

# WHAT IS INSOMNIA?

Insomnia is a common sleep complaint that occurs when you have one or more of these symptoms

- Difficulty initiating or difficulty staying asleep, waking frequently during the night
- Waking too early and unable to get back to sleep
- Your sleep quality is poor
- Sleep difficulties cause significant challenges in social, occupational or other important areas of functioning

## What Are My Risks?

- Increased risk for medical conditions
  - stroke, weak immunity, inflammation, obesity, diabetes, high blood pressure and heart disease
- Increased risk for mental health disorders
  - depression, anxiety, confusion, mood changes
- Changes with work/school performance, sex drive, memory and judgement
- Shortened life expectancy

## Insomnia Effects

- Feeling tired
- Moodiness
- Irritability or anger
- Daytime sleepiness
- Lack of concentration
- Poor memory
- Headaches or tension
- Upset stomach



# How Can I Treat My Insomnia?

**Brief therapies for insomnia (BTIs)- Multicomponent \***

Specialized behaviorally-based treatments recommended for insomnia. BBT-I involves multiple sessions and components to treat insomnia by addressing sleep-specific behaviors. It focuses on sleep restriction, stimulus control and some sleep hygiene education. BBT-I is shorter in duration than CBT-I

**Cognitive Behavioral Therapy for Insomnia (CBT-I)- Multicomponent\*\***

Is a multi-session treatment plan that focuses on improving sleep-specific thoughts and behaviors. It's behavioral components include include sleep restriction, stimulus control, relaxation therapy/counter-arousal strategies and sleep hygiene. CBT-I also includes cognitive restructuring targeting unhelpful thoughts and beliefs about sleep.

**Stimulus Control- Single-component**

Are routines you can do to help you start thinking about your bed as a cue to sleep. This therapy utilizes routines to strengthen the connection between your sleep environment and sleep, and includes establishing consistent sleep patterns

**Sleep Restriction Therapy- Single component**

Will help you figure out how much time you should spend in bed in order to sleep well. This therapy will limit time in bed to sleep time only, gradually increasing time in bed as sleep efficiency improves.

**Relaxation Therapy- Single component**

Also known as counter-arousal strategies. Helps patients relax and achieve a sleep-ready state

**Pharmacological Treatment**

Use of short term medication to improve insomnia. Short-term solution.

\*Moderate quality evidence showing clinically meaningful improvements

\*\*Strong quality evidence showing clinically meaningful improvements. Considered treatment of choice

## Treatment

Pros: Improved insomnia symptoms  
Better quality of life  
Decreased risks

Cons: Potential side effects of both behavioral therapies (temporary) and pharmacological therapies



## No Treatment

Pros: None

Cons: Increased risks  
Continued insomnia  
Worsening symptoms

# Insomnia Decision Making Tool Scoring

Brief Therapy	3 points
CBT-I	4 points
Stimulus Control - Single	1 point
Sleep Restriction- Single	1 point
Relaxation Therapy- Single	1 point
Medication- Combined or Single	1 point

For Office Use:  
Total points = \_\_ Patient Engagement Score (Max point possible = 5)  
0-1 = Minimal Engagement; 2-3 = Moderate Engagement; 4-5 = Maximal Engagement