**Cognitive Behavioral Therapy for Insomnia (CBTI)**

Cognitive Behavioral Therapy for Insomnia or CBTI is clinically validated treatment for chronic insomnia. CBTI targets sleep physiology, sleep behaviors and dysfunctional thoughts regarding sleep.

The treatment is delivered individually over a course of 5 -12 weeks with weekly to biweekly visits.

You will be required to maintain a daily sleep diary to record your sleep/ wake patterns and any sleep medication use.

It is not as quick a fix as sleeping pills but is equally as efficacious after a few weeks and has been shown to have much longer lasting effects.

CBTI requires a commitment to the process and should be initiated when one does not have upcoming travel or big events for the first 2-3 weeks.

Because one’s total amount of sleep can become reduced in the initial weeks of this process, one will need to carefully monitor one’s driving and avoid driving if sleepy.

**CBTI addresses the following concepts: **

1. **Good Sleep Practices**

Sleep hygiene is a term used to describe good practices. We will identify behaviors that can make insomnia worse and implement other behaviors that can improve sleep.

1. **Conditioned Arousal at Night**

Some people experience a feeling of sleepiness when relaxing on their couch before bedtime but feel wide awake once they get into bed. This is due to conditioned arousal at bedtime and it can be reversed.

1. **Sleep Compression Therapy**

This is a well-studied technique which adjusts one’s allowed time in bed in order to create sleep periods that are more consolidated.

1. **Relaxation**

Stress and anxiety can contribute to insomnia and insomnia can cause worry and stress. Relaxation techniques will be taught in order to reduce, stress and worry.

1. **Cognitive Restructuring**

Insomnia can actually be made worse by thinking or worrying about it too much. We work to reframe negative thoughts about insomnia.