# Brief Behavioral Treatment of Insomnia in Primary Care 

Handouts


CDP

## 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:
o Sleep questionnaires
o 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.

1. Write the date, day of the week and type of day: (W)ork, (S)chool, (O)ff or (V)acation.
2. Put the letter " $C$ " in the box when you have any caffeinated beverage or supplement that includes caffeine. Put " $M$ " when you take ANY Medication. Put "A" when you drink alcohol. Put "E" when you exercise.
3. Put a line (I) to show when you get in bed. Shade in the box that shows when you think you fell asleep.

Uniformed Services University
4. Shade in all the boxes that show when you are asleep include all naps.
 Refreshed)
SAMPLE ENTRY: On Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep Watching TV from 7-8 PM, went to bed at 10:30 pm, fell asleep around midnight woke up and couldn't get back to sleep until about 5 am , slept from 5-7 am, got out of bed at 7:30 am and had coffee and medicine before going to work.


WEEK ONE



## 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: $\qquad$
Current total time in bed:

Target total time in bed =
Current Sleep amount +30 minutes $=$ $\qquad$

Your New Sleep Schedule:

New Bed Time: $\qquad$

New Rise Time:

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WEEK ONE

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# 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?
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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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WEEK ONE


WEEK TWO

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Activities in the evening:

Activities at night:
Activities in the morning:

## 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

INSTRUCTIONS:

## TWO WEEK SLEEP DIARY

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## Maintaining Your Progress

o Changes in sleep are gradual, and not necessarily steady


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

INSTRUCTIONS:
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