

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA

Over 50% of adults now complain of difficulty sleeping, half of these chronically. We now know that sleeping pills are not the solution to insomnia and that it is possible to successfully treat insomnia using cognitive-behavioral therapy (CBT). CBT has been endorsed by the National Institutes of Health as an effective and preferred method for treating insomnia. Research on CBT shows the following:

- * 75% of insomnia patients experience significantly improved sleep
- * The majority become normal sleepers
- * 85- 90% reduce or eliminate sleeping pills
- * CBT is more effective than sleeping pills

CBT achieves these results because it is based on the idea that insomnia can only be treated effectively by addressing the underlying causes of insomnia- thoughts and behaviors- which are learned and can be unlearned.

CBT COMPONENTS

Techniques taught in CBT include:

- * changing sleep thoughts and behaviors
- * lifestyle habits that improve sleep
- * relaxation techniques

WHO WOULD BENEFIT

- * individuals with problems falling asleep or waking during the night
- * individuals who wish to reduce or eliminate sleep medications

VISITS

CBT for insomnia includes:

- * an initial individual assessment
- * five group-based two hour classes over a six week period

INSURANCE COVERAGE

CBT is covered by most insurance companies.