

INSOMNIA

SESSION 2 – TREATMENT



SESSION – 2 TREATMENT INITIATION

Session Two (Treatment Initiation; 60-120 min.)

| Tasks |
|---|
| Summarize & Graph Sleep Diary |
| Determine Treatment Plan |
| Review Sleep Diary Data – "mismatch" |
| Introduce Behavioral Model of Insomnia |
| Setting up Sleep Restriction and Stimulus Control |
| Set Prescription (TIB & TOB) |
| Set Strategy |
| How to stay awake to the prescribed hour |
| What to do with WASO time |



**“WHAT ARE WE GOING TO DO TODAY?”
THE SAME THING AS EVERY DAY ... !**

**WHAT IS IT THEY DO EVERY DAY ?
WHO ARE THEY ?**

SESSION – 2 TREATMENT INITIATION

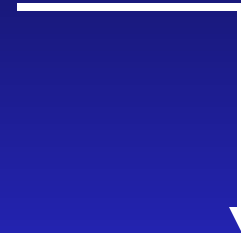
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SESSION – 2 TREATMENT INITIATION

CALCULATE MEAN SLEEP CONTINUITY

COMPLETE IMMEDIATELY ON AWAKENING (PLEASE CALCULATE TOTAL TIME IN BED AND TOTAL SLEEP TIME)

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------------------------------|-------|-------|-------|-------|-------|-------|-------|
| TIME TO BED (CLOCK TIME) | 10:00 | 11:00 | 12:00 | 11:00 | 10:00 | 12:00 | 11:00 |
| TIME OUT OF BED (CLOCK TIME) | 6:00 | 6:00 | 6:00 | 6:00 | 6:00 | 8:00 | 8:00 |
| (TIB) TOTAL TIME IN BED | 480 | 420 | 360 | 420 | 480 | 480 | 420 |
| TIME TO BED (DEV FRM 11) | -60 | 0 | 60 | 0 | -60 | 60 | 0 |
| TIME OUT OF BED (DEV FRM 7) | -60 | -60 | -60 | -60 | -60 | 60 | 60 |
| (SL) TIME TO FALL ASLEEP | 35 | 55 | 45 | 35 | 60 | 65 | 20 |
| (NUMA) NUMBER TIMES AWAKENED | 2 | 1 | 3 | 3 | 4 | 2 | 1 |
| (WASO) WAKE AFTER SLEEP ONSET | 20 | 65 | 60 | 35 | 45 | 55 | 35 |
| (TTOB) TOTAL AMOUNT TIME OUT OF BED | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| (TST) TOTAL SLEEP TIME (MIN.) | 425 | 300 | 255 | 350 | 375 | 360 | 365 |
| (SE) SLEEP EFFICIENCY | 88.5 | 71.4 | 70.8 | 83.3 | 78.1 | 75.0 | 86.9 |
| SLEEP QUALITY (POOR 0—1—2—3—4—5 GOOD) | 0 | 1 | 2 | 3 | 0 | 1 | 1 |
| FATIGUE (NONE 0—1—2—3—4—5 A LOT) | 5 | 4 | 3 | 5 | 5 | 4 | 5 |



PAPER DIARIES & EXCEL vs. PDAs,
I-PHONE APPS, AND INTERNET
DIARIES.

THE UTILITY OF THE DIARY
RITUAL.

THE VALUE OF ANCHORED TIME.

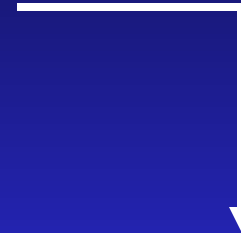
| | MEAN |
|---------------------------------------|-----------|
| TIME TO BED (CLOCK TIME) | ~ 11 PM |
| TIME OUT OF BED (CLOCK TIME) | ~ 6:30 AM |
| (TIB) TOTAL TIME IN BED | 437.1 |
| TIME TO BED (DEV FRM 11) | 0.0 |
| TIME OUT OF BED (DEV FRM 7) | -25.7 |
| (SL) TIME TO FALL ASLEEP | 45.0 |
| (NUMA) NUMBER TIMES AWAKENED | 2.3 |
| (WASO) WAKE AFTER SLEEP ONSET | 45.0 |
| (TTOB) TOTAL AMOUNT TIME OUT OF BED | 0.0 |
| (TST) TOTAL SLEEP TIME (MIN.) | 347.1 |
| (SE) SLEEP EFFICIENCY | 79.2 |
| SLEEP QUALITY (POOR 0—1—2—3—4—5 GOOD) | 1.1 |
| FATIGUE (NONE 0—1—2—3—4—5 A LOT) | 4.4 |

