

Cognitive Behavioral Treatment for Chronic Insomnia

Education

- Nature of sleep
- Nature and cause of insomnia
- Treatment model
- Goal setting

Behavior Therapy

- Sleep diary monitoring
- Sleep restriction
- Reconditioning
- Paradoxical insomnia

Sleep Hygiene

- Sleep environment
- Relaxation Training
- Lifestyle changes
- Caffeine
- Alcohol

Cognitive Therapy

- Realistic expectations
- Manage worry
- Limit misattributions
- Establish sense of control
- Relapse management

1-2 Weeks

2-3 Weeks

1-2 Weeks

2-3 Weeks

Goals

- Increase motivation
- Commitment to treatment

Goals

- (Re)establish sleep pattern
- Decrease anxiety over sleep

Goals

- Improve coping skills
- Better health

Goals

- Sense of control
- Self-management

Note: The benefits of treatment usually begin to occur about 4weeks after beginning interventions.