

Essentials of Cognitive Behavior Therapy for Insomnia

- Goal: Help patients fall asleep quickly and sleep through the night
- Indications: Chronic insomnia, including when comorbid with psychiatric disorders
- Format: Typically 8 weekly 50-minute sessions
- Key elements:
 1. Sleep diary: Have patients keep a sleep diary for the first couple weeks
 2. Sleep restriction therapy: Create a new sleep schedule based on sleep diary data
 3. Stimulus control: Help patients associate the bedroom with sleeping rather than waking activities

From the Expert Q&A:
"Cognitive Behavior Therapy for Insomnia" with Michael Perlis, PhD
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