

Information Handout

Professional Version | US English

Recognizing Insomnia



Description

Psychiatric diagnostic frameworks serve multiple purposes. Classification of mental disorders enables clinicians and researchers to speak a common language when describing patterns of experience and behavior, guides appropriate treatment interventions, and acts as a coding system for insurance purposes. The success of these classification frameworks has varied across diagnoses but in the best cases has led to improved understanding and treatment of conditions, and has helped many service users who find such classification helpful (Perkins et al, 2018).

Diagnostic frameworks are not without controversy. They have been criticized on grounds of reliability, validity, and distortions due to commercial interests (Zigler & Phillips, 1961; Frances & Widiger, 2012; Bell, 2017). Perhaps most importantly there are instances where they have had, and continue to have, extremely negative effects upon service users (Perkins et al, 2018). Diagnosis is not the only way of understanding people and their experiences. Many clinicians and their clients find that attending to our personal stories and narratives is a helpful approach, and psychological formulation is one technique for bringing together information about what has happened to an individual and the sense that they have made of it (British Psychological Society, 2018).

Notwithstanding the above caveats, the '*Recognizing...*' series from Psychology Tools is designed to aid clinicians' understanding of the similarities and differences in the way that the two primary psychiatric diagnostic systems classify mental health problems. Their formatting for aid of comparison means that some detail has been purposefully excluded, and clinicians are encouraged to refer to the original source material for formal diagnostic purposes.

Insomnia is characterized by difficulty with sleep quality or quantity. *Recognizing Insomnia* compares the DSM-5 and ICD-10 criteria for insomnia and the *Insomnia Checklist* is an assessment tool for clinicians.

Instructions

The 'Recognizing...' series from Psychology Tools is designed to aid clinicians' understanding of the similarities and differences in the way that the two primary psychiatric diagnostic systems classify mental health problems. Their formatting for aid of comparison means that some detail has been purposefully excluded, and clinicians are encouraged to refer to the original source material for formal diagnostic purposes. In particular it has been assumed that symptoms cause clinically significant distress or impairment unless otherwise stated.

Information for the 'Recognizing ...' series was drawn from:

- The *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*.
- The *International Statistical Classification of Diseases and Related Health Problems, Tenth Revision (ICD-10)*. The ICD-10 is available in two versions: (1) The Clinical Descriptions and Diagnostic Guidelines (CDDG) or 'blue book' is intended for general clinical, educational and service use; (2) The Diagnostic Criteria for Research (DCR) or 'green book' was designed to facilitate research.

References

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5®)*. American Psychiatric Pub.

Bell, V. (2017). *We need to get better at critiquing psychiatric diagnosis*. Retrieved from <https://mindhacks.com/2017/09/19/why-we-need-to-get-better-at-critiquing-diagnosis/>

British Psychological Society (2018). *Understanding psychiatric diagnosis in adult mental health*. Retrieved from: <https://www1.bps.org.uk/system/files/user-files/Division%20of%20Clinical%20Psychology/public/DCP%20Diagnosis.pdf>

Frances, A. J., & Widiger, T. (2012). Psychiatric diagnosis: lessons from the DSM-IV past and cautions for the DSM-5 future. *Annual Review of Clinical Psychology*, 8, 109-130.

Perkins, A., Ridler, J., Browes, D., Peryer, G., Notley, C., & Hackmann, C. (2018). Experiencing mental health diagnosis: a systematic review of service user, clinician, and carer perspectives across clinical settings. *The Lancet Psychiatry*, 5(9), 747-764.

World Health Organization. (1992). *The ICD-10 classification of mental and behavioural disorders: clinical descriptions and diagnostic guidelines*. Geneva, World Health Organization.

World Health Organization. (1993). *The ICD-10 classification of mental and behavioural disorders: diagnostic criteria for research*. Geneva, World Health Organization.

Zigler, E., & Phillips, L. (1961). Psychiatric diagnosis: A critique. *The Journal of Abnormal and Social Psychology*, 63(3), 607.

Recognizing Insomnia

The DSM-5 and ICD-10 criteria for insomnia are largely similar. The ICD-10 criteria attend more closely to the individuals cognitions about their sleep difficulties.

	DSM-5	ICD-10
A complaint of dissatisfaction with sleep quality / quantity associated with	1 of:	2 of:*
1. Difficulty falling asleep.	✓	✓
2. Difficulty maintaining sleep (frequent awakenings or difficulty returning to sleep after awakenings).	✓	✓
3. Early-morning awakenings with inability to return to sleep.	✓	
4. Non-refreshing or poor quality sleep.		✓
5. Obsessive concern over the impact of their sleep difficulties at night and during the day.		✓

*ICD: symptom 5 must be present and at least one symptom from 1, 2, and 4.

Duration / Severity	2 of:	2 of:
Sleep difficulties at least 3 nights per week.	✓	✓
Present for at least 3 months.	✓	
Present for at least 1 month.		✓

Exclusions	4 of:	3 of:
Is not better explained by and does not occur exclusively during the course of another sleep-wake disorder (e.g. narcolepsy, parasomnia).	✓	✓
Not attributable to the physiological effects of a substance.	✓	✓
Coexisting mental disorders and medical conditions do not adequately explain the complaint.	✓	✓
Occurs despite adequate opportunity to sleep.	✓	

Insomnia Checklist

	DSM-5	ICD-10
A complaint of dissatisfaction with sleep quality / quantity associated with	1 of:	2 of:*
1. Difficulty falling asleep.	<input type="checkbox"/>	<input type="checkbox"/>
2. Difficulty maintaining sleep (frequent awakenings or difficulty returning to sleep after awakenings).	<input type="checkbox"/>	<input type="checkbox"/>
3. Early-morning awakenings with inability to return to sleep.	<input type="checkbox"/>	
4. Non-refreshing or poor quality sleep.		<input type="checkbox"/>
5. Obsessive concern over the impact of their sleep difficulties at night and during the day.		<input type="checkbox"/>

*ICD: symptom 5 must be present and at least one symptom from 1, 2, and 4.

Duration / Severity	2 of:	2 of:
Sleep difficulties at least 3 nights per week.	<input type="checkbox"/>	<input type="checkbox"/>
Present for at least 3 months.	<input type="checkbox"/>	
Present for at least 1 month.		<input type="checkbox"/>

Exclusions	4 of:	3 of:
Is not better explained by and does not occur exclusively during the course of another sleep-wake disorder (e.g. narcolepsy, parasomnia).	<input type="checkbox"/>	<input type="checkbox"/>
Not attributable to the physiological effects of a substance.	<input type="checkbox"/>	<input type="checkbox"/>
Coexisting mental disorders and medical conditions do not adequately explain the complaint.	<input type="checkbox"/>	<input type="checkbox"/>
Occurs despite adequate opportunity to sleep.	<input type="checkbox"/>	

Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



Resource details

Title: Recognizing Insomnia
 Type: Information Handout
 Language: English (US)
 Translated title: Recognizing Insomnia

URL: <https://www.psychologytools.com/resource/recognizing-insomnia>
 Resource format: Professional
 Version: 20230721
 Last updated by: JP

Terms & conditions

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: <https://www.psychologytools.com/terms-and-conditions/>

Disclaimer

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

Copyright

Unless otherwise stated, this resource is Copyright © 2023 Psychology Tools Limited. All rights reserved.