta.

Report Italia

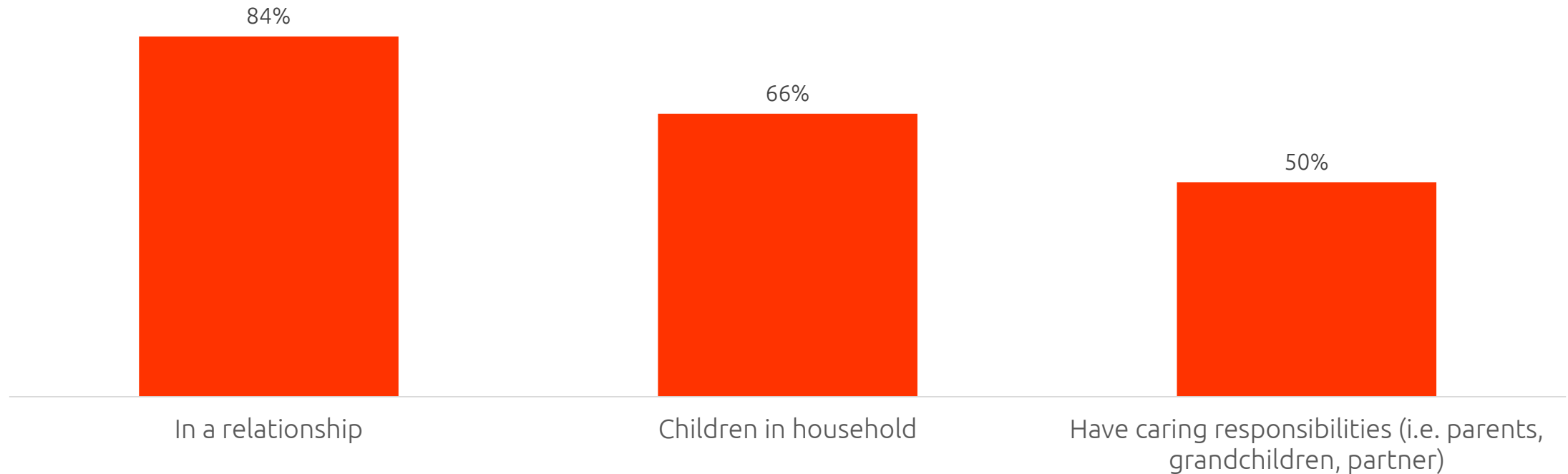
Campione composto prevalentemente da donne istruite e lavoratrici, con responsabilità sia professionali che personali.



La maggior parte delle donne intervistate ha una relazione affettiva ed è coinvolta in attività di cura, sia verso i figli che altri membri della famiglia.



Relationships and responsibilities – summary



Base: Italy respondents n=200

SRelationship. What is your relationship status? SChildren. Do you have a child / children (either under 18 or older than 18 years old) living in your household?

SCarer. Beyond your current employment status, and children, do you have any caring responsibilities i.e. for family members or loved ones?

If you have multiple caring responsibilities, please choose one but consider all for the remainder of the survey.

In base ai loro pattern di sonno, il campione risulta affetto da disturbo di insonnia **cronica** secondo i criteri del DSM-V; tuttavia...