SESSION – 2 TREATMENT INITIATION

ASSESS COMPLIANCE

COMPLETE IMMEDIATELY ON AWAKENING (PLEASE CALCULATE TOTAL TIME IN BED AND TOTAL SLEEP TIME)

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| (NUMA) NUMBER TIMES AWAKENED | 2 | 1 | 3 | 3 | 4 | 2 | 1 |
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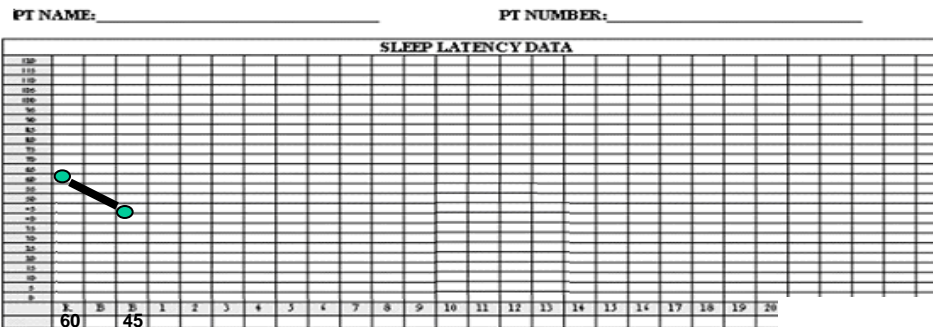
SRT - TTB AND TOB COMPLIANCE
STC - WASO IN/OUT COMPLIANCE

KNOW WHEN TO
“HOLD THEM”
“FOLD”

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SESSION – 2 TREATMENT INITIATION

GRAPH MEAN SLEEP CONTINUITY



| | RETO | PRO |
|------|------|-----|
| SL | 60 | 45 |
| NOA | 3 | 2 |
| WASO | 25 | 45 |
| TST | 300 | 347 |
| TIB | 385 | 476 |
| SE | 77 | 77 |

SESSION – 2 TREATMENT INITIATION

| Tasks | |
|-------|---|
| | Summarize & Graph Sleep Diary |
| | Determine Treatment Plan |
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SESSION – 2 TREATMENT INITIATION

CBT-I IS INDICATED – NOW WHAT ?

62 year old Male – Married w/ children
 Difficulty initiating and maintaining sleep
 Since college - worse in last 2 years
 Significant weight gain – last 2 years
 Severe life events 2 years ago (partial)
 Dx with OSA (RDI = 10)
 Non-Compliant with CPAP – Compliance
 Follow-up PSG RDI = 4

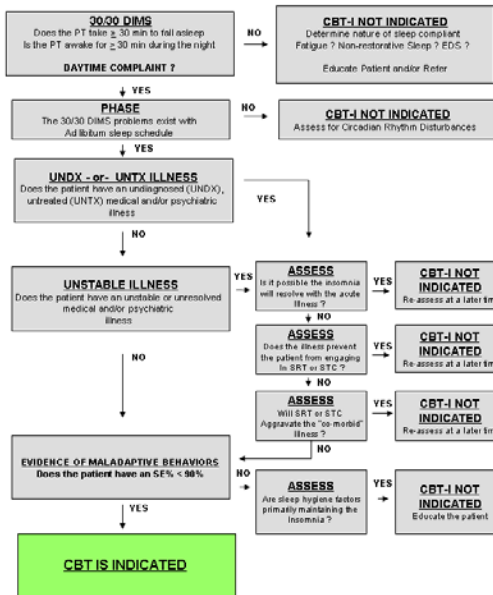
MED1: GERD, IBS, Back Pain
 MED2: cholecystectomy
 PSYCH: Hx of Adjustment Dx w/ Depre

MEDS: ranitidine 75mg (daily)
 ibuprofen 600 mg, prn (2 days)

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Exhibits 1-2 hour phase delay on week
 Reports: Worry in bed and “nesting”.

ASSESSMENT ALGORITHM : IS CBT-I INDICATED ?





