CBT-I 2014

Cognitive Behavioral Therapy for Insomnia

THURSDAY OCTOBER 30TH – SATURDAY NOVEMBER 1ST
LOEWS HOTEL – PHILADELPHIA

Welcome to Philadelphia

Stuff to Consider Doing

Reading Terminal Market
China Town
South Philly Market
The Theater District
The Art Museum
Old City

http://www.discoverphl.com
http://phillyfunguide.com

CBT-I 2014 Cognitive Behavioral Therapy for Insomnia

Thursday-Saturday, October 30th - November 1st 2014, Loews Hotel, Philadelphia PA

Day One Thursday, October 30, 2014

The first day is dedicated to an orientation to Sleep Medicine, the definition of insomnia and a review of basic etiology and pathophysiology, and a review of treatment approaches.

7:00 AM - 8:00 AM
Registration and Continental Breakfast / Exhibits

8:00 AM - 12:30 PM
Welcome Announcements / Orientation
Sleep 101: Overarching Framework
Signs and Symptoms of Sleep Disorders
Coffee Break / Exhibits
Definition of Insomnia
Basic Etiology & Pathophysiology of Insomnia

12:30 PM - 1:30 PM
Lunch (on your own)

1:30 PM - 5:00 PM
Treating Insomnia Part I
(Review of Pharmacologic & CBT Options)
Coffee Break / Exhibits
Treating Insomnia Part II
(Overview of CBT-I)
Determination of Whether CBT-I is Indicated
(vs. Diagnosis-Based Assessment)

5:00 PM – 6:00 PM
Additional time for above components
Dedicated time for Questions and Answers

Day Two Friday, October 31, 2014

The primary focus of the second day will be the implementation of the core elements of eight-session CBT-I (Sleep Restriction, Stimulus Control, and Sleep Hygiene).

7:00 AM - 8:00 AM
Continental Breakfast / Exhibits

8:00 AM - 12:30 PM
CBT-I Session-by-Session Review Orientation
Session I – Intake Evaluation
Coffee Break / Exhibits
Session II – Treatment Initiation
a) Sleep Restriction Procedures and Rationale
b) Stimulus Control Procedures and Rationale

12:30 PM - 1:30 PM
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Sleep Hygiene Procedures and Rationale
Coffee Break and Exhibits
Session IV, VI & VII – Titration and Compliance
Coffee Break and Exhibits

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Day Three Saturday, November 1, 2014

The primary focus of the third day will be Cognitive Therapy, Relapse prevention, Practice Management, and case examples.

7:00 AM - 8:00 AM
Continental Breakfast / Exhibits

8:00 AM - 12:30 PM
Session V – Cognitive Therapy for Insomnia
Catastrophic Thinking
(Discussion on Alternative Cognitive Treatments)

Session VIII – Relapse Prevention

Practice Management & Billing
(Marnie Shanbhag, PhD)

12:30 PM - 1:30 PM
Lunch (on your own)

1:30 PM - 5:00 PM
Case Examples
General Discussion

5:00 PM – 6:00 PM
Additional time for above components
Dedicated time for Questions and Answers

Faculty

COURSE DIRECTOR AND SPEAKER

Michael L. Perlis, Ph.D.

Associate Professor of Psychology in Psychiatry, University of Pennsylvania

Director, Penn Behavioral Sleep Medicine Program, University of Pennsylvania

Adjunct Faculty, School of Nursing, University of Pennsylvania

Dr. Perlis is the primary lecturer for the seminar. He developed the course six years ago to provide clinicians from all walks of professional life the education and tools they need to conduct CBT-I. Dr. Perlis has been continually updating the course material and course offerings since 2005. Over this course of this time the seminar has been given in venues around the world and has attracted increasingly multidisciplinary audiences. The seminar, according to Dr. Perlis, represents his best effort towards a singular goal: "Make CBT-I widely available".

Dr. Perlis is internationally known for his work in the area of Behavioral Sleep Medicine (BSM). He is a coauthor of the first text book in this field and he is the senior author of a published CBT-I treatment manual and a larger text summarizing all BSM treatments. His research includes neurocognitive phenomena in insomnia, the cognitive and/or behavior effects of sedative hypnotics and placebos, the development of alternative treatment approaches for insomnia, and sleep in depression. His work has been, and continues to be, funded by the National Institutes of Health and he has published over 100 articles and chapters on topics related to sleep research.

In addition to his academic endeavors, he has served on the editorial boards of Sleep, the Journal of Sleep Research, and the journal of Behavioral Sleep Medicine. Dr. Perlis has also served as a member, or chair, of several committees and task forces of the Sleep Research Society and the American Academy of Sleep Medicine. Currently, he is a founding member and was the first President of the Society of Behavioral Sleep Medicine.

DISCUSSANT

Donn Posner, PhD

Associate Professor of Psychiatry and Human Behavior, Brown University

Director, Behavioral Sleep Medicine, The Sleep Disorders Center of Lifespan Hospitals

Dr. Posner is nationally renowned as a master CBT-I therapist and clinical educator. His role in the seminar, this year and over the course of the last four years, is to 1) provide the "in clinic point of view" on the didactic material being presented during the seminar, and 2) highlight and flesh out issues that arise during lectures or during the Question and Answer components of the course. Dr. Posner is also available throughout the seminar to provide one on one responses to questions and concerns.

Dr. Posner has been actively engaged in the treatment of sleep- disordered patients for the past twenty-one years. He sees a wide variety of patients, including those with Primary and Co-morbid Insomnia, Circadian Rhythm Disorders, Sleep Apnea, and Narcolepsy. In addition, half of his practice is involved with anxiety disorders and the behavioral treatment of such problems as Panic Disorder, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, and Social Phobia. For the last sixteen years he has served as the lead supervisor and mentor for a sleep medicine and anxiety disorders rotation in the Behavioral Medicine track of the Brown Clinical Psychology internship. He is a member of the American Academy of Sleep Medicine and became one of the first certified Behavioral Sleep Medicine specialists recognized by that group.

CONSULTANT AND LECTURER

Marnie G. Shanbhag, PhD, PA

Dr. Shanbhag joined the course last year to provide information on practice management, marketing, and billing.

Marnie Shanbhag is a licensed psychologist in private practice in Winter Park, Florida. Dr. Shanbhag specializes in health issues and corporate psychology and divides her time between counseling individuals, couples, and employees and providing consultation services to local companies. Prior to private practice, Dr. Shanbhag served as the Executive Director of a nonprofit agency coordinating maternal and child health systems and taught at the University of Florida.

Dr. Shanbhag graduated from the University of Pennsylvania and earned her doctorate from the University of Florida after completing her psychology residency at the South Texas Veteran's Health Care System in San Antonio, Texas. She is a member of the American Psychological Association, the Florida Psychological Association, and serves on the Board of the Central Chapter of area psychologists. She can be reached at 407-644-5598 or MShanbhag@earthlink.net.

GUEST DISCUSSANT

Jason Ellis, PhD
Professor, Department of Psychiatry,
Northumbria University
Director, Northumbria Centre for Sleep Research

Course Role(s): Dr. Ellis is an internationally prominent sleep researcher and an experienced CBT-I therapist. His role in the Basic Seminar, like Dr. Posner's, is to: 1) Provide the "in-clinic point of view" on the didactic material presented during the seminar, 2) Highlight and flesh out issues that arise during lectures or during the QnA components of the course, and 3) Provide "color commentary." Dr. Ellis, along with Drs. Perlis and Posner, is available throughout the Basic Seminar to provide one-on-one responses to questions and concerns. His role in the Advanced Seminar is as both a lecturer and a discussion leader.

Background: Dr. Ellis is a Professor of Sleep Science and Director of the Northumbria Centre for Sleep Research in the United Kingdom. He splits his time between his basic research interests: the pathophysiology of sleep disorders (Insomnia, Restless Legs Syndrome, and Circadian Rhythm Disorders), the natural history of Insomnia, and his applied work on Cognitive Behavioral Therapy for Insomnia (CBT-I). Within the latter framework he examines the impact of novel adjunct therapies, the influence of social factors on adherence, and the effective delivery of CBT-I in complex cases. He has worked within the National Health Service in the United Kingdom, delivering CBT-I to individuals with a range of physical and psychological conditions and serves on the editorial board of *Behavioral Sleep Medicine*. He is a serious advocate of public engagement and professional education with regard to behavioral sleep medicine and regularly trains CBT-I to clinicians and primary care physicians in the United Kingdom.

Program Content provided by Michael Perlis et al
Continuing Education credits provided by PESI, Inc.

