

Anxiety and Sleep: What's Keeping You Awake at Night



Topic	Description	Data / Facts
Impact of Anxiety on Sleep	Anxiety disrupts sleep through physical and cognitive arousal, making it harder to fall or stay asleep.	43% of U.S. adults felt more anxious in 2024 compared to previous years; 40% cited sleep as crucial to mental health.
Anxiety-Sleep Relationship	There is a bidirectional relationship where increased anxiety disrupts sleep and poor sleep amplifies anxiety.	Anxious individuals often have elevated evening cortisol levels, inhibiting melatonin and disrupting sleep cycles.
Physical Effects of Anxiety	Physical symptoms like elevated heart rate, muscle tension, and night sweats interfere with deep and restorative sleep.	12% of Americans experience chronic insomnia, often linked to underlying anxiety disorders.
Cognitive Effects of Anxiety	Ruminative thinking, replaying concerns, and worrying about sleep itself create mental barriers to rest.	50% of adults with generalized anxiety disorder report significant comorbid sleep issues.
Common Sleep Patterns Disrupted	Patterns include trouble falling asleep, early morning awakenings, and fragmented sleep throughout the night.	Prolonged sleep disruptions lead to thin, unrefreshing rest, worsening both anxiety and daytime symptoms.
Evidence-Based Interventions	Techniques like CBT-I, progressive muscle relaxation, and diaphragmatic breathing are highly effective for restoring sleep.	CBT-I is endorsed by the AASM; digital programs are also effective for broader access to treatment.
Professional Support	Chronic insomnia and severe sleep disruption often require clinical evaluation and tailored treatment plans.	Criteria include three or more nights of poor sleep weekly for over three months, with noticeable daytime impairments.