**A COLD CALL APPROACH TO SETTING TIB
MAY RESULT IN RESISTANCE AND NON-
COMPLIANCE**

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LET THE DATA SPEAK FOR ITSELF



REVEALING THE MISMATCH

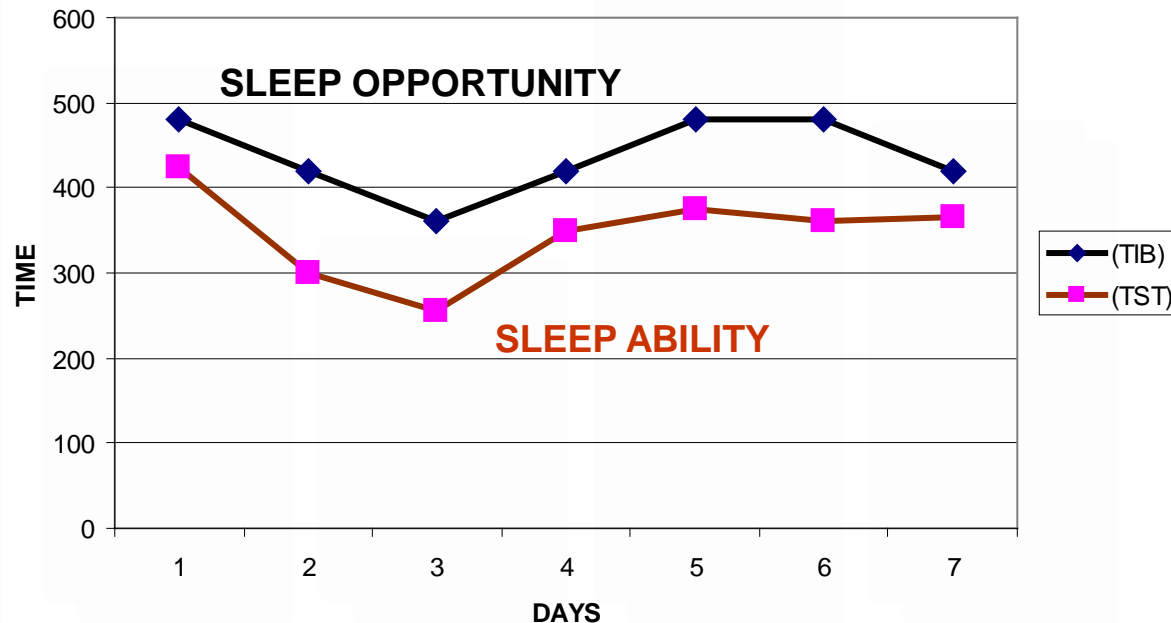


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| FATIGUE | | | | | | | | 4.4 |

