

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

- **What is insomnia?**
 - Insomnia is difficulties going to sleep or staying asleep.
- **Insomnia is common.**
 - About 1 in 10 adults have chronic insomnia.
- **Cognitive Behavioral Therapy for Insomnia (CBT-I) is the first-line recommended treatment for most people with insomnia.**
 - CBT-I is an effective way to treat insomnia without relying on medications. Unlike sleeping pills which just mask symptoms, CBT-I helps you address the underlying causes of your sleep problems. Medications may be considered second line. However, most, if not all, sleeping pills have limited benefit and many side effects. Some of the side effects can be serious or fatal. Additionally, some sleeping pills may actually worsen the quality of your sleep. With medications any perceived benefit often stops once the medication is discontinued, whereas with CBT-I the benefits are long-lasting for most people.
- **What is CBT-I?**
 - CBT-I is an individualized, structured treatment program that helps you identify and replace thoughts and behaviors that affect your ability to sleep well. CBT-I is performed in a series of sessions. Through guidance in these sessions, you will learn to recognize and restructure thoughts that are affecting your sleep. These skills will help you control and limit negative thoughts and worries that keep you awake so that you can ease to sleep without your mind racing. You will also learn to avoid behaviors that keep you from sleeping well and develop habits that promote healthy sleep.
- **Is CBT-I just good sleep habits that I've already read about or tried?**
 - No. CBT-I is not just about good sleep habits. While good sleep habits are a good starting point, CBT-I goes far beyond those simple suggestions. You may have tried some of the strategies used in CBT-I, but consistent, combined use of all the adjustments as a structured program creates success.
- **Who can benefit from CBT-I?**
 - Nearly anyone with insomnia can benefit if they are motivated to make the changes recommended in their daily life. CBT-I requires the time it takes to attend appointments as well as time spent at home in between sessions applying new skills.
 - CBT-I can be helpful for primary insomnia and when insomnia may be caused or worsened by other conditions such as pain, depression, or anxiety.
 - In some instances, it may be necessary to get help with a mental health condition before starting CBT-I, such as in the case of post-traumatic stress disorder, bipolar disorder, or other mental health conditions that would make it very difficult to complete CBT-I. Your doctor can help you make the decision about what other treatments may be necessary.
- **Who provides CBT-I?**
 - CBT-I is usually provided by a behavioral sleep medicine specialist. It may be administered by a psychologist, psychiatrist, or another medical doctor who has received specialized training.
- **How many sessions of CBT-I are needed?**
 - CBT-I requires steady practice and close follow up. Six to eight sessions spread out over a few months is common; however, the number and frequency of sessions can vary. Some people may have significant benefit even after a few sessions. To get the most benefit from CBT-I, individuals must make a commitment to complete the number of sessions recommended by their doctor.