

Insomnia Disorder



When Sleepless Nights Fuel the Cycle of Substance Use

What is Insomnia Disorder?

Insomnia Disorder is a condition marked by persistent difficulty falling asleep, staying asleep, or waking too early, despite having enough time to rest. The resulting exhaustion affects mood, judgment, and relationships, leaving the person drained and desperate for relief.

What Does It Look Like?

- > **Chronic Sleep Deprivation**
Night after night without rest, leaving them exhausted and unable to function.
- > **Irritability and Emotional Volatility**
Small frustrations become major conflicts when sleep deprivation erodes patience.
- > **Self-Medicating at Night**
They turn to alcohol, pills, or other substances to force sleep.
- > **Daytime Impairment**
Poor focus, missed responsibilities, and withdrawal from daily life.

How Does Insomnia Contribute to Relapse?

When someone can't sleep, the desperation for rest makes substances the quickest solution, and the cycle between sleeplessness and use reinforces itself every night.

- 1) **Need for Sleep Creates Substance Dependency**
Alcohol or sedatives start to feel like the only way to quiet a racing mind at night.
- 2) **Short-Term Programs Can't Reset the Cycle**
Sleep patterns disrupted by years of substance use don't normalize in 30 days
- 3) **Without Treating Insomnia, the Pattern Repeats**
They leave treatment still unable to sleep, returning to the same desperation that drove use.

Prevalence:

~10% of U.S. adults have chronic insomnia disorder¹

Co-Occurrence:

36-91% of those in addiction treatment report insomnia²

Relapse Risk:

High insomnia predicts relapse more strongly than age, mood, or severity of dependence³

Sources: ¹ Morin et al., *Sleep Medicine Clinics* (2022) ² Grau-López et al., *Frontiers in Psychiatry* (2020) ³ Roehrs & Roth, *Sleep Disturbance in Substance Use Disorders*, PMC (2015)


Long-Term Treatment for Insomnia and Addiction

Insomnia and substance use feed each other: sleeplessness drives use, and use destroys natural sleep. A short-term program can't undo years of disrupted sleep patterns or rebuild the body's ability to rest without chemical intervention.

Our **long-term, progress-based model** gives clients the time needed to restore healthy sleep alongside deep clinical work. Clients advance when they demonstrate genuine changes in how they manage stress, rest, and the urge to self-medicate.



“Chronic substance use disrupts the brain’s sleep architecture. Restoring natural sleep cycles can take months, and in some cases requires medical oversight alongside clinical treatment.”

 **Dr. Leslie Secrest, MD**
Medical Director, Burning Tree Ranch



Dual Diagnosis Treatment for Insomnia Disorder

When insomnia goes untreated, substances become the nightly answer to exhaustion. Without addressing both conditions together, every night becomes another opportunity for relapse.

- **Treating Both Conditions Together**
Unresolved insomnia sustains the nightly cycle of desperation and use.
- **Restoring Natural Sleep Over Time**
Healthy sleep patterns require months of consistency to rebuild.
- **Providing Enough Time for Real Change**
Years of chemically induced sleep can't be undone in weeks.

Dual Diagnosis:

The presence of **both a substance use disorder and a mental health condition** occurring together. Effective treatment for dual-diagnosis addictions must address both aspects simultaneously.



Have Other Treatment Programs Missed the Deeper Issues?

Burning Tree Ranch is the Nation's only authentic long-term treatment program for chronic relapse. Call us at (866) 287-2877 or visit us online at www.BurningTree.com.

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