



## What is Cognitive Behavioral Therapy for Insomnia (CBTI)? A Patient's Quick Guide

- Cognitive Behavioral Therapy for Insomnia or CBTI is clinically validated non-drug treatment for chronic insomnia.
- CBTI is typically delivered over the course of 5 to 8 weekly treatment sessions and is conducted in either individual or small group counseling formats.
- You are required to maintain a Daily Sleep Diary to record your sleep wake patterns and any sleep medication use.
- CBTI is a multi-component treatment approach, the elements of which target three relevant domains for optimizing sleep: (1) sleep physiology, (2) sleep behaviors, and (3) sleep psychology. These three areas are addressed with the following modules:
  - ❖ **Reversing Conditioned Arousal at Night**
    - Have you ever experienced feeling sleepy on the couch watching TV but become wide awake when you get into bed? This is due to conditioned arousal at bedtime and it can be reversed.
  - ❖ **Sleep Compression Therapy**
    - This is a well-established technique for creating nighttime sleep periods that are more consolidated and restorative.
  - ❖ **Good Sleep Practices**
    - This is a set of strategies aimed at eliminating behaviors that can make insomnia worse while implementing others that can improve sleep.
  - ❖ **Relaxation**
    - A variety of relaxation and stress reduction techniques are taught aimed at reducing anxiety and worry at night.
  - ❖ **Bright Light Therapy**
    - Education and instruction about the appropriate timing of bright light exposure are offered to help establish a consistent sleep-wake cycle.
  - ❖ **Cognitive Restructuring**
    - Insomnia can actually be made worse by thinking or worrying about it too much. We work to alter some problematic ways of thinking about the issue to lower anxiety at night and help promote more effective sleep.

**For more information or to schedule an appointment, call 858-224-1866.**