



“ I wake up feeling groggy and slow. It makes it hard to get to work on time and my crew is starting to notice. ”

- Mike,
Hypothetical Patient

FIRST APPOINTMENT: MIKE IS HERE FOR HIS ANNUAL PHYSICAL

Mike is a 51-year-old supervisor at a construction site.

Appointment topics:

- Mike has been feeling more fatigue than usual throughout the day.
- Mike has difficulty falling asleep at night and also wakes up frequently during the night.

Physician's assessment:

- The physician focuses on doing routine blood work and gives Mike a pamphlet that explains good sleep hygiene.
- 2 weeks later, Mike's blood panel reveals that he is prediabetic. The physician follows up with Mike over the phone, advising him to focus on his diet and get more exercise.



3 MONTHS LATER:

The physician re-assesses Mike's blood sugar levels.

Appointment topics:

- Mike has focused on his diet and sleep hygiene as recommended, but problems continue.
- Mike reports he has been so tired that he calls out of work. He's anxious that he may lose his job.
- Worrying prevents Mike from falling asleep at least 3 nights per week, and he still wakes up during the night.

Physician's assessment:

- The physician determines Mike has type 2 diabetes. Mike may also now need treatment for his anxiety.
- The physician focuses on glycemic control to manage Mike's diabetes and prescribes a pharmacologic treatment along with behavioral/cognitive therapy to address his anxiety symptoms.



3 MONTHS LATER:

The physician sees Mike again to check in on his treatment.

Appointment topics:

- Mike feels less anxious, but still struggles to stay asleep most nights.
- He feels tired throughout the day, which continues to impact his work performance.

Clinical considerations when evaluating a patient like Mike:

- Would you consider including sleep as part of a holistic health conversation around diet and exercise?
- What factors might be contributing to how he feels the next day?
- Could Mike have insomnia disorder? If so, what would be your next step in treatment?