RELATIONSHIP BETWEEN TIB AND TST

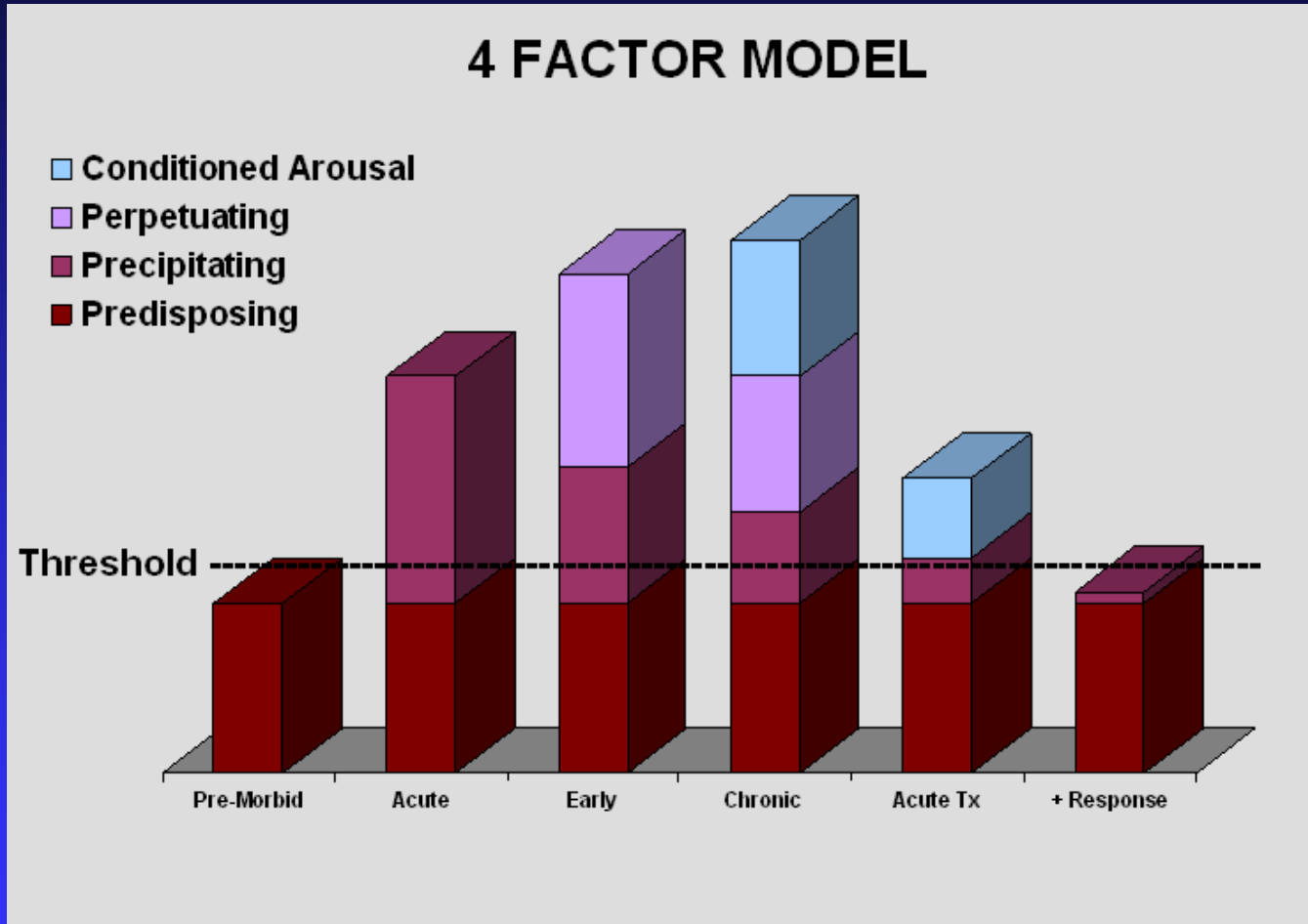


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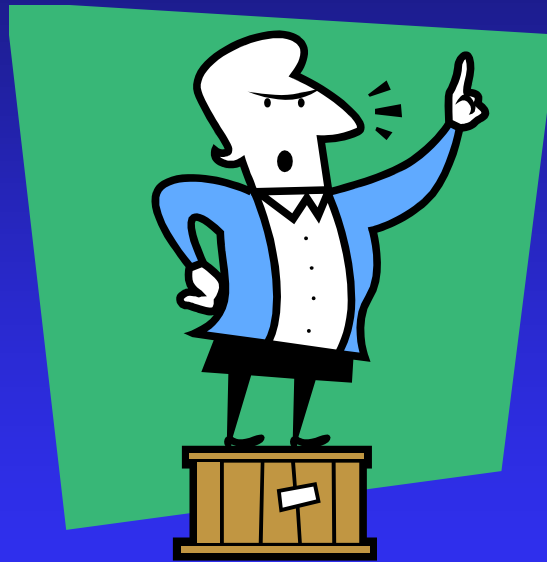
SESSION – 2 TREATMENT INITIATION

