

Women may be more likely to have insomnia than men because women experience unique hormonal changes that can cause insomnia symptoms. Women may be more likely to have insomnia than men because women experience unique hormonal changes that can cause insomnia symptoms. Insomnia is one of the most commonly reported sleep problems. One in four women has some insomnia symptoms, such as trouble falling asleep, trouble staying asleep, or both.<sup>1</sup> About one in seven adults has chronic (long-term) insomnia.<sup>2</sup> Chronic insomnia can affect your ability to do daily tasks like working, going to school, or caring for yourself. Insomnia is more common in women, especially older women, than in men.