

Brief Behavioral Treatment of Insomnia in Primary Care

Handouts



Brief Behavioral Treatment of Insomnia: Why do it?

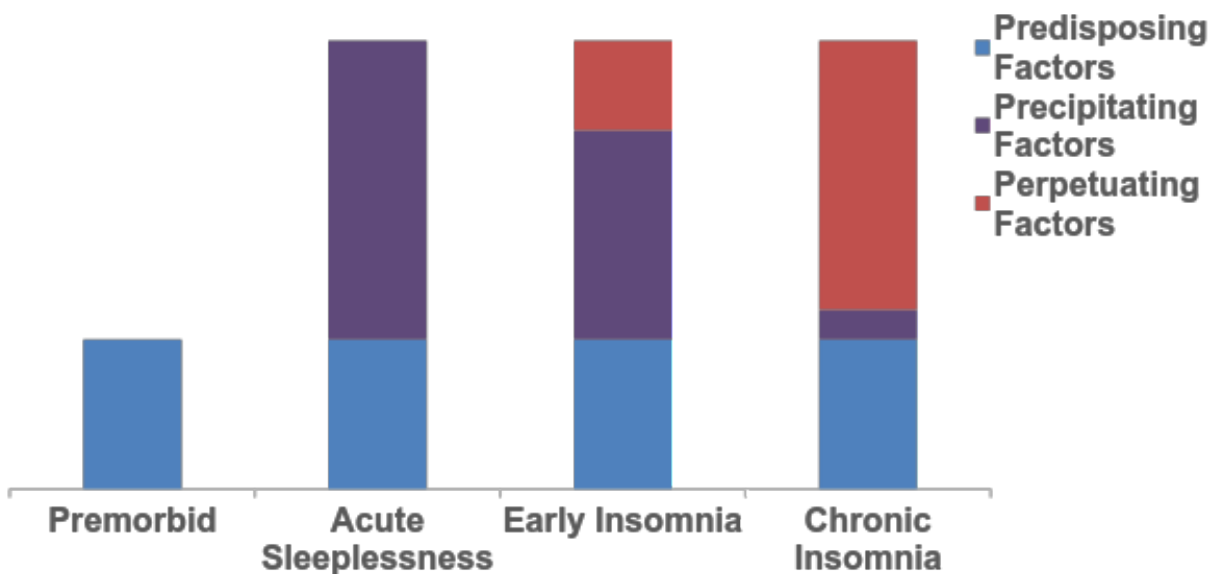
1. Changing sleep habits (behaviors) can change sleep
2. Studies show that it works and that improvements last
3. Fewer possible side effects than medications

Brief Behavioral Treatment of Insomnia: How to do it?

- Provide information about your sleep using:
 - Sleep questionnaires
 - Weekly Sleep Log
- Then, make specific changes to your sleep habits to improve the quality of your sleep.
- The treatment requires a dedicated effort to the new recommended schedule and behavioral changes.

What controls sleep?

- Sleep Drive -- how long you have been awake
- Biological Clock-- complex mechanism in the brain that works to keep us awake, then works to keep us asleep
- Mental activity and physical or medical issues-- thinking, worrying, bad dreams, injuries, medications, other sleep problems



Four Steps to Reduce Insomnia

1. Reduce your time in bed

Cutting down your time in bed = increasing how long you've been awake out of bed which leads to quicker, deeper, more solid sleep. Not decreasing the amount of SLEEP you get, just the amount of time AWAKE in bed.

2. Don't go to bed unless you are sleepy

Going to bed when you're not sleepy can lead to frustration and gives your brain the wrong message.

3. Don't stay in bed unless you are asleep

Helps to train your brain: Bed = Sleep

4. Get up at the same time every day of the week, no matter how much you slept the night before

Getting up at the same time helps to set the biological clock. If you've slept poorly, getting up at the same time helps you to sleep better the next night by building up more sleep drive during the day.

Activities That You Can Do When You Get Out of Bed

In the evening:

In the middle of the night:

In the morning:

Brief Behavioral Treatment of Insomnia: Your Sleep Goals

Current total sleep amount: _____

Current total time in bed: _____

Target total time in bed =

Current Sleep amount + 30 minutes = _____

Your New Sleep Schedule:

New Bed Time: _____

New Rise Time: _____

This Week's Action Plan

Rules for Better Sleep

Wake-up time every
day:

Bed time at night:
No earlier than

Total time in bed at
night:

Activities in the
evening:

Activities at night:

Activities in the
morning:

Review of Sleep and Problem Solving

What went well in the past two weeks? What kinds of changes have you noticed in your sleep? How about changes in your daytime?

Let's review the difficult parts and brainstorm.

Solutions? List them here:

Behaviors That Help Sleep:

Consistent wind-down routine

A comfortable sleep environment (quiet, dark, safe, cool temperature, without pets)

Exercising in the late afternoon or early evening

Hot bath in the late afternoon or early evening

Behaviors That Hurt Sleep:

Alcohol and caffeine

Tobacco

Other substances

A poor sleep environment

Watching the clock

Daytime napping

Excessive evening liquid intake

Exercising too close to bedtime

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Modifying Your Sleep Schedule – 30/30 Rule

- *When can I increase my sleep time?*

IF, during the previous week, you are...

Falling asleep in less than 30 minutes **AND**

Spending less than 30 minutes awake during the middle of the night...

THEN...

You can increase your time in bed by 15 MINUTES during the next week.

- *When do I know I have enough sleep?*

IF you notice more trouble with sleep (taking longer than 30 minutes to fall asleep **OR** spending more than 30 minutes awake during the middle of the night)...

THEN...

REDUCE your time in bed by 15 minutes during the next week

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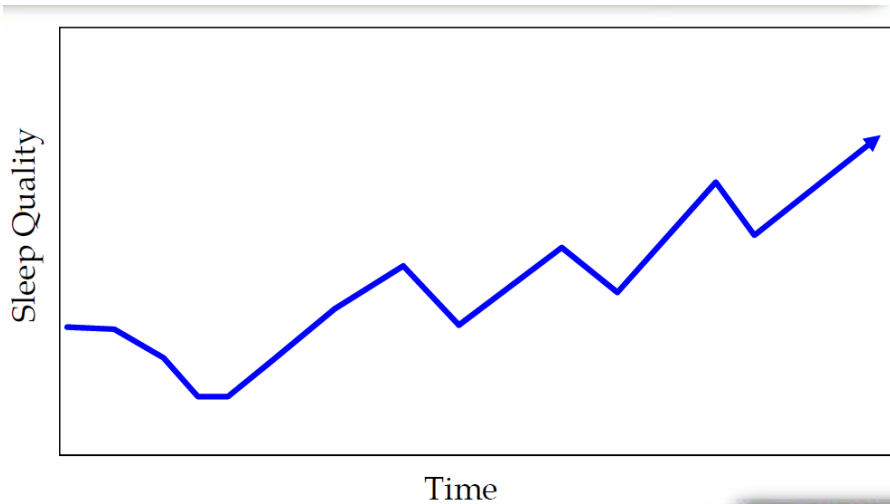
Activities in the
evening:

Activities at night:

Activities in the
morning:

Maintaining Your Progress

- Changes in sleep are gradual, and not necessarily steady



- Poor nights will occasionally happen in future
- A relapse occurs when you respond to poor nights with behaviors that may hurt sleep
- Possible times you are likely to have poor nights:

- Strategies to help sleep after poor nights:
