

INSOMNIA AND EXERCISE

Emily Kibler

Insomnia Symptoms



MOOD DISTURBANCES

- Depression
- Anxiety
- Irritability

INCREASED RISK OF

- Cardiovascular Disease

DAYTIME FATIGUE

- Impaired work performance
- Vehicle Accidents

Benefits of Exercise for Insomnia

INCREASED

- Sleep quality and quantity
- Adaptations to stress
- Management of Chronic Health Conditions

DECREASED

- Pre-sleep anxiety
- Insomnia severity