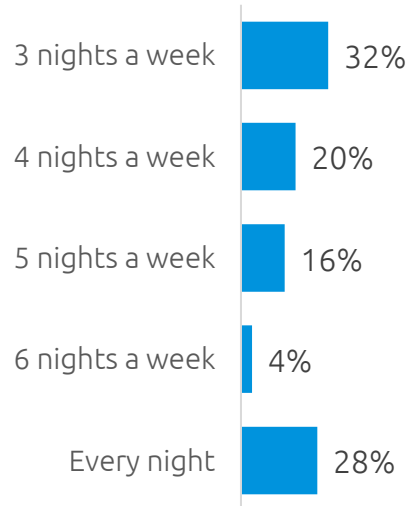
Moderate insomnia

 78%

Severe insomnia

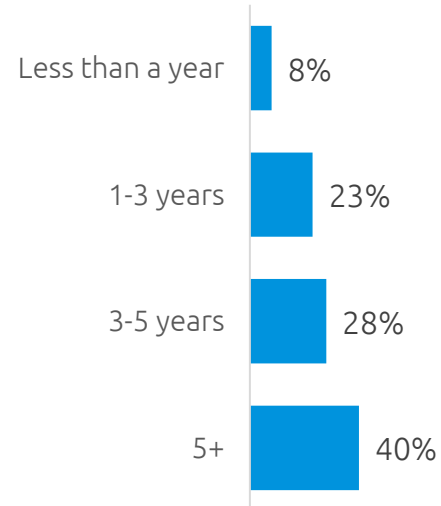
 22%

Nights a week experiencing insomnia



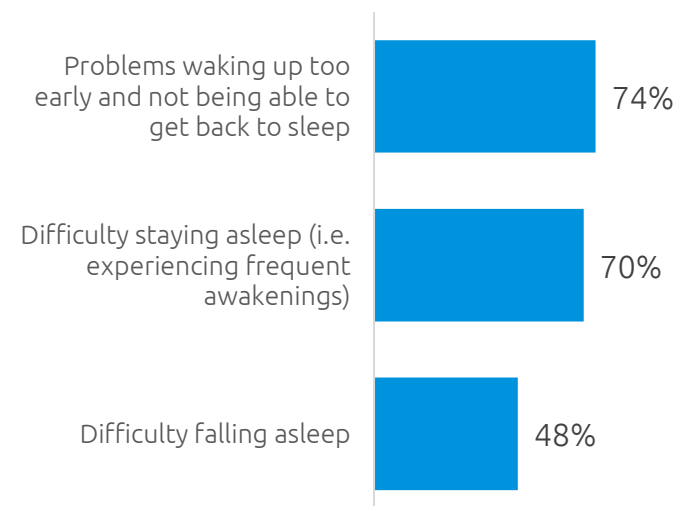
Mean: 5 nights a week

Length of time experiencing insomnia



Mean: 6 years

Difficulties experienced & severity (% selecting severe problem - score 4 or 5)



Base: Italy respondents n=200

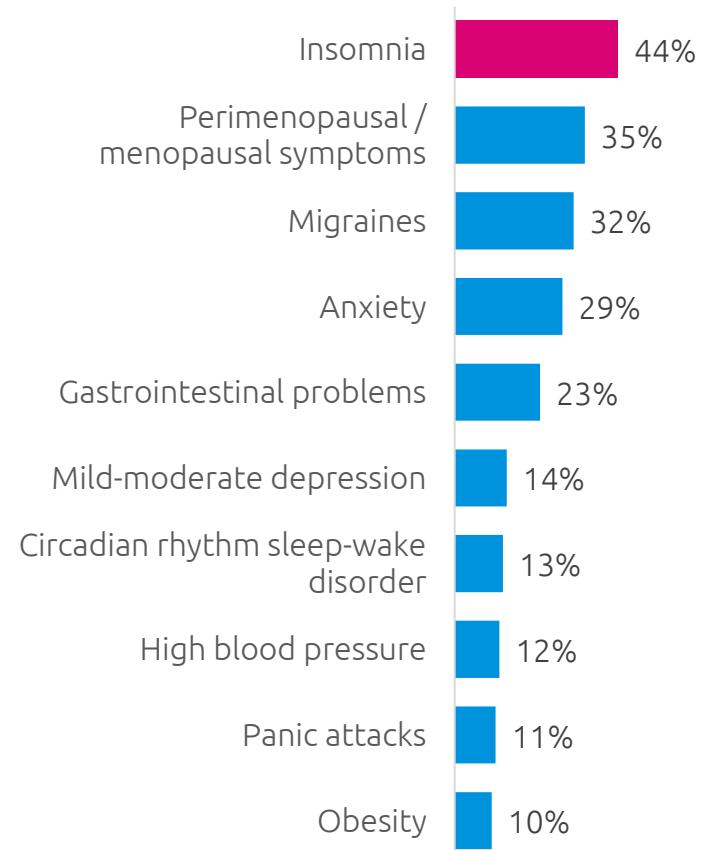
S3b. During a typical week, how often, if at all, do you experience difficulties with sleeping?; S3a. How long have you been experiencing difficulty with sleeping?

S2. Please read the following questions and, while responding, think about your difficulties with sleeping / Insomnia severity.