Program Title: Principles and Practice of CBT-I (Basic Course)

Date: October 30-November 1, 2014

Location: Philadelphia, PA

PESI Program Code: 29301PHI *(Please reference this code when contacting PESI regarding this program)*

Duration of Instructional Content: 1350 minutes (total for 3 days)

COUNSELORS: PESI, Inc. is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. ACEP#: 5637. This course qualifies for **15.0** contact hours for attending Day 1 **&** 2 only OR **22.5** contact hours for entire conference.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive **15.0** (Clinical) per day for attending Day 1 **&** 2 only OR **22.5** (Clinical) continuing education clock hours for entire conference education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for **15.0** hours of continuing education credit for attending Day 1 **&** 2 only OR **22.5** hours of continuing education credit for entire conference. Full attendance is required; no partial credits will be offered for partial attendance.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of **900** minutes of continuing education instruction for attending Day 1 **&** 2 only OR **1,350** minutes of continuing education instruction for entire conference. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

ADDICTION COUNSELORS: PESI, Inc. is an approved provider of continuing education by the National Association of Alcoholism & Drug Abuse Counselors (NAADAC), provider #: 00131. Full attendance is required; no partial credit will be awarded for partial attendance. This course qualifies for **18.0** contact hours for attending Day 1 **&** 2 only OR **27.0** contact hours for entire conference.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a formally approved American Nurses Credentialing Center (ANCC) Activity PESI, Inc, is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

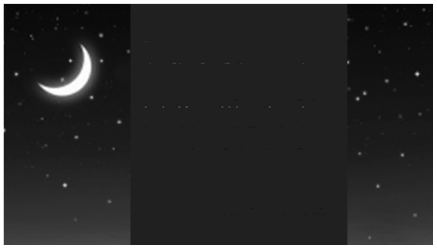
This activity qualifies for **15.0** contact hours for attending Day 1 **&** 2 only OR **22.5** contact hours for entire conference.

OTHER PROFESSIONS: This seminar qualifies for **15.0** continuing education clock hours for attending Day 1 **&** 2 only OR **22.5** continuing education clock hours for entire conference as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA

THANK YOU FOR BEING HERE !

THANK YOU FOR BEING HERE
THANK YOU FOR YOUR INTEREST



LECTURER

Michael L. Perlis PhD
Associate Professor, Psychiatry & Nursing
University of Pennsylvania

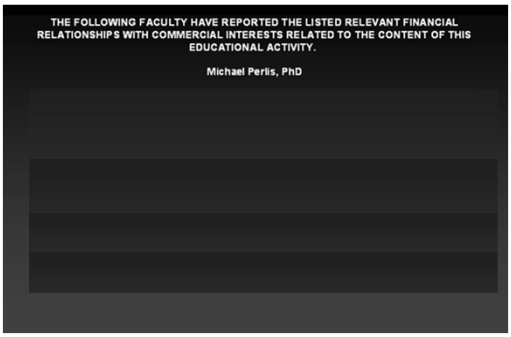
DISCUSSANT

Donn Posner PhD
Clinical Associate Professor of Psychiatry and Human Behavior,
Alpert Medical School of Brown University
Psychologist II, Veterans Affairs Palo Alto Health Care System

GUEST DISCUSSANT

Jason Ellis PhD
Professor of Sleep Science
Director of the Northumbria Centre for Sleep Research
Department: Psychology

DISCLOSURE



DISCLOSURE

THE FOLLOWING FACULTY HAVE REPORTED THE LISTED RELEVENT FINANCIAL RELATIONSHIPSWITH COMMERCIAL INTERESTS RELATED TO THE CONTENT OF THIS EDUCATIONAL ACTIVITY.

DONN POSNER, PH.D., CBSM

DISCLOSURE

THE FOLLOWING FACULTY HAVE REPORTED THE LISTED RELEVANT FINANCIAL RELATIONSHIPS WITH COMMERCIAL INTERESTS RELATED TO THE CONTENT OF THIS EDUCATIONAL ACTIVITY

JASON ELLIS (PhD)

ABOUT YOU

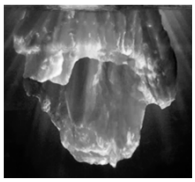
DISCIPLINES ?
SPECIALTIES ?
CBT-I ?

A WORD ABOUT THE CONTENT OF THE COURSE

A WORD ABOUT THE CONTENT OF THE COURSE

DAY 2 =

DAY 1 =



A WORD ABOUT THE CONTENT OF THE COURSE

DAY 3 =

DAY BY DAY

DoD CBT-I Workshop ▸ Day 1

Name

0. OPENER 2014.PPT
1. CONCEPTUAL Framework 2014.PPT
2. SLEEP DXS Signs and symptoms 2014.ppt
3. DEFINITION of insomnia 2014.ppt
4. ETIO & PATHO 2014 .PPT
5. TREATING insomnia 2014.PPT
6. CBT-I Tx components 2014 .PPT

DoD CBT-I Workshop ▸ Day 2 ▸

Name

2.1 SESSION - 1 ASSESSMENT OF INSOMNIA - 2014.PPT
2.2 SESSION - 2 TREATMENT - 2014.PPT
2.3 SESSION - 3 TREATMENT - 2014.PPT
2.4 SESSION - 4 TREATMENT - 2014.PPT
2.6 SESSION - 6&7&8 TREATMENT - 2014.PPT

DoD CBT-I Workshop ▸ Day 3

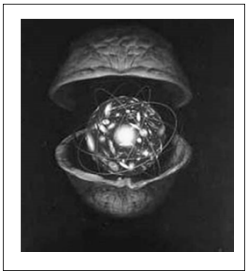
Name

1. SESSION - 5 COGNITIVE THERAPY - 2014.PPT
2. FOUR CBT-I CASES - 2014.PPT
3. QnA - 2014.PPT

THE QUESTION OF THE DAY

WHAT'S
COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I) ?

IN A NUTSHELL



INSOMNIA

TREATMENTS

- Sleep Restriction
- Stimulus Control
- Sleep Hygiene
- Cognitive Therapy
- Phototherapy
- Relaxation

} THE BT OF CBT-I

INSOMNIA

TREATMENTS

- Sleep Restriction
- Stimulus Control
- Sleep Hygiene
- Cognitive Therapy
- Phototherapy
- Relaxation

WHAT'S THE  **IN CBT-I ?**

SO… HOW TO GET FROM

HERE **HERE**

TO

FIRST THIS SEMINAR

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(Discussion on Alternative Cognitive Treatments)

Session VIII – Relapse Prevention

Practice Management & Billing
(Mamie Shanbhag, PhD)

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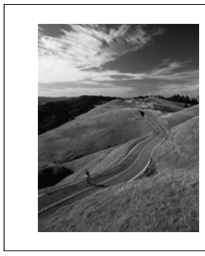
1:30 PM - 5:00 PM
Case Examples
General Discussion

5:00 PM – 6:00 PM
Additional time for above components
Dedicated time for Questions and Answers

For more information about the course (and to access feedback from former attendees of the course), please visit
http://www.med.upenn.edu/cbti/

THE SEMINAR
IS INTENDED AS
<u>THE BEGINNING OF THE ROAD</u>



<u>FOLLOW UP STEPS INCLUDE</u>

READ MORE BROADLY

SEE THE MOVIE(S)

OBSERVE 3-5 CASES

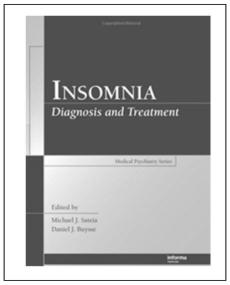
CONDUCT 3-5 CASES WITH SUPERVISION

ENGAGE WITH A PRACTICE CONSULTANT

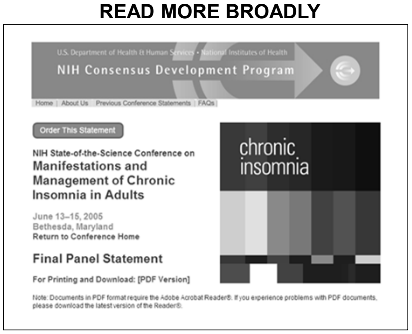
SEEK OUT CE OPPORTUNITIES

READ MORE BROADLY

READ MORE BROADLY



READ MORE BROADLY



http://consensus.nih.gov/2005/insomniastatement.htm

READ MORE BROADLY


Part I

BSM Treatment Protocols for Insomnia

Introduction

Michael L. Perlis

STATE OF THE SCIENCE

Conceptual Models

READ MORE BROADLY

Practice Parameters for the Evaluation of Chronic Insomnia

Practice Parameters for the Psychological and Behavioral Treatment of Insomnia: An Update. An American Academy of Sleep Medicine Report

