***Kevin Wells** talks about how insomnia is making his life impossible.*

I've always had trouble sleeping, but these days my insomnia is getting worse. Actually, my problem isn't getting to sleep, it's staying asleep. Take last night, for example. I was exhausted when I went to bed at 11.00 and I was fast asleep by 11.30. But then I woke up at 3.00 after a terrible nightmare. Soon I was wide awake and it was impossible to get back to sleep. Sometimes when I'm awake at that time I get extremely depressed and feel like it's the end of the world. So I read a book, answered some emails, and finally got back to sleep at about 5.30. The alarm went off at seven and I went off to work feeling awful.

That's a typical night for me. I've had insomnia for so long I'm amazed if I ever sleep through the night, and by the end of the week I always feel really shattered. I only get a good night's sleep when I'm on holiday – but when I do I feel absolutely fantastic the next day.

I know that work is part of the problem. I'm a website designer and I have to meet deadlines every week, which is very stressful. It's a brilliant job and I don't want to give it up, but I work really long hours and I'm always under a lot of pressure. I often work at home, so it's incredibly difficult to relax at the end of the day because there's always more work I can do. Money's also a huge worry for me because I've just bought a new flat and I'm getting married soon, which will be very expensive.

I've tried nearly everything to cure my insomnia, but nothing works for long. I started going to the gym, but it didn't help me sleep, it just made me more exhausted. I have a fairly healthy diet and I don't drink coffee after 4 p.m. any more. I've tried relaxation CDs, hypnosis, online support groups – I even bought a new bed. I don't want to start taking sleeping pills because I'm terrified of becoming addicted to them. Perhaps it's time for me to accept that insomnia is part of my life, then maybe I'll stop worrying so much and get some sleep!

LIVEWORKSHEETS