## **Subtypes of**

# INSOMNIA 🐪

#### Type 1

Very stressed

#### Type 2

Moderately stressed and sensitive to rewards (with intact responses to pleasurable emotions).

#### Type 3

Moderately stressed and insensitive to rewards.

#### Type 4

Slightly stressed with high reactivity (to their environment and life events).

### Type 5

Slightly stressed with low reactivity.