Practice Parameters for Using Polysomnography to Evaluate Insomnia: An Update

www.aasmnet.org/PracticeParameters.aspx?cid=109

SEE THE MOVIE(S)

http://www.aasmnet.org/store/products.aspx?depid=21

OBSERVE 3-5 CASES

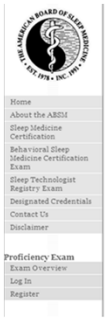
OBSERVE A CASE VIDEO

CONDUCT 3-5 CASES WITH SUPERVISION

JEDI MASTERS

Donn Posner	Brown University
Richard Bootzin	University of Arizona
Art Spielman	CUNY
Ken Lichstein	Univ. of Alabama
Sara Matteson	University of Rochester
Phil Gehrman	University of Pennsylvania
Ryan Wetzler	Private Practice
Jen Martin	UCLA & Private Practice
Todd Arnedt	University of Michigan

OTHER JEDI



AMERICAN BOARD OF SLEEP MEDICINE

2510 North Frontage Road, Darien, IL 60561 Telephone (630) 737-9700 Fax: (630) 737-9790

BEHAVIORAL SLEEP MEDICINE SPECIALISTS

These individuals have earned certification in behavioral sleep medicine:

Name	City	State	Zip	Country	Date Certified
Sunoj Abraham, MD, FCCP, D, ABSM, FACP	Hernando	FL	34442		6/18/2006
Mark S. Aloia, Ph.D.	Providence	RI	02906		6/18/2006
Sonia Ancoli-Israel, Ph.D., D, ABSM	San Diego	CA	92161		6/4/2003
Michael W. Anderson, Ph.D., D,ABSM	Prairie Village	KS	66208		6/4/2003
Carolyn Andrews, PhD	Skokie	IL	60077		6/8/2008
J. Todd Arnedt, Ph.D.	Providence	RI	02912		6/4/2003
Amy Aronsky, DO	Kelso	WA	98626		6/8/2008
Kristin Avis, Ph.D.	Birmingham	AL	35233		6/18/2006
Erin K. Baehr, Ph.D.	Woodbine	MD	21797		6/19/2005
Anne D. Bartolucci, PhD	Decatur	GA	30033		6/10/2007
Linda Berg-Cross, PhD	Potomac	MD	20854-6233		6/6/2010
Rakesh Bhattacharjee, MD	Louisville	KY	40241		6/8/2008

www.absm.org/bsmspecialists.aspx

CONDUCT 3-5 CASES WITH SUPERVISION

http://www.med.upenn.edu/cbti/GroupSupervision.html

Practice and Billing Consultation - PhDs

Ryan G. Wetzler, PsyD, CBSM
Sleep Medicine Specialists
1169 Eastern Parkway, Suite 3357
Louisville, KY 40217

rwetzler@kysleepmed.com

Phone: 502-454-0755 Ext. 161
Fax: 502-459-2156
Website: www.sleepmedicinespecialists.com

Practice and Billing Consultation - NPs

Carla Jungquist NP PhD
University of Rochester
carlajun@buffalo.edu

Ann Rogers RN PhD FAAN
Emory University
ann.e.rogers@emory.edu

Coaching & Consultation

Marnie G. Shanbhag, Ph.D.
505 Park Avenue North, Suite 201
Winter Park, FL 32789

MShanbhag@earthlink.net

Phone: 407-644-5598
Fax: 407-644-0329
Website: www.centralflcounseling.com

ADVANCED TRAINING

NEW IN 2015
MASTERS IN BEHAVIORAL SLEEP MEDICINE

www.eye.ox.ac.uk/research/msc-sleep-behaviour

ADVANCED TRAINING

CONTINUING EDUCATION OPPORTUNITIES

Society of Behavioral Sleep Medicine
Behavioral Sleep Medicine Course

Course Overview

Target Audience

Course Objectives

Preliminary Schedule and Topics

www.behavioralsleep.org/Course.aspx

WORKSHOP AND SEMINAR OFFERINGS

CE WORKSHOPS 2009

Back by Popular Demand!

117th APA Annual Convention
Toronto, Ontario, Canada August 6-9, 2009

Behavioral Sleep Medicine: Evidence-Based Treatments for Sleep Disorders (Workshop Code: #108)

Thursday, August 6, 2009

Workshop Description

An overwhelming number of patients have sleep problems, which can be disconcerting to clinicians without the training to treat these disorders. An abundance of evidence supports several psychological treatments of sleep disorders such as insomnia, parasomnias, and circadian rhythm disorders. There is a growing need for practitioners with expertise in these techniques. The main goal of this **INTRODUCTORY** workshop is to educate clinicians about how to provide and be reimbursed for, empirically validated treatments for common sleep disorders (e.g., insomnia).

This workshop is designed to help you:

1. Discuss the prevalence of sleep disorders treatable with behavioral and cognitive interventions,
2. Apply the theorized etiology of these disorders in developing a treatment plan,
3. Provide empirically validated treatments for these disorders in adults,
4. Provide empirically validated treatments for these disorders in children,
5. Develop a practice specialty in behavioral sleep medicine through collaboration with local sleep disorders centers,
6. Apply effective billing methods for behavioral sleep medicine services, and
7. Prepare to become certified in behavioral sleep medicine.

Leader: Daniel J. Taylor, PhD, University of North Texas, Denton, TX

Continuing Education in Psychology
American Psychological Association Education Directorate

CONFERENCE OFFERINGS

ABCT
44th Annual Convention
Cognitive Behavior Therapy: Unifying Diverse Disciplines With a Common Thread

WORKSHOP
Hands-on Training in CBT for Insomnia in Those with Anxiety Disorders, Depression, and other Comorbid Conditions

Instructors: Manber & Carney

CLINICAL ROUND TABLE 11
Providing CBT Behavioral Sleep Medicine in Primary Care Settings: Relevance to Clinical Necessity

Chair: Rachel Manber
Panelists: Anne Bartolucci, Shannon Sullivan, Kathy Sexton-Radek, Jason Ong, Christina Nash, Bret Kuhn, Jacqueline Kloss, Shelby Freedman Harris

SYMPOSIUM 20
Modifications of CBT for a Diverse Spectrum of Older Adults with Comorbid Conditions

Chairs: Patricia Haynes, Jennifer Martin
Discussant: Richard Bootzin

SYMPOSIUM 33
An Introduction to Behavioral Sleep Medicine

Chair: Robert Meyers
Discussants: Christina McCrae, Daniel Taylor, Michael Smith, Michael Perlis,

SYMPOSIUM 44
Sleep Across Axis I Disorders

Chair: Lisa Talbot
Discussant: Allison Harvey

SYMPOSIUM 61
Sleep and Internalizing Disorders in Children and Adolescents

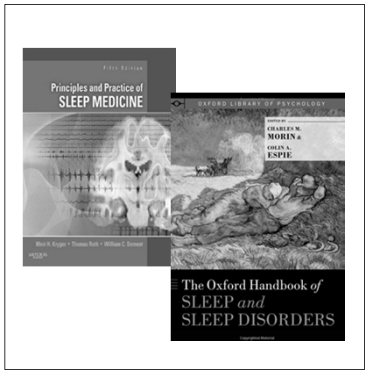
Chairs: Courtney Weiner
Donna Pincus
Discussant: Ron Dahl

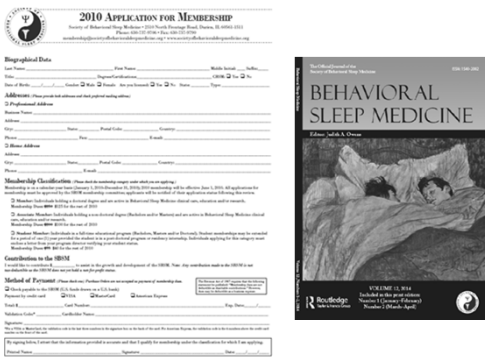
SIG MEETING
Insomnia and Other Sleep Disorders
Friday, 3:30 p.m. - 5:00 p.m., Union Square 8


ROAD
ENDS
100 FT


FREEWAY
ENTRANCE


Behavioral Treatments
for Sleep Disorders
TREATING
SLEEP
DISORDERS





www.behavioralsleep.org/resources/MembershipApplication.pdf

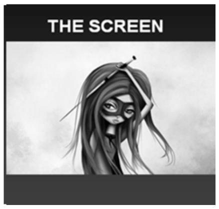
www.behavsleepmed.com

ABPP
SPECIALTY CERTIFICATION IN PSYCHOLOGY SINCE 1947

www.aasmnet.org/BSM.aspx

SOME HOUSEKEEPING

WORKSHOP SLIDE BOOK



ADDITIONAL CONTENT

FAQS AND REFERENCES

1. How Efficacious is CBT-I (i.e., what's the clinical trial data)? - Very.

Morin C.M., et al. (1994) Non-pharmacological interventions for insomnia: a meta-analysis of treatment efficacy. Am. J. Psychiatry 151, 1172-1180.