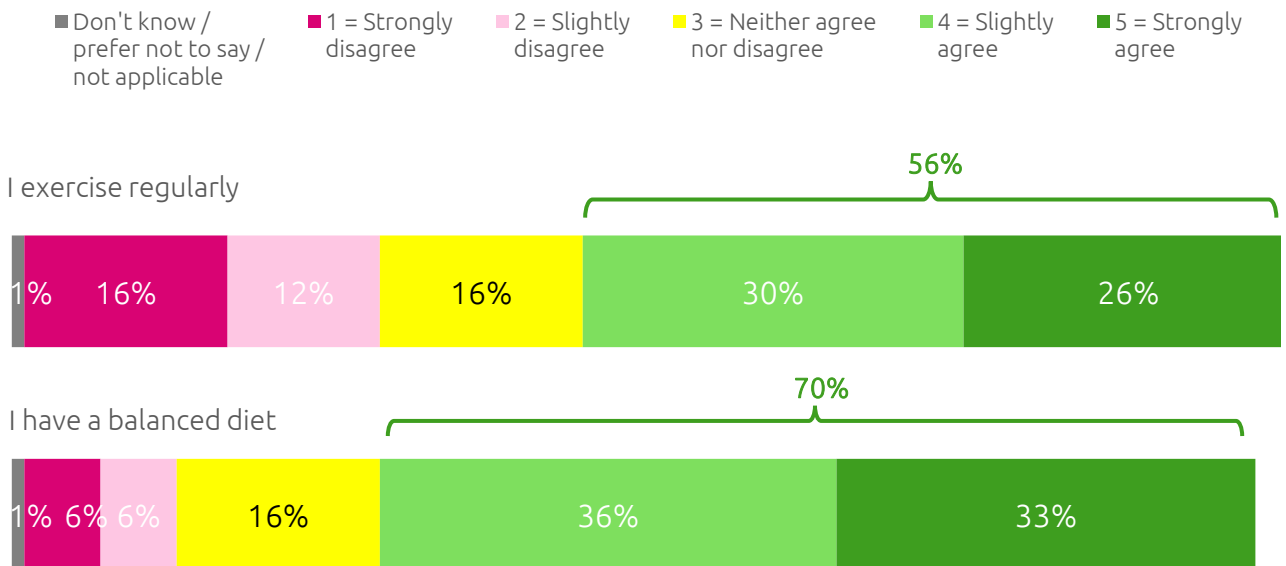
...solo 2 donne su 5 ne sono consapevoli; nonostante la presenza di alcuni disturbi di salute, cercano comunque di perseguire uno stile di vita sano.



Comorbidities – self reported



General attitudes towards health



Base: Italy respondents n=200 (Top 10 co-morbidities shown)

S1. Which of the following, if any, are you currently experiencing, have experienced in the past 5 years or have been personally diagnosed with by a healthcare professional (e.g. doctor or nurse)?

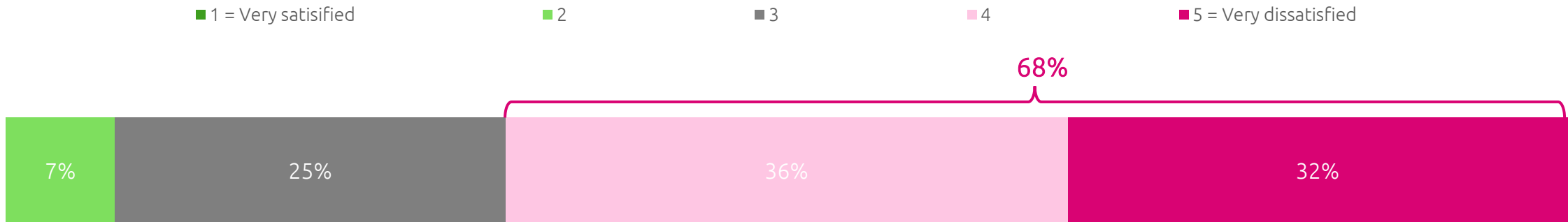
D4. Now generally thinking about your attitude towards health and sleep, to what extent, if at all, do you agree with the following statements?