DRAW THIS ON THE WHITE BOARD



EXAMPLE

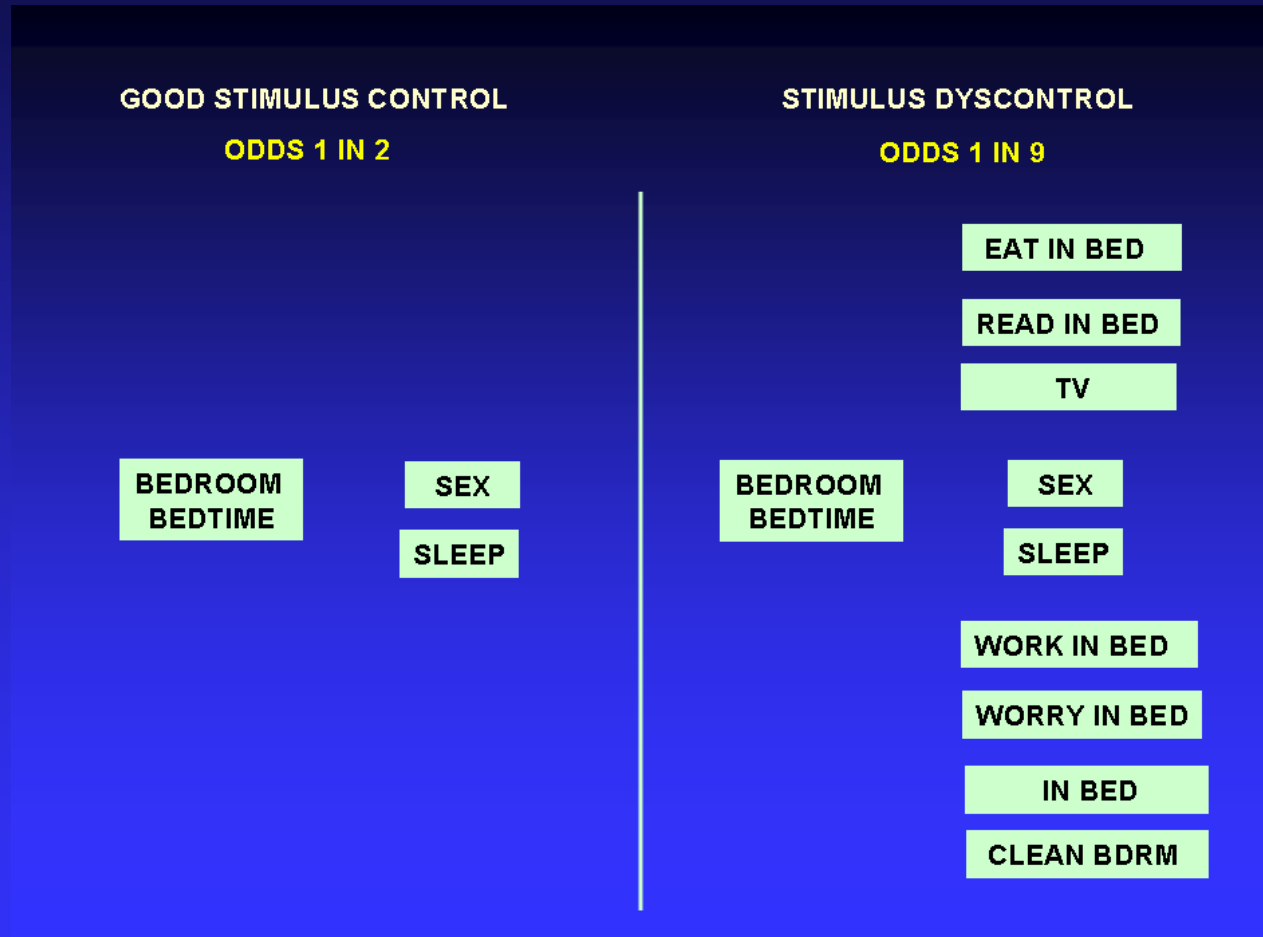
SESSION – 2 TREATMENT INITIATION
EXPLAIN THE MODEL – USE EXAMPLES FROM
PATIENT'S HX



NOTE: SOAP BOX

SESSION – 2 TREATMENT INITIATION

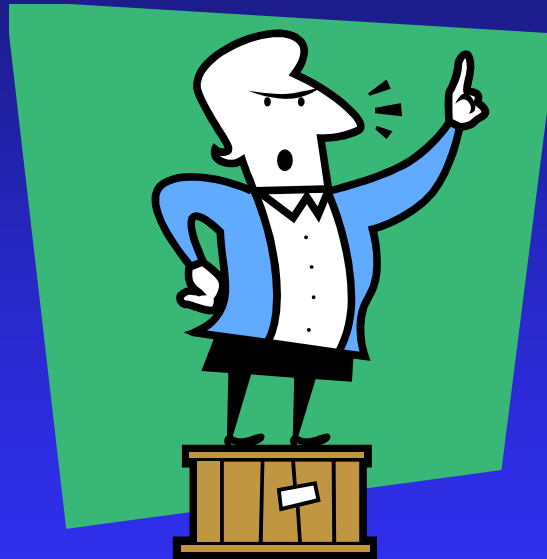
DRAW THIS ON THE WHITE BOARD



NOTE: THIS DIFFERS FROM THE MANUAL !