Murtagh D et al. (1995) Identifying Effective Psychological Treatments for Insomnia - A Meta-analysis. JCCP, 63, 79-89.

2. How Effective is CBT-I (i.e., is there case series data in "real" patients)? - Very.

Lichstein K.L. et al.(2000) Psychological treatment of secondary insomnia. Psychology of Aging 2, 232-240.

Perlis M., et al.(2000) Behavioral treatment of insomnia: A clinical case series study. J. Behav. Med. 23, 149-161.

3. How does CBT-I compare to Pharmacotherapy? – The therapies are comparable.

Morin C.M., et al. (1999) Behavioral and pharmacological therapies for late-life insomnia: a randomized controlled trial JAMA 281, 991-999.

Smith M.T., et al.(2002) Behavioral treatment vs pharmacotherapy for insomnia - a comparative meta-analysis. Am. J. Psychiatry 159, 5-11.

Jacobs G.D. et al. (2004) Cognitive behavior therapy and pharmacotherapy for insomnia - A randomized controlled trial and direct comparison. Arch. Intern. Med. 164, 1888-1896.

Sivertsen B., et al. (2006) Cognitive behavioral therapy vs zopiclone for treatment of chronic primary insomnia in older adults - A randomized controlled trial. Journal of the American Medical Association 295, 2851-2858.

4. Does the NIH have a position on what's the best for the treatment of insomnia ? – Yup.

http://consensus.nih.gov/2005/2005InsomniaSOS026html.htm
This is available on web cast. http://videocast.nih.gov/PastEvents.asp?c=1&s=81

5. Does the AASM have a position on what's the best for the treatment of insomnia? – Yup.

Chesson A.L., et al. (1999) Practice parameters for the non-pharmacologic treatment of chronic insomnia. An American Academy of Sleep Medicine report. Standards of Practice Committee of the American Academy of Sleep Medicine Sleep. 22, 1128-1133.

Chesson A., et al. (2000) Practice parameters for the evaluation of chronic insomnia. An American Academy of Sleep Medicine report. Standards of Practice Committee of the American Academy of Sleep Medicine Sleep. 23, 237-241.

Morgenthaler T., et al. (2006) Practice parameters for the psychological and behavioral treatment of insomnia: An update. An American Academy of Sleep Medicine Report. Sleep. 29, 1415-1419.

Morin C.M., et al. (2006) Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998-2004). Sleep. 29, 1398-1414.

6. How does one know who is an appropriate candidate for CBT-I ?. See for example.
Smith M.T., et al. (2006) Who is a candidate for cognitive-behavioral therapy for insomnia? Health Psychol. 25, 15-19.

7. Are there books me and mine can read on how to do CBT-I. - Yup.

Insomnia: A Clinician's Guide to Assessment and Treatment Eds. Morin & Espie, Plenum Pub Corp. 2000
Cognitive Therapy for Insomnia: A session by session guide. Perlis, Jungquist, Smith & Perlis, Springer-Verlag, 2005.

8. Are there training courses available on CBT-I? - Yup.

General: http://www.aasmnet.org/SleepEdSeries.aspx
Specific: www.urmc.rochester.edu/cpa/CBT-I

9. Is it possible to arrange for peer supervision for one's first CBT-I cases. Yup.
It is likely that any of the individuals with the CBSM would be willing.
See, http://www.aasmnet.org/BSMSpecialists.aspx

10. Is it possible to be credentialed in CBT-I. Yup.
There is a certification exam. See, http://www.aasmnet.org/BSMExam.aspx

11. How does reimbursement work for CBT-I. Ask:
Donn Posner at Brown → DPosner@Lifespan.org
Sara Matteson at UR → Sara_Matteson@URMC.Rochester.edu

ADDITIONAL CONTENT

Society and/or TXs

AASM	American Academy of Sleep Medicine
SBSM	Society of Behavioral Sleep Medicine
BSM	Behavioral Sleep Medicine
CBT	Cognitive Behavioral Treatment
CBT-I	Cognitive Behavioral Treatment of Insomnia
SRT	Sleep Restriction Therapy
SCT	Stimulus Control Therapy
CPAP	Continuous positive airway pressure
PMR	Progressive Muscle Relaxation
MBTI	Mindfulness-Based Therapy for Insomnia
MBSR	Mindfulness-Based Stress Reduction Program
CT	Cognitive Therapy
ISR	Intensive Sleep Retraining
PI	Paradoxical Intention
EBT	evidence-based psychological treatments

Instruments and Classification Systems

STQ	sleep timing questionnaire
ISI	Insomnia Severity Index
SHI	Sleep Hygiene Index
DBAS	Dysfunctional beliefs and attitudes about sleep
GSES	Glasgow Sleep Effort Scale
SAMI	Sleep Associated Monitoring Index
BZRA	Benzodiazepine Receptor Agonist
ICSD-2	International Classification of Sleep Disorders, 2nd edition
DBAS	Dysfunctional Beliefs about Sleep Scale
SRBQ	Sleep-Related Behaviours Questionnaire
BBTI	Brief Behavioral Treatment of Insomnia
PSQI	Pittsburgh Sleep Quality Index
SSS	Stanford Sleepiness Scale

Sleep and CBT-I related Acronyms

SL	Sleep Latency
WASO	Wake after sleep onset
NWAK	Number of awakenings
TST	Total Sleep Time
SE	Sleep Efficiency
TTB	Time to Bed
TOB	Time out of bed
TIB	Time in Bed
TTOB	Total Time Out of Bed (during the night)
EEG	electroencephalography
SOL	Sleep Onset Latency
T_{min}	core body temperature rhythm minimum

Medical and Psychology Acronyms

Tx	Treatment
Rx	Medication

ADDITIONAL CONTENT

Posner-Perlis Book Suggestions

[1] Perlis, M L., and Lichstein, K L. (Eds.) (2003). Treating Sleep Disorders: Principles and Practice of Behavioral Sleep Medicine. Hoboken, NJ: John Wiley and Sons Inc.

[2] C.M. Morin, C.A. Espie, (2003). Insomnia: A Clinician's Guide to Assessment and Treatment. Springer, Philadelphia, PA.

[3] Perlis, M.L., Jungquist, C.R., Smith, M.T., & Posner, D.A. (2005) Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide. Springer-Verlag. New York.

[4] L. Edinger, C.E. Carney. (2008). Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach Therapist Guide, Oxford University Press, New York, NY

[5] Kryger, M.H., Roth, T., & Dement, W.C. (Eds.) (2010), 5th edition. Principles and Practice of Sleep Medicine. W B. Saunders Co. Philadelphia.

[6] Sateia M. & Buysse D. (2010). Insomnia: Diagnosis and Treatment. 1st edition. Informa Health Care Publishers. London.

[7] Perlis, M L., Aloia, M S., & Kuhn B.R. (Eds.) (2011) Behavioral Treatments for Sleep Disorders: A comprehensive primer of behavioral sleep medicine interventions. Philadelphia PA, Elsevier.

[8] Morin C. and Espie C. (2012). The Oxford Handbook of Sleep and Sleep Disorders (Oxford Library of Psychology). Oxford University Press. London.

Perlis-Posner BSM / CBT-I Reference List
Random Order

[1] E.J. Stepanski, Perlis ML, Behavioral sleep medicine. An emerging subspecialty in health psychology and sleep medicine, J. Psychosom Res. 48 (2000) 543–547.

[2] M. Perlis, M.T. Smith, How can we make CBT-I and other BSH services widely available? Clin. Sleep Med. 4 (1) (2008) 11–13.

[3] W. Pigeon, V.M. Crabtree, M. Scharer, The future of behavioral sleep medicine, Clin. Sleep Med. 3 (1) (2008) 73–79.

[4] Bootzin R.R. Stimulus control treatment for insomnia. Proceedings, 80th Annual Convention, APA 1972,395–396.

[5] A Spielman, L. Caruso, A behavioral perspective, Psychiatr. Clin. North Am. (1987).

[6] M. Perlis, R.J. Shaw, G. Cano, C.A. Espie, Models of insomnia, in: M. Kryger, T. Roth, W.C. Dement, (Eds.), Principles and Practice of Sleep Medicine, Saunders-Elsevier,Philadelphia, PA, 2010 784.

[7] J.D. Edinger, M.H. Bonnet, R.R. Bootzin, et al., Derivation of research diagnostic criteria for insomnia: report of an American Academy of Sleep Medicine Work Group, Sleep 27 (2004) 1567–1596.

[8] C.S. McCrae, K.L. Lichstein, Secondary insomnia: diagnostic challenges and intervention opportunities, Sleep Med. Rev. 5 (2001) 47–61.