Attitudini generali verso il disturbo di insonnia

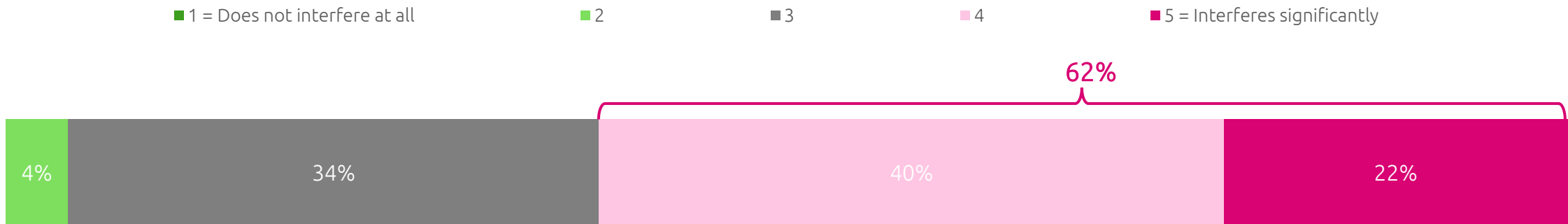


Due terzi delle donne intervistate non sono soddisfatte del proprio pattern di sonno e una proporzione simile riferisce che il disturbo da insonnia interferisce con la loro vita quotidiana.

Overall satisfaction with current sleep pattern
(% selecting point on scale)



Extent to which difficulties with sleeping interfere with daily functioning
(% selecting point on scale)

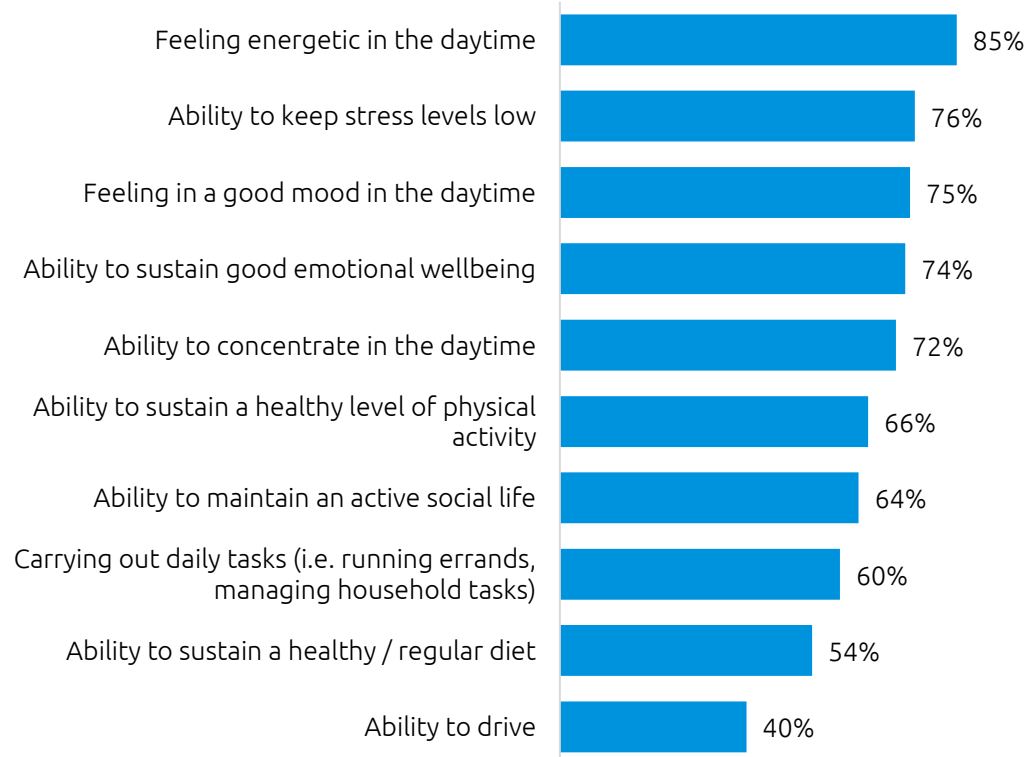


Base: Italy respondents n=200
S2. Please read the following questions and, while responding, think about your difficulties with sleeping.

