

## Is CBT-I sleep training right for me?

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Here are some common experiences of insomnia that can be addressed with CBT-I. If you check 2 or more, CBT-I may help you sleep better.

- Do you have trouble sleeping because your mind is too active?
- Do you feel sleepy at bedtime but then become more awake when you lie down and try to sleep?
- Does frustration about not sleeping just make it harder to sleep?
- Do you worry about your sleep or how you'll feel or perform the next day?
- Does worry about sleep make it even harder to sleep?
- Do you sleep better when away from your own bed or away from home?
- Do you avoid going to bed because you know you'll have difficulty sleeping?
- Do you have trouble sleeping because of stress?
- Do you have to take a pill to sleep?

## Call for a free phone consultation.

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Wondering if CBT-I can help you? Contact us and talk with an insomnia specialist who can help you decide if CBT-I is right for you.

## CBT-I Sleep Training Workshops

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Learn CBT-I from an insomnia specialist in a single 4-hour training.



## Insomnia "takes on a life of its own."

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If insomnia continues for more than a few months, your brain and body may learn to sleep poorly or become "programmed" for poor sleep. Once insomnia takes on a life of its own in this way, it's called psychophysiological insomnia.

## The Insomnia Clinic

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## What is Insomnia?

and what to do about it.

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Cognitive-Behavioral  
Therapy for Insomnia (CBT-I)

## What is insomnia?

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Insomnia is trouble sleeping that negatively affects your memory, mood, energy, health, or quality of life. It can take the form of trouble falling asleep, waking up too often, difficulty returning to sleep, waking up too early, or waking up feeling unrested.



## Cognitive-Behavioral Therapy for Insomnia (CBT-I)

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Much more than “sleep hygiene” or “healthy sleep habits,” Cognitive Behavioral Therapy for Insomnia (CBT-I) is a brief, well-researched, non-medication treatment. The American College of Physicians recommends CBT-I as the initial treatment for chronic insomnia.<sup>1</sup> CBT-I is based on 30 years of sleep science and focuses on:

- Adjusting sleep schedules to boost natural sleep chemicals and take advantage of your natural internal clock (circadian rhythm)
- Building strong connections between sleep, the bed and bedroom
- Identifying and challenging unhelpful thinking patterns about sleep
- Relaxation and meditation training

## How does CBT-I work?

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When you participate in CBT-I you will be systematically changing sleep activity and thinking patterns to enhance sleep-related brain chemicals and sleep stages in a way that helps you:

- Strengthen your natural sleep system
- Fall asleep faster
- Wake up less often
- Return to sleep more easily
- Sleep more deeply
- Wake up feeling more rested
- Reduce or eliminate sleep medication



## What causes insomnia?

Insomnia often starts because of stress or illness. “Good stress” like having a baby or getting a new job, or “bad stress” such as illness or loss of a loved one, can cause insomnia. Menopause and health problems such as pain, Parkinson’s disease, cancer, depression, and anxiety are also common causes.

## CBT-I works despite other health problems.

CBT-I works even when stress or health problems cause poor sleep. This is because, over time, insomnia “takes on a life of its own.” Once this happens, CBT-I can help you restore healthy sleep patterns.<sup>1</sup>

### Reference:

1. Qaseem et al. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline from the American College of Physicians. *Annals of Internal Medicine* 2016; 165:125-133.