[9] K.L. Lichstein, Secondary insomnia: a myth dismissed, Sleep Med. Rev. 10 (2006) 3–5.

[10] T.H. Monk, D.J. Buysse, H.S. Kennedy, et al., Measuring sleep habits without using a diary: the sleep timing questionnaire, Sleep 26 (2003) 208–212.

[11] D.F. Haskin, J. Bryson, R. Cervoni, Assessment of sleep hygiene using the Sleep Hygiene Index, J. Behav. Med. 29 (2006) 223–227.

[12] C.M. Morin, J. Stone, D. Trinkle, et al., Dysfunctional beliefs and attitudes about sleep among older adults with and without insomnia complaints, Psychol. aging 8 (1993) 463–467.

ADDITIONAL CONTENT

WORDS OF WISDOM VERSION 2

Perlisisms (MP)

- Can't stay awake ?...you're cured !
- Remember the clippers
- Look for the check mark
- The price of therapy is sleep diaries
  The price of supervision is graphs
- Align sleep opportunity with sleep ability
- When in treatment, expect things to get worse before they get better
- Sleep hygiene is not the ten commandments
- Nothing is certain in this world but death, taxes, and stimulus control
- In the beginning you're a therapist by the end you're a personal trainer
- Doing CBT-I is like dieting, it seldom works when attempted alone
- If insomnia returns, restrict and control (This is really Mark Alicia)
- Never give insomnia a function (e.g., use it as an alarm clock)
- What is insomnia but the gift of more time
- It's a bad thing to be awake when reason sleeps
- If not tonight, then tomorrow night, if not then, then almost certainly the next night
- As the therapist you need to send a message and the message is:
  "you are in the right place with the right person".

Posnerisms (DP)

- Insomnia develops a life of it's own
- First sleep efficiency then focus on how you feel
- Sleep drive is like silly putty...roll together and then kneed out
- Sleep will come get you when it's ready...that may not be tonight
- This torture is not a lifetime sentence
- You can under sleep your sleep drive forever but you can't oversleep your drive forever
- If you go into the dark tunnel go all the way through to the light and don't turn back. If you think you won't then don't start
- Engaging in poor sleep hygiene is like adding rungs to a ladder of vulnerability
- Tonight is sacrificed... don't ever fear adding to your sleep bank
- Never spend banked sleep except between bed and wake time
- Expansion is never smooth...it's two steps up one step back
- If you are sitting there 7am awake and wanting to kill me, everything is going beautifully
- Your bedroom should be dark enough for me to develop film
- Just b/c you can't feel something affecting your sleep doesn't mean it isn't

RESPONDING TO QUESTIONS

SCRIBE

ITEMS FOR GIFT BASKET
SPELLING ERRORS

READER

ON THE HOUR

WITHOUT FURTHER ADO
LET'S GET TO WORK

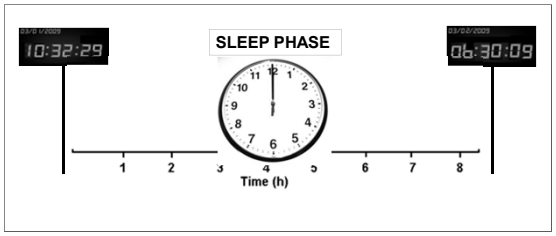
Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

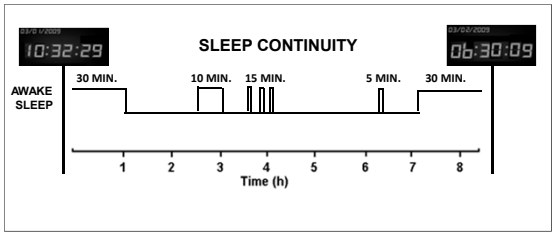
SLEEP 101 : THE BASICS

SLEEP
WHAT IS IT ?

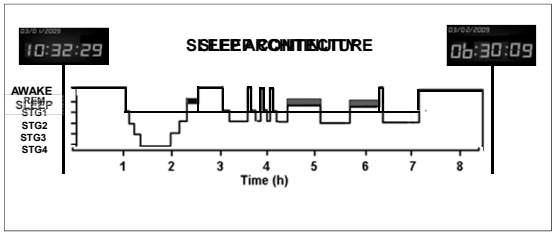
JUST 8 HOURS OF UNCONSCIOUSNESS
OR SOMETHING MORE ?

SLEEP PERIOD AND PREFERRED PHASE
SLEEP CONTINUITY
SLEEP ARCHITECTURE





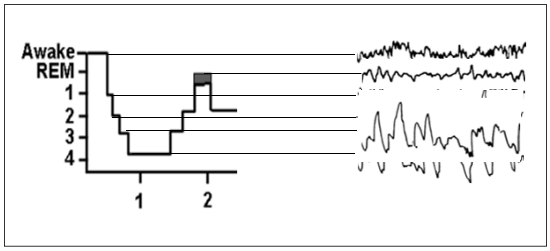
SLEEP CONTINUITY MEASURES	
TIME IN BED (TIB)	478 MIN (~ 8hrs)
SLEEP LATENCY (SL)	30 MIN
NUMBER OF AWAKENINGS (NWAK)	6
WAKE AFTER SLEEP ONSET (WASO)	60 MIN
TOTAL SLEEP TIME (TST)	388 MIN (~6.5 hrs)
SLEEP EFFICIENCY (SE%)	82%



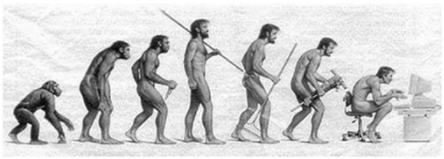
SLEEP ARCHITECTURE MEASURES	
STG1	10%
STG2	60%
STG3	3%
STG4	7%
REM	20%

NOTE: RL AND SWS-L

HOW ARE THE STAGES OF SLEEP CLASSIFIED ?



WHAT IS THE FUNCTION OF SLEEP ?



ALLAN RECHTSCHAFFEN

"IF SLEEP DOES NOT SERVE AN ABSOLUTELY VITAL FUNCTION,

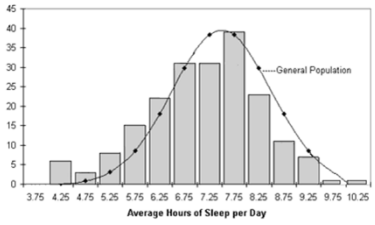
THEN IT IS THE BIGGEST MISTAKE THE EVOLUTIONARY PROCESS EVER MADE."

ANY IDEAS ABOUT THE FUNCTION(S) OF SLEEP ?

POSSIBLE FUNCTIONS OF SLEEP

- **ENFORCED EMOBILITY**
- **CONSERVATION OF EFFORT & ENERGY**
- **GROWTH & TISSUE RESTORATION**
- **AUGMENTATION OF IMMUNE FUNCTION**
- **MEMORY CONSOLIDATION**
- **MOOD REGULATION**
- **PROMOTION OPTIMAL PERFORMANCE**

HOW MUCH SLEEP DOES ONE NEED ?



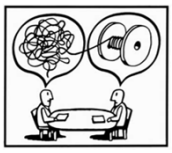
THE POPULATION MODE IS ABOUT 7.5 HOURS

THE PROBLEM

THE PROBLEM WITH USING POPULATION NORMS IS THAT "INDIVIDUALS MAY SEEK MORE SLEEP THAN THEY NEED WHEN IDIOGRAPHIC SLEEP NEEDS ARE DEFINED BY NOMOTHETIC GOALS" (KENNETH LICHSTEIN, 2010)

SAY WHAT ?

TRANSLATION



PROBLEMS ARISE WHEN THE INDIVIDUAL GOVERNS WHEN AND HOW MUCH THEY SLEEP BASED ON "UNIVERSAL NORMS".

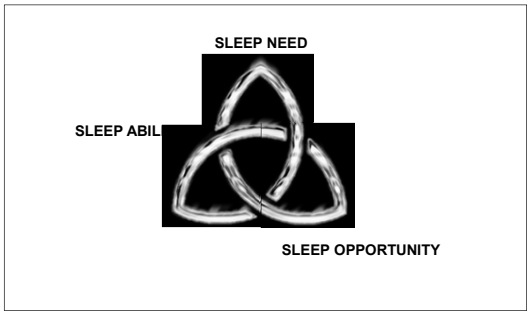
A NOMOTHETIC

HOW MUCH SHOULD ONE SLEEP ?
BY NATURE 5 HOURS, BY CUSTOM 7,
BY LAZINESS 9 AND BY WICKEDNESS 11."