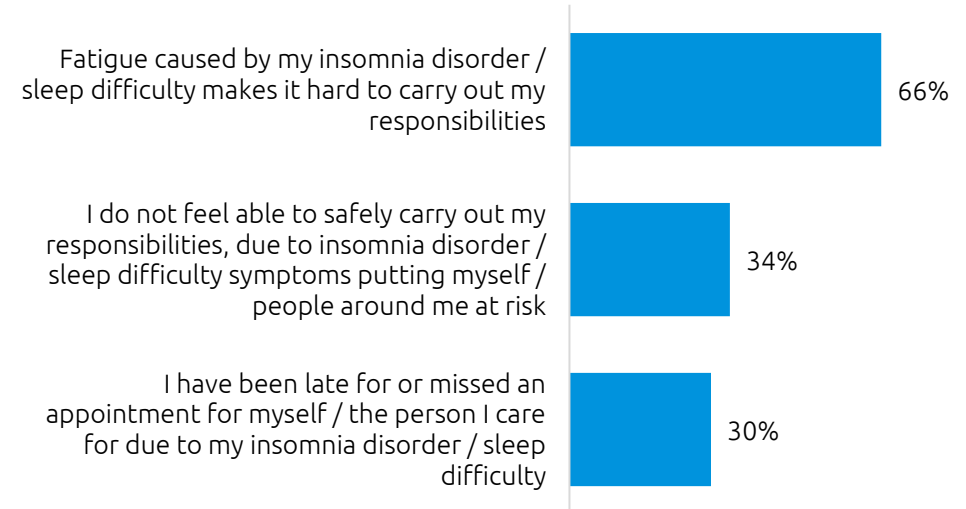


Il disturbo di insonnia ha un impatto ampio su molteplici aspetti della vita delle donne, dal benessere personale alle relazioni, fino alla gestione delle responsabilità quotidiane.

Impact of insomnia disorder on individual life areas
(% selecting somewhat / very impactful for statement)



Agreement with statements relating to the impact of insomnia disorder on their responsibilities (% selecting slightly / strongly agree for statement)



Base: Italy respondents n=200

A1. To what extent, if at all, does your insomnia disorder / sleep difficulty impact on the following areas in your daily life?

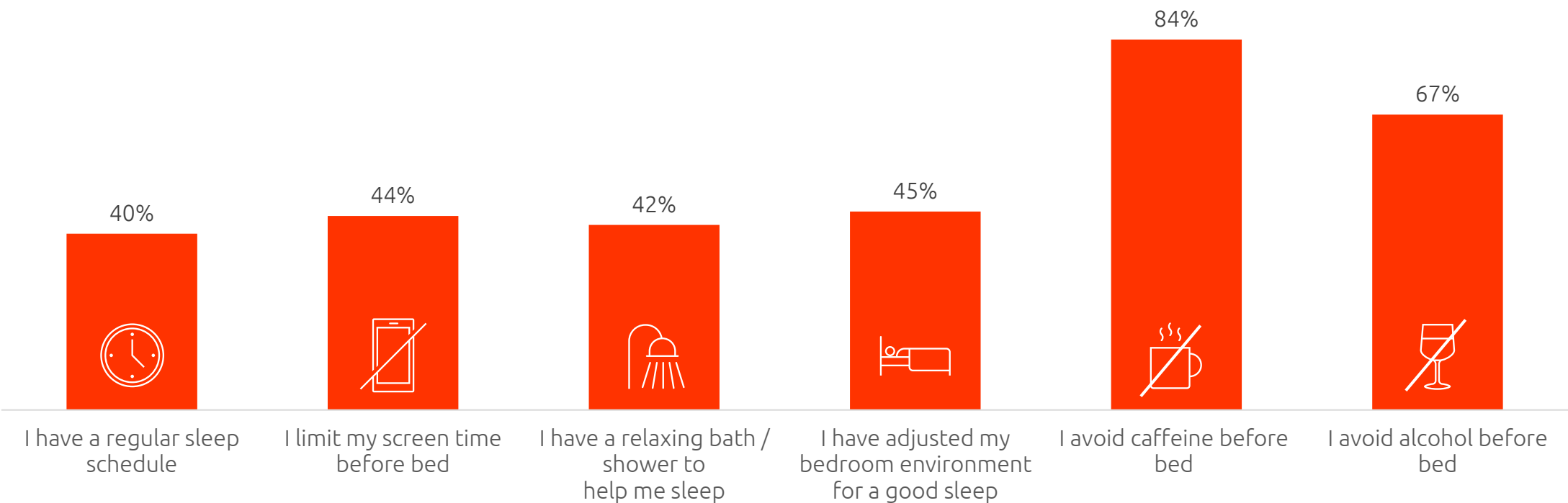
A7. To what extent do you agree or disagree with the following statements?

