Cognitive Behavioural Therapy for Insomnia
CBT-I

About CBT-I

- CBT-I is guideline-based first-line therapy for chronic insomnia
- Available in multiple formats: *self-help* (books, apps, online programs), *clinician-based* (e.g., therapists, SWs, RNs, etc. with CBT-I training) (1:1, group therapy), and *hybrid versions*
- A typical course of CBT-I takes 4-8 weeks to complete and includes the following components:
    - *stimulus control*: leave the bed if awake from more than about 15 minutes
    - *time-in-bed restriction*: limit time in bed to match time sleeping then gradually increase the "sleep window" based on weekly sleep efficiency calculations
    - *relaxation techniques*: a wide range of relaxation methods (e.g., mindfulness, progressive muscle relaxation, guided meditation, etc.) completed earlier in the evening (out of bed)
    - *cognitive strategies*: use cognitive restructuring (e.g., explore beliefs and "thinking traps" that perpetuate insomnia)
    - *sleep education/hygiene*: an important yet often over-valued component addressing common sleep disruptors
- Evidence-base is extensive with dozens of RCTs demonstrating effectiveness of different formats in patient populations with a wide range of health states and physical and mental health comorbidities. Can be added to gradual dose reductions to facilitate deprescribing of long-term sedative-hypnotic use. To see a selection of studies per patient population, visit https://mysleepwell.ca/cbti/cbti-research/.
- Many advantages compared to sedative-hypnotics. Two of the most notable are:
    - *Course duration*: short-term use (4-6 weeks) is associated with early and long-lasting benefits on sleep outcomes compared to sedative-hypnotics (which are often used chronically with limited effectiveness)
    - *Safety*: major difference in risks vs. sedative-hypnotics (memory, falls, accidents, dependence, drug interactions and overdose). CBT-I components can be tailored and adapted for people who don't need or are not suitable for all components.
- Main challenges with CBT-I: awareness, access, and support during self-care approaches

Recommended Resources for CBT-I

The following resources will help you learn about CBT-I as well as refer and support your patients.

Sleepwell **mysleepwell.ca**	Developed as a knowledge mobilization resource by researchers at Dalhousie University for patients and clinicians. Emphasis is on self-care resources for CBT-I and sedative-hypnotic deprescribing.
Sink Into Sleep **sinkintosleep.com**	Resources include the Sink Into Sleep (2nd edition) book for patients, workshop announcements for clinicians, and more.
Insomnia Interventions CPD **Queen's University** **shorturl.at/aoVW8**	An 8-module, on-demand, online CPD program for clinicians that focuses on learning and implementing CBT-I in routine clinical practice as well as best practices for the deprescribing of sedative-hypnotics.

Sleepwell
mysleepwell.ca

Sleep Diary

MY SLEEP PRESCRIPTION

Bed Time: _____

Rise Time: _____

DAY OF THE WEEK							
DATE							
Q1 What time did you go to bed?							
Q2 What time did you try to go to sleep?							
Q3 What time did you fall asleep?							
Q4 Home many times did you wake up during the night?							
Q5 In total, how long did these awakenings last (minutes)?							
Q6 What time was your final awakening?							
Q7 What time did you get out of bed to start your day?							
Q8 Note anything that interfered with your sleep							

End of week calculations

Easy calculations at **mysleepwell.ca/calculator**

My sleep duration (typical night): _____ **My sleep efficiency** (typical night): _____

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Sleep Diary for the week of: _____

DAY of the WEEK *Which night is being reported on?*							
Sleep timing							
1. I went to bed at *(clock time):*							
2. I turned out the lights after *(minutes):*							
3. I fell asleep in *(minutes):*							
4. I woke up ___ time(s) during the night. *(number of awakenings):*							
5. The total duration of these awakenings was *(minutes):*							
6. After awakening for the last time, I was in bed for *(minutes):*							
7. I got up at *(clock time):*							
Sleep quality							
The quality of my sleep was: *1=very poor; 10=excellent*							
Naps *Number, time and duration*							
Alcohol *TIme, amount, type*							
Sleep Medication *TIme, amount, type*							
Notes:							

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