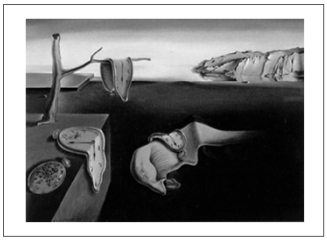
THE PROBLEM

THE PROBLEM IS THAT BOTH TOO LITTLE AND TOO MUCH SLEEP MAY BE DELETERIOUS TO ONE'S HEALTH, FUNCTIONING, AND SENSE OF WELL BEING.

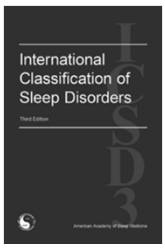
A BALANCE MUST BE STRUCK



WHAT HAPPENS WHEN THINGS ARE OUT OF BALANCE ?



WHEN NEED IS MORE THAN ABILITY,
THIS IS INSOMNIA OR A CRD OR OTHER SLEEP DX



Insomnia
- Idiopathic
- Psychophysiologic
- Paradoxical

Narcolepsy

Sleep Disordered Breathing (SDB)
- Sleep apnea (Hypopnea, CSA, OSA)
- Snoring
- Upper airway resistance syndrome

Restless leg syndrome / Periodic limb movement disorder

Hypersomnia

Circadian rhythm sleep disorders
- Delayed sleep phase syndrome
- Advanced sleep phase syndrome
- Non-24-hour sleep-wake syndrome
- Jet Lag

Parasomnias
- REM sleep Behaviour disorder
- Sleep terror
- Sleepwalking
- Bruxism
- Bedwetting
- Sleep talking
- Sleep sex
- Exploding head syndrome

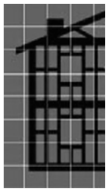
Sleeping sickness

Fatal Familial Insomnia

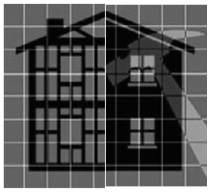
WHEN NEED IS LESS THAN ABILITY,
THIS IS LIKELY THE PHENOMENON OF SHORT SLEEP

WHEN NEED AND ABILITY ARE MORE THAN OPPORTUNITY,
THIS IS INSUFFICIENT SLEEP SYNDROME (SLEEP DEPRIVATION)

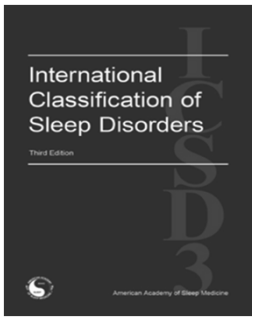
SO THAT'S A GENERAL CONCEPTUAL FRAMEWORK



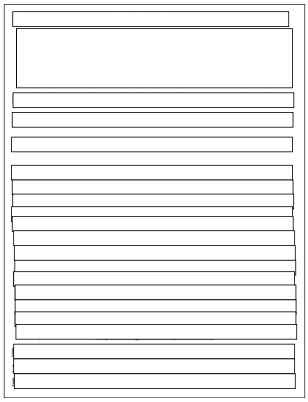
LET'S LOOK AT THINGS WHEN THEY'VE BEEN FULLY FRAMED



SIGNS AND SYMPTOMS OF SLEEP DISORDERS OTHER THAN INSOMNIA



INTRINSIC SLEEP DISORDERS



Sleep Disordered Breathing (SDB)
Restless Legs Syndrome / Periodic Limb Movement Disorder
Narcolepsy
Delayed Sleep Phase Syndrome
Advanced Sleep Phase Syndrome
Fatal Familial Insomnia

IN THE CONTEXT OF INSOMNIA WHY ASSESS THESE ?

- **THEY MAY ENTIRELY ACCOUNT FOR THE COMPLAINT OF INSOMNIA (MAYBE – MAYBE NOT)**
- **THESE DISORDERS OFTEN CO-OCCUR WITH INSOMNIA**
- **THEY MAY CONTRAINDICATE THE TX OF INSOMNIA**
- **THEY MAY COMPLICATE THE TX OF INSOMNIA**

OUTLINE

I. Introduction
   a. Why
   b. Why not ?
II. Reasons to Care
   a. Really
   b. Says who ?
III. What happens if you don't care ?
   a. We'll dock your salary
   b. Other Bad things
IV. Conclusion
   a. Now that you care
   b. Now that you don't

SLEEP DX COMPLAINTS – THE DUO

CONDITIONS RELATED TO INSOMNIA

DRUGS AND IATROGENIC INSOMNIA

INTRINSIC SLEEP DISORDERS (ABRIDGED)

ASSESSMENT OF SLEEP DISORDERS

SLEEP DISTURBANCE COMPLAINTS

BE SURE TO DISTINGUISH BETWEEN

THE COMPLAINT OF FATIGUE

THE COMPLAINT OF SLEEPINESS

Q: WHAT IS THE DIFFERENCE ?

THE COMPLAINT OF FATIGUE	THE COMPLAINT OF SLEEPINESS
	
PHYSICAL WEARINESS	PHYSICAL WEARINESS
MENTAL WEARINESS	MENTAL WEARINESS
PERFORMANCE CONTINUES OR IS SLOWED	PERFORMANCE IS SLOWED OR STOPS
SLEEP IS <u>UNLIKELY</u>	SLEEP IS <u>LIKELY</u>

THE COMPLAINT OF FATIGUE	THE COMPLAINT OF SLEEPINESS
	
DIMS	DOES
↓	↓
CRDS DSPS ASPS SHIFTWORK ? JET LAG	SDB OSA HYPOPNEA UARS PLMs NRS ?
INSOMNIAS PSYCHOPHYSIOLOGIC PARADOXICAL IDIOPATHIC	NARCOLEPSY IDIOPATHIC HYPERSOMNIA

CONDITIONS RELATED TO INSOMNIA & EDS

MEDICATION SIDE EFFECTS

GERD

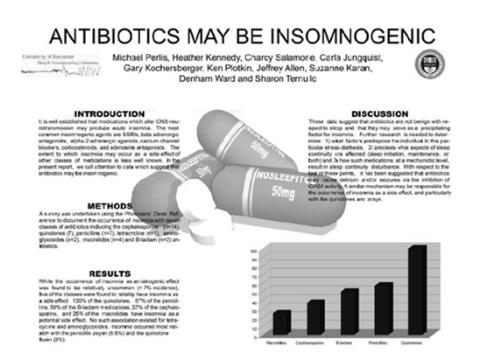
SUBSTANCE ABUSE
PSYCHIATRIC ILLNESS
HYPERTENSION
ENDOCRINE ABNORMALITIES
RHEUMATOLOGIC DISEASE
RENAL DISEASE
LUNG DISEASE
HEART DISEASE
NEUROLOGICAL DISEASE
INTRINSIC SLEEP DXs

NOTE – THE "CHICKEN OR THE EGG" ISSUE APPLIES TO ALL OF THE AFOREMENTIONED COMORBID CONDITIONS

DRUGS THAT CAN CAUSE SLEEP DISTURBANCE

- ALCOHOL & CAFFEINE
- BETA BLOCKERS
- BRONCHODILATORS
- CALCIUM CHANNEL BLOCKERS
- ANTIDEPRESSANTS (1ST VS 2ND GEN)
- ANTIBIOTICS ←

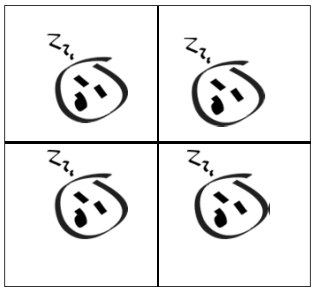
ANTIBIOTICS MAY BE INSOMNOGENIC



INTRINSIC SLEEP DISORDERS

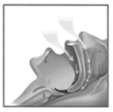
SLEEP APNEA
PLMS
NARCOLEPSY
PHASE DELAY SYNDROME

DISTINGUISHING BETWEEN INTRINSIC DXs



SLEEP APNEA

SIGNS AND SYMPTOMS



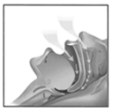
- EXCESSIVE DAYTIME SLEEPINESS
- WITNESSED OR REPORTED SNORING
- WITNESSED APNEAS
- MORNING HEADACHE & DRY MOUTH
- NIGHT SWEATS
- MORBID OBESITY
- RETRONAGTHIA
- NARROWED AIRWAY

THE COMPLAINT OF SLEEPINESS

THE HIGH PROBABILTY OF (AND HISTORY OF)
FALLING ASLEEP
AT INAPPROPRIATE TIMES AND PLACES

SLEEP APNEA

SIGNS AND SYMPTOMS



- EXCESSIVE DAYTIME SLEEPINESS
- WITNESSED OR REPORTED SNORING
- WITNESSED APNEAS
- MORNING HEADACHE & DRY MOUTH
- NIGHT SWEATS
- MORBID OBESITY
- RETRONAGTHIA
- NARROWED AIRWAY