Gestione e trattamento del disturbo di insonnia



Molte donne ricorrono a strategie comportamentali nel tentativo di migliorare la qualità del sonno.

Agreement with statements relating to sleep hygiene
(% selecting slightly / strongly agree for statement)

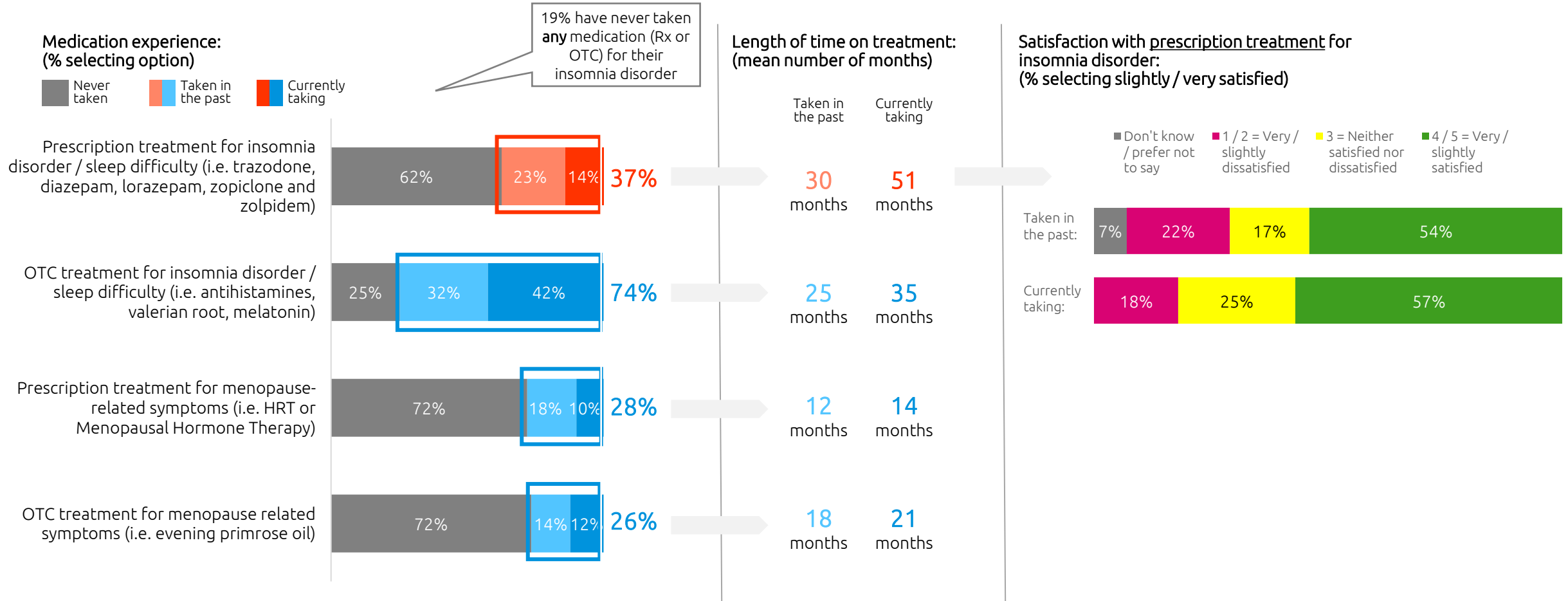


Base: Italy respondents n=200
D4. Now generally thinking about your attitude towards health and sleep, to what extent, if at all, do you agree with the following statements?

Meno di 2 donne su 5 hanno provato un farmaco su prescrizione per trattare il disturbo di insonnia, e solo poco più della metà di quelle che lo hanno fatto si è dichiarata soddisfatta.



Current AND past treatment experiences combined



Base: Italy respondents n=200; past or current prescription treatment for insomnia n=74; past or current OTC treatment for insomnia n=147
past or current prescription treatment for menopause n=56; past or current OTC treatment for menopause n=53
Please refer to the notes for full question text