

## ★ What It Is ★

Cognitive Behavioral Therapy for Insomnia (CBT-I) is a short-term, goal-orientated treatment focused on issues related to sleep. CBT-I is strongly supported with research and has been shown to improve sleep in 75-80% of individuals with insomnia.

## ★ How It Works ★

CBT-I works by identifying and changing thoughts and behaviors that prevent restful, quality sleep. CBT-I is typically 6-8 weekly sessions.

## ★ What It Helps ★

CBT-I is an effective therapy for insomnia. CBT-I improves sleep and reduces/eliminates the need for sleeping pills. It can be a helpful treatment for sleep problems alone, and with co-occurring disorders like PTSD or depression. CBT-I also reduces pain, fibromyalgia, substance abuse, and PTSD in insomnia patients with these comorbid health problems.

## Counseling Sessions Focus On

- Learning about practicing healthy sleep techniques
- Creating a plan for sleep restriction to limit time spent in bed to develop a more stable sleep schedule
- Learning relaxation techniques
- Identifying and changing the negative thoughts and worries that prevent sleep
- Practicing skills out of session

## Goals Include

- Reducing sleep-interfering thoughts and behaviors
- Developing healthy behavioral patterns that support sleep
- Increasing quantity and quality of sleep

★ ★ ★ Ask your clinician about CBT-I today ★ ★ ★