SLEEP DISORDERED BREATHING

A Decision Rule for Diagnostic Testing in Obstructive Sleep Apnea

Willis H. Tsai, John E. Remmers, Rollin Brant, W. Ward Flemons, Jan Davies, and Colin Macarthur

Department of Medicine, Division of Respiratory Medicine; Department of Community Health Sciences; and Department of Anesthesia, University of Calgary, Calgary, AB, Canada

Am J Respir Crit Care Med Vol 167. pp 1427–1432, 2003

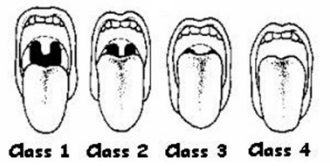
TABLE 2. UNIVARIATE OBSTRUCTIVE SLEEP APNEA PREDICTORS (USING AN RDI CUTOFF VALUE OF 10 HOUR^{-1})

Variable	Odds Ratio	p-Value	95% Confidence Interval
Age, years	1.10	0.001	1.03, 1.16
Epworth sleepiness scale	1.03	0.558	0.93, 1.13
Snoring history	12.5	0.023	1.42, 110.6
Choking episodes	2.02	0.169	0.74, 5.49
Witnessed apneas	3.37	0.016	1.25, 9.06
Hypertension	10.3	0.029	1.27, 83.9
Alcohol use	1.20	0.658	0.51, 2.74
Smoker	1.28	0.482	0.66, 2.49
Body mass index, kg/m^2	1.13	0.009	1.03, 1.24
Neck circumference, cm	1.36	0.000	1.15, 1.61
Mandibular advancement, cm	0.69	0.107	0.43, 1.08
Mandibular length, cm	1.83	0.005	1.20, 2.79
Thyro-rami distance, cm	1.59	0.020	1.07, 2.35
Mastoid-medial clavicle, cm	1.25	0.129	0.94, 1.65
TMJ-ramus distance, cm	1.39	0.164	0.88, 2.19
Ramus-ramus distance, cm	0.97	0.891	0.67, 1.42
Thyro-mental, neutral, cm	1.23	0.359	0.79, 1.90
Thyro-mental displacement, cm	0.59	0.059	0.35, 1.02
Sterno-mental, neutral, cm	0.86	0.180	0.68, 1.07
Sterno-mental displacement, cm	0.75	0.041	0.57, 0.99
Retrognathia	0.89	0.706	0.48, 1.65
Cricomental space, cm	0.15	0.000	0.06, 0.38
Tonsillar grade, I-IV	0.85	0.415	0.57, 1.26
Pharyngeal grade, I-IV	1.52	0.046	1.01, 2.30
Sampsoon-Young class, I-IV	1.77	0.018	1.10, 2.86
Palatal elevation	1.41	0.303	0.71, 2.71
Inter-incisor distance, cm	0.86	0.673	0.44, 1.71
Overbite	2.19	0.044	1.02, 4.70

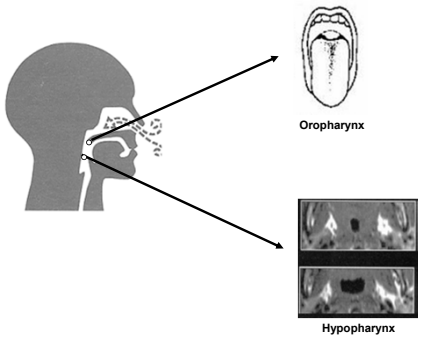
Definition of abbreviation: TMJ = temporal mandibular joint.

Variable	Odds
Snoring history	12.5
Hypertension	10.3
Witnessed apneas	3.37
Overbite 2.19	2.19
Choking episodes	2.02
Mandibular length cm	1.83
Sampsoon-Young	1.77
Thyro–rami distance cm	1.59
Pharyngeal grade I–IV	1.52
TMJ–ramus distance cm	1.39
Neck circumferencecm	1.36
Smoker	1.28
Mastoid–medial clavicle cm	1.25
Thyro–mental neutral cm	1.23
Alcohol use	1.2
Body mass	1.13
Age years	1.1
Epworth sleepiness scale	1.03
Ramus–ramus distance cm	0.97
Inter–incisor distance	0.86
Tonsillar grade I–IV	0.85
Sterno–mental displacement cm	0.75
Retrognathia 0.89	0.706
Mandibular advancement	0.69
Thyro–mental displacement cm	0.59
Palatal	0.303
Sterno–mental neutral cm 0.86	0.18
Cricomental space cm	0.15

MALLAMPATI CLASSIFICATION



UPPER AIRWAY OCCLUSION



PERIODIC LEG MOVEMENTS
SIGNS AND SYMPTOMS

- RESTLESS LEGS SYNDROME (P)
- EXCESSIVE DAYTIME SLEEPINESS
- WITNESSED TWITCHING
- COMPLAINT OF SHALLOW SLEEP
- COMPLAINT OF INSOMNIA

PLMS - WHAT THEY SAY

PLMS - WHAT IT IS

PLMS ON PSG

NARCOLEPSY

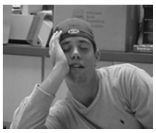
SIGNS AND SYMPTOMS

- EXCESSIVE DAYTIME SLEEPINESS
- HYPNOPOMPIC/HYPNOGOGIC HALLUCINATIONS
- SLEEP ATTACKS (REM SLEEP)
- CATAPLEXY
- SLEEP PARALYSIS
- COMPLAINT OF INSOMNIA

NARCOLEPSY

PHASE DELAY SYNDROME

SIGNS AND SYMPTOMS



- COMPLAINT OF SLEEP ONSET INSOMNIA
- DISCREPANT SLEEP SCHEDULES
- NORMAL SLEEP WHEN SCHEDULE IS AD LIBITUM
- AGE

ASSESSMENT

ONCE YOU KNOW WHAT TO LOOK FOR -- HOW DO YOU LOOK FOR IT ?

SLEEP HISTORY
PCP VERSION

B
E
A
R
S

SLEEP HISTORY

PCP VERSION

B **"Do you have difficulty falling asleep?" (BEDTIME)**

E **"Do you ever fall asleep during the day?" (EDS)**

A **"Do you awaken frequently or for long periods (AWAKE)"**

R **"What time do you go to bed? Get up?" (REGULARITY)**

S **"Have you noticed/anyone said you snore?" (SNORE)**

SLEEP HISTORY
QUESTIONAIRE VERSION

ANNOTATED - SDS-CL-25

Subject ID# _____ Date: _____	0 NEVER	1 ONCE A YEAR	2 ONCE A MONTH	3 ONCE A WEEK	4 3 TIMES / WEEK
1. It Takes Me 30 Or More Minutes To Fall Asleep					●
2. I Wake Up For 30 Or More Minutes During The Night				●	
3. I Wake Up 30 Or More Minutes Prior To My Alarm			●		
4. I Prefer To Go To Bed Early (Before 9pm) And Wake Up Early (Before 5am)	●				
5. I Prefer To Go To Bed Late (After 2am) And Wake Up Late (After 10am)	●				
6. I Am Prone To Fall Asleep At Inappropriate Times Or Places		●			
7. I Wake Up With Headaches In The Morning	●				
8. I Wake Up With A Dry Mouth In The Morning (Cotton Mouth)	●				
9. I Snore	●				
10. My Snoring Is So Loud, That My Bedpartner Complains		●			
11. I Wake Up Choking Or Gasping For Air	●				
12. My Bedpartner Has Noticed That I Seem To Stop Breathing	●				
13. I Get Uncomfortable Sensations In My Legs	●				
14. In The Evening My Legs Feel "Restless"	●				
15. I Often Feel That I Have To Get Up And Walk Around	●				
16. I Have Been Told That I Am A Restless Sleeper			●		
17. My Bedpartner Complains That I Move Around A Lot At Night	●				
18. When Excited (E.G., Anger Or Humored) I Feel Physically Weak	●				
19. When I Am Falling Asleep, I Experience Scary Dream Like Images	●				
20. When I Am First Awakening, I Experience Scary Dream Like Images	●				
21. When I Am First Awakening, I Feel Like I Can't Move	●				
22. I Have Nightmares, Particularly In The First ½ Of The Night	●				
23. I Have Nightmares, Particularly In The Latter ½ Of The Night		●			
24. For No Reason, I Awaken Suddenly, Startled, And Feeling Afraid	●				
25. I have been told that I walk, talk, eat, act strange or violent while sleeping	●				

ASSESSMENT

Beyond Signs and Symptoms

SLEEP DIARIES

ACTIGRAPHY

IN-HOME APNEA MONITORS

IN-LAB POLYSOMNOGRAPHY

SDB (OSA / CSA / HYPOPNEA / UARS)

PLMS

NARCOLEPSY

SLEEPINESS (VIA MSLT)

SLEEP EEG ABNORMALITIES
(alpha sleep, nocturnal seizures, absent phasic events)

CARDIAC ABNORMALITIES

QUESTIONS

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

THE DEFINITION OF INSOMNIA

I KNOW IT WHEN I SEE IT

I KNOW IT WHEN I HEAR ABOUT IT ?

