Insomnia

Screen for secondary causes [Insomnia Guide]

Secondary causes excluded?

- No
- Yes

- Yes
  - Symptoms >1 month
  - Refer to NMCP - Sleep Insomnia Hygiene Class

- No
  - Primary Care Clinic?
    - Yes
      - Patient to attend local (within clinic) sleep hygiene class
        - Symptoms Resolved
          - Yes
            - No Further workup needed
          - No
            - Submit consult to local BiHIP/mental health provider
            - Symptoms Resolved
            - Yes
              - No Further workup needed
            - No
              - Refer to NMCP - Sleep Insomnia Hygiene Class
    - No
      - Fleet Forces?
        - Yes
          - Refer to NMCP - Sleep Insomnia Hygiene Class
        - No
          - No

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- NO REFERRAL:
  - Avoid ETOH at night
  - Give patient sleep hygiene handout
  - Consider short term trial of sleep aid

Yes
No
Yes
No
Yes
No
Yes
No