

SLEEP AND THE EIGHT DIMENSIONS

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Cognitive Behavioral Therapy for Insomnia (CBT-I)

Cognitive Behavioral Therapy is a form of psychotherapy that can help people who can't sleep. Cognitive Behavioral Therapy for Insomnia (CBT-I) can be highly effective in improving the quality of both a person's sleep pattern and daytime functioning. In fact, CBT-I is recommended as the first treatment one should try, since it's safe and works over long periods of time. This CBT-I fact sheet is designed for both providers and consumers to review and learn more about this therapy.

Essential Elements

A big part of this type of therapy is learning to practice good sleep hygiene, which means controlling the environment and behaviors that precede sleep. Some examples include:

- Removing distractions from the bedroom (like your television);
- Keeping a consistent bedtime (always going to bed at 11pm); and
- Avoiding caffeine before sleeping (for example, no coffee in the afternoon).

Goals

- Change the thoughts and behaviors that contribute to disruptions in sleep
- Offer education to clear up misconceptions about insomnia and trouble sleeping
- Depending on your current sleep habits, you may be advised to restrict your time in bed, gradually increasing "bed time" as you start to sleep better

Structure

CBT-I can be delivered by a therapist through weekly sessions, typically lasting 4 to 10 sessions of one hour each.

During these sessions, you will explore the thoughts, habits, and behaviors that can lead to insomnia. A therapist will collaborate with you to ask you to write down your thoughts and behaviors between sessions.

Then, during your next session, you will work together to set goals and make the desired changes. Towards the end of the series of sessions, you will collaborate with your therapist to set up a plan to prevent relapse.

While Cognitive Behavioral Therapy has traditionally been delivered in individual sessions, it has also been shown to be effective when delivered online. Many of the exercise and activities that help you determine what thoughts and behaviors to target can be self-guided.

Outcomes

After participating in CBT-I sessions, people:

- Learn relaxation techniques that can be used throughout the day and before bed to help get a better night's sleep
- Develop better sleep habits
- Establish sleep plans

Resources

- [CBT for Insomnia](#)
- [CBT Treatment Manual for Providers](#)
- [Cognitive Behavioral Treatments for Sleep Problems](#)
- [Insomnia treatment: Cognitive Behavioral Therapy Instead of Sleeping Pills](#)
- [National Sleep Foundation](#)

References

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