“Until you've experienced it yourself, it may seem contradictory that a person can be utterly exhausted and yet unable to sleep, but that's precisely [it]…”

www.health.com/health/condition-article/0,,20188079,00.html

DEFINITION - ETYMOLOGY

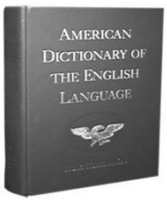
Word Origin & History

insomnia
1623, Anglicized as insomnie, from L. insomnia "want of sleep," from in- "not" + somnus "sleep" (see somnolence). The modern form is from 1758. Insomniac (n.) is from 1908.

Online Etymology Dictionary, © 2001 Douglas Harper
Cite This Source

http://dictionary.reference.com/browse/insomnia

DEFINITION - COMMON DICTIONARY



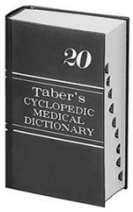
Dictionary

insomnia [(in-som-nee-uh)]

A persistent and prolonged inability to sleep.

http://dictionary.reference.com/browse/insomnia

DEFINITION - MEDICAL DICTIONARY



Medical Dictionary

Main Entry: **in·som·nia**
Pronunciation: in-'säm-nE-&
Function: *noun*
: prolonged and usually abnormal inability to obtain adequate sleepcalled also *agrypnia*

http://dictionary.reference.com/browse/insomnia


A DICTIONARY
OF
PSYCHOLOGICAL MEDICINE
LONDON
J. & A. CHURCHILL

A Dictionary of Psychological Medicine
Ed. D. Hack Tuke MD LLD, JA Churchill, London
1892. Vol. 1 p. 61.

AGRYPNIA (ἄγρυος, wild or restless; ὕπνος, sleep). A term for wakefulness or sleeplessness; one of the premonitory symptoms of various forms of insanity. (Fr. *agrypnie;* Ger. *Schlaflosigkeit*).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A Dictionary of Psychological Medicine
Ed. D. Hack Tuke MD LLD, JA Churchill, London
1892. Vol. 1 p. 61.

AGRYPNIA PERTŒSA (ἄγρυος; ὕπνος; *pertoesus*, disturbed). Sleeplessness from bodily disquiet, with attention alive to surrounding objects.


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A Dictionary of Psychological Medicine
Ed. D. Hack Tuke MD LLD, JA Churchill, London
1892. Vol. 1 p. 61.

AGRYPNIA EXCITATA (ἄγρυος; ὕπνος; *excito*, I stir up). Sleeplessness due to mental excitement with listlessness as to surrounding objects.

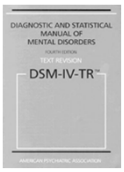

A DICTIONARY
OF
PSYCHOLOGICAL MEDICINE
LONDON
J. & A. CHURCHILL

A Dictionary of Psychological Medicine
Ed. D. Hack Tuke MD LLD, JA Churchill, London
1892. Vol. 1 p. 61.

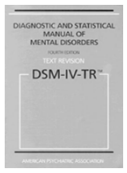
AGRYPNIA SENILIS (ἄγρυπνος; ὕπνος; *senilis*, pertaining to old age). The sleeplessness of old age.

READER

CLASSIC DEFINITION



GENERAL CONCEPTUALIZATIONS



PRIMARY INSOMNIA

A. The predominant complaint is difficulty initiating or maintaining sleep, or nonrestorative sleep, for at least 1 month.

B. The sleep disturbance (or associated daytime fatigue) causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

C. The sleep disturbance does not occur exclusively during the course of Narcolepsy, Breathing-Related Sleep Disorder, Circadian Rhythm Sleep Disorder, or a Parasomnia.

D. The disturbance does not occur exclusively during the course of another mental disorder (e.g., Major Depressive Disorder, Generalized Anxiety Disorder, a delirium).

E. The disturbance is not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition.

PRIMARY INSOMNIA

a. The predominant complaint is difficulty initiating or maintaining sleep or non-restorative sleep for at least one month.

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e. The disturbance is not caused by the direct physiologic effects of a substance (i.e., drug abuse, medication) or a general medical condition.

"CURRENT" DEFINITIONS

SPECIFIC CONCEPTUALIZATIONS

MORE THAN ONE FORM OF PRIMARY INSOMNIA

IDIOPATHIC INSOMNIA

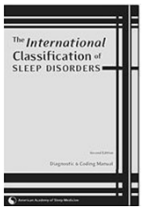
PSYCHOPHYSIOLOGIC INSOMNIA

PARADOXICAL INSOMNIA

INADEQUATE SLEEP HYGIENE INSOMNIA

PHYSIOLOGICAL INSOMNIA

INSOMNIA NOS



IDIOPATHIC INSOMNIA

LIFELONG INSOMNIA WITH A PRESUMED ORGANIC COMPONENT

PSYCHOPHYSIOLOGIC INSOMNIA

A FORM OF INSOMNIA THAT IS CONCEPTUALIZED AS BEING PERPETUATED BY BOTH PSYCHOLOGICAL (BEHAVIORAL AND COGNITIVE) AND PHYSIOLOGICAL FACTORS

PSYCHOPHYSIOLOGIC INSOMNIA
THE FORMAL DEFINITION

THE PATIENT HAS EVIDENCE OF CONDITIONED SLEEP DIFFICULTY AND/OR HEIGHTENED AROUSAL AT SLEEP ONSET AS INDICATED BY

- EXCESSIVE FOCUS ON, AND ANXIETY ABOUT, SLEEP
- SLEEP MAY OCCUR IN NOVEL PLACES, TIMES, ETC. (I.E., IN THE ABSENCE OF CONDITIONED STIMULI)
- MENTAL AROUSAL OCCURS AS INTRUSIVE THOUGHTS OR INVOLUNTARY RUMINATION
- SOMATIC AROUSAL - FEELING PHYSICALLY "WOUND UP"

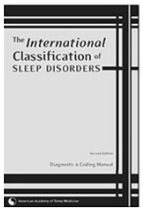
THERE IS EVIDENCE OF "SLEEP EXTENSION" (EXPANDED SLEEP OPP & LOW SE%)

PARADOXICAL INSOMNIA

A FORM OF INSOMNIA FOR WHICH THERE IS A PROFOUND DISCREPANCY BETWEEN THE PATIENT'S EXPERIENCE OF SLEEP CONTINUITY DISTURBANCE AND THE MEASURE OF INSOMNIA SEVERITY BY POLYSOMNOGRAPHY

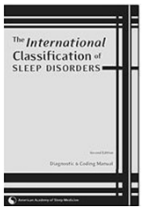
INADEQUATE SLEEP HYGIENE INSOMNIA

A FORM OF INSOMNIA THAT IS CONCEPTUALIZED AS BEING PERPETUATED, IN LARGE MEASURE, BY LIFESTYLE ISSUES



PHYSIOLOGICAL INSOMNIA

A FORM OF INSOMNIA THAT IS CONCEPTUALIZED AS BEING PERPETUATED, IN LARGE MEASURE, BY ORGANIC FACTORS



INSOMNIA NOS

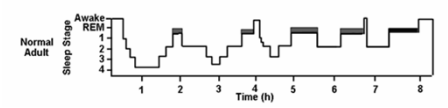
ARE THERE SUBTYPES OF INSOMNIA?

PRIMARY INSOMNIA

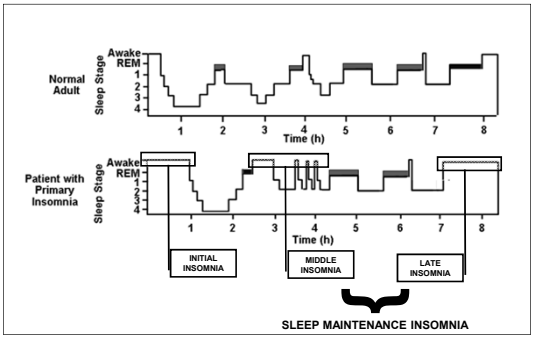
IDIOPATHIC | **PARADOXICAL** | **PSYCHOPHYS** | **INADEQUATE SH** | **PHYSIOLOGIC**

INITIAL | **MIDDLE** | **LATE**