SESSION – 2 TREATMENT INITIATION

EXPLAIN THE MODEL – CHANGING THE ODDS



NOTE: SOAP BOX

SESSION – 2 TREATMENT INITIATION


A 2ND WAY OF THINKING ABOUT STIMULUS CONTROL

THE SINGLE GUY EXAMPLE



SESSION – 2 TREATMENT INITIATION


A 3RD WAY OF THINKING ABOUT STIMULUS CONTROL

 [Home](#) [Tools ▾](#) [Currency Data ▾](#) [Use our Content ▾](#) [Apps ▾](#)

[Home](#) > XE Currency Converter - Live Rates

Sleep Wake Converter

TIME AWAKE




TIME OF DAY

▾







→

TIME ASLEEP

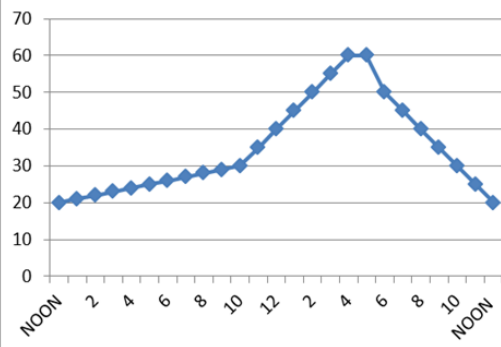


▾


Need to Exchange




WAKE:SLEEP CONVERTER



| Time | Ratio |
|------|-------|
| NOON | 20 |
| 2 | 22 |
| 4 | 24 |
| 6 | 26 |
| 8 | 28 |
| 10 | 30 |
| 12 | 35 |
| 2 | 45 |
| 4 | 60 |
| 6 | 50 |
| 8 | 40 |
| 10 | 30 |
| NOON | 20 |



Invest wisely. Take advantage of late night exchange rates. Why waste time on sleep during the day when it's a 50% return. Be awake at night and get a 2:1 return on most nights, and on some occasions (depending on season, weather trends, and the mix of your personal portfolio) may have a 4:1 return. So be sure to invest your time, when it's worth your time.



[Transfer with XE ▶](#)

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SESSION – 2 TREATMENT INITIATION



THE GOALS OF TREATMENT ARE TO

1. **ALIGN SLEEP ABILITY WITH SLEEP OPPORTUNITY**
2. **MAKE A PLAN FOR HOW TO STAY AWAKE TO THE PTIB**
3. **MAKE A PLAN RE: WHAT TO DO DURING STC**

