

Sleep, insomnia and well being

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A good night's sleep is essential for health and well-being. Most adults need to sleep 7-9 hours for optimal results. Insomnia is a common sleep disorder that impacts quality of life and general health. Too little sleep and insomnia have been associated with various negative health outcomes and worse well-being. It is important to maintain a good sleep hygiene and to prioritize sleep for better health, more life satisfaction and increased quality of life.

In this presentation, the relationship between sleep and health will be discussed and the effects of too little sleep and insomnia on overall health and wellbeing will be reviewed based on the available literature. Symptoms and treatment of insomnia will be discussed and an overview of good sleep hygiene will be given.

Bio

Dr. Erla Björnsdóttir is a psychologist with a PhD in medicine with the focus on sleep and sleep disorders. Erla has specialized in cognitive behavioral treatment of insomnia. She has published 19 peer reviewed research papers and written and published three books on sleep, one written for adults and two children's book on sleep. Erla is the founder and CEO of Betri svefn, a company specialized in research, diagnosis, and treatment of sleep disorders, mainly insomnia. Erla is also doing research and teaching at the University of Reykjavík.