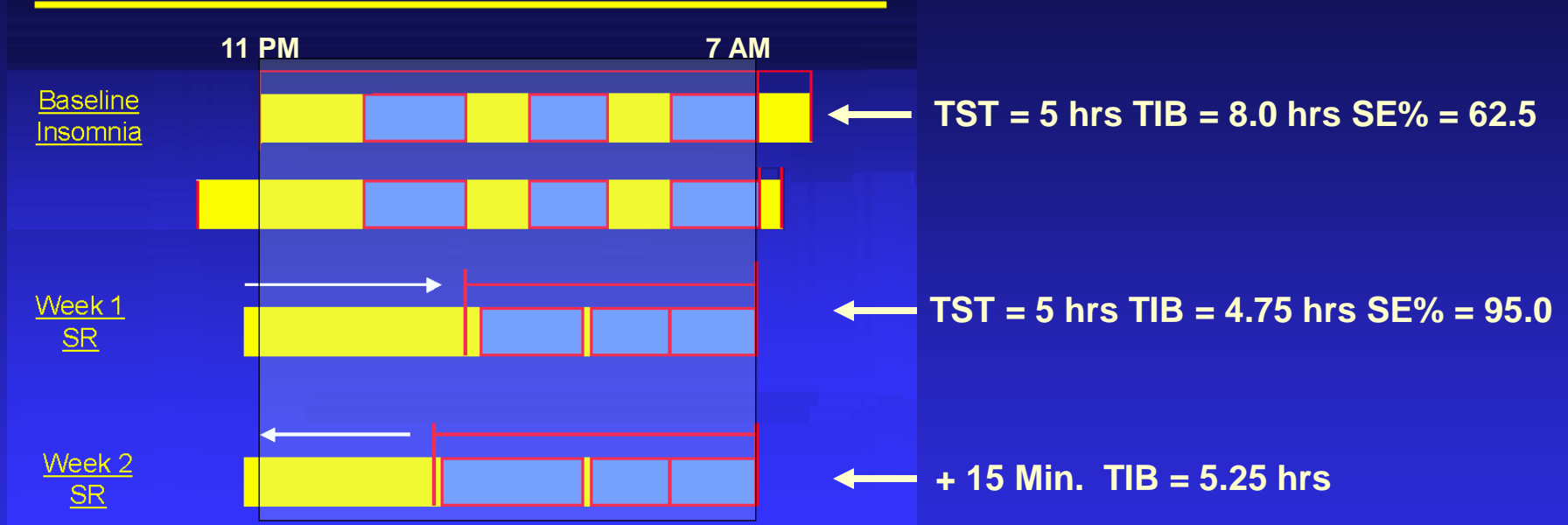
A REVIEW OF SRT



SLEEP RESTRICTION

Sleep Restriction

Spielman et al, 1987



- Restrict to the number of hours of sleep (≥ 4.0)**

- Keep rigid times
- Review ways to stay awake
- No clocks
- Keep diary
- Review expectations

** PCNA 1987:10(4),547.

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SESSION – 2 TREATMENT INITIATION

WHAT'S THE SRT PRESCRIPTION IN THIS CASE ?

REMEMBER THE FIRST QUESTION IS
“WHAT TIME DO YOU NEED TO START YOUR DAY ?”
(ASSUME 6:30AM AND ROUND TST LOW).

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| (TOB) TOTAL AMOUNT TIME OUT OF BED | 0.0 |
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SESSION – 2 TREATMENT INITIATION



ANYONE KNOW WHAT THIS IS CALLED

MAKE A “TO DO LIST”

PLAN HOW TO STAY UP

PLAN HOW TO GET UP

EXPECT

THINGS TO GET WORSE BEFORE THEY GET BETTER

SAY WHY !!



THINGS TO DO WHEN YOU ARE AWAKE

In the evening:

- ❖ Choose clothes that you can wear for work or school the next day
- ❖ Make your lunch
- ❖ Marinate or start to prepare food for dinner the following day and store it in the refrigerator
- ❖ Take a bath or long shower
- ❖ Write thank you notes or short emails to friends
- ❖ Surf the internet (non-stressful topics only), do research for major purchases (cars, appliances, vacations)
- ❖ Watch movies or episodes of television shows that you haven't seen in a long time (no action films)
- ❖ Take the dog for a long walk
- ❖ Groom your pets
- ❖ Listen to slow, relaxing or instrumental music
- ❖ Gather old bills and statements and shred them
- ❖ Organize collections- photos, old letters, wine, books, or other items
- ❖ Catch up on laundry or folding clothes
- ❖ Polish your shoes
- ❖ Iron or mend clothing
- ❖ Write in your journal
- ❖ Do some stretches to relax your muscles
- ❖ Give yourself a pedicure, manicure or facial
- ❖ Sweep or mop the kitchen floor while no one else is there to walk on it
- ❖ Floss!
- ❖ Knit
- ❖ Quilt



THINGS TO DO WHEN YOU ARE AWAKE

- ❖ **During the night:**
- ❖ Look through catalogs
- ❖ Update your address books or start one online or on paper
- ❖ Sort out junk mail and bills (but don't pay bills)
- ❖ Play solitaire online or with cards at home
- ❖ Catch up on your reading
- ❖ Call friends who live in other time zones
- ❖ Clean out the refrigerator
- ❖ Make a grocery shopping list for the week
- ❖ Create a detailed menu for dinners
- ❖ De-clutter your coffee table, dining room table, kitchen countertops or desk
- ❖ Create a list of activities that you'd enjoy doing on weekends and vacations
- ❖ Work on photo albums or scrapbooks
- ❖ Fold clothes, put away clothes
- ❖ Shop for holiday, wedding or birthday gifts online
- ❖ Read magazines or other light material
- ❖ Make a materials list for a project around the house
- ❖ Choose one or two drawers to clean out (in your desk, kitchen, bathroom)
- ❖ Watch infomercials, C-SPAN, The Weather Channel, or other repetitive television shows
- ❖ Organize collections of CDs or DVDs and choose some to donate or sell if you no longer enjoy them
- ❖ Jot down thoughts on a notepad for an assigned period of time, if you are using this exercise to help decrease nighttime and bedtime thinking and worrying
- ❖ Knit or do other crafts that you can stop working on when you feel sleepy
- ❖ Read your kids' books- these are often very comforting and positive in their messages



THINGS TO DO WHEN YOU ARE AWAKE

Early in the morning:

- ❖ Meditate or pray
- ❖ Watch the sunrise
- ❖ Take the dog for a walk
- ❖ Read the newspaper or read the news online
- ❖ Go to your gym or workout at home
- ❖ Go to the grocery store or other stores that open early
- ❖ Make lunch for yourself and for everyone else in the house
- ❖ Enjoy being able to get ready for work and kids ready for school without having to rush
- ❖ Sort out some kids' toys and choose things for Goodwill or a yard sale
- ❖ Sort and start your laundry, iron shirts or other clothes for work
- ❖ Start a budget for your family on a spreadsheet or in a notebook
- ❖ Send emails to friends or check your work email
- ❖ Shred or erase old computer disks, DVDs, etc., and dump old data from folders on your computer
- ❖ Organize all of your bills, receipts, coupons and warranty information in a filing cabinet or folders
- ❖ Get some of the preparation started for dinner dishes (marinating, chopping vegetables, and so on)
- ❖ Make the bed and tidy up your bedroom. Open the curtains and blinds in the house
- ❖ Sweep your sidewalk or steps, or shovel snow
- ❖ Do some light gardening or water houseplants or those around your porch
- ❖ Review your to-do list for the day or the week

WHY 3 SEPARATE LISTS ?



THINGS TO DO WHEN YOU ARE AWAKE

In the evening:

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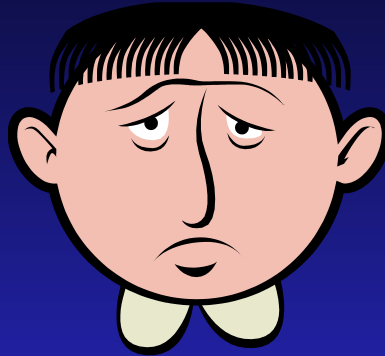


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- ✦ Go to the grocery store or other stores that open early
- ✦ Make lunch for yourself and for everyone else in the house
- ✦ Enjoy being able to get ready for work and kids ready for school without having to rush
- ✦ Sort out some kids' toys and choose things for Goodwill or a yard sale
- ✦ Sort and start your laundry, iron shirts or other clothes for work
- ✦ Start a budget for your family on a spreadsheet or in a notebook
- ✦ Send emails to friends or check your work email
- ✦ Shred or erase old computer disks, DVDs, etc., and dump old data from folders on your computer
- ✦ Organize all of your bills, receipts, coupons and warranty information in a filing cabinet or folders
- ✦ Get some of the preparation started for dinner dishes (marinating, chopping vegetables, and so on)
- ✦ Make the bed and tidy up your bedroom. Open the curtains and blinds in the house
- ✦ Sweep your sidewalk or steps, or shovel snow
- ✦ Do some light gardening or water houseplants or those around your porch
- ✦ Review your to-do list for the day or the week

QUESTIONS & RESISTANCES



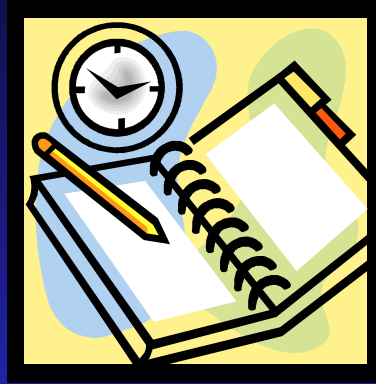
I HAVE DONE STC & SRT BEFORE AND IT DIDN'T WORK

WAS IT SRT & STC ? (DELPINO)
WAS IT SYSTEMATIC ? (LADDER)

WHAT IF I GET TO INTO WHAT I'M DOING TO STAY AWAKE ?!

IF NOT TONIGHT THEN TOMORROW

SESSION – 2 TREATMENT INITIATION



NEXT WEEK

REVIEW YOUR SLEEP DIARY DATA

TITRATION, TROUBLE SHOOTING STC & SLEEP HYGIENE

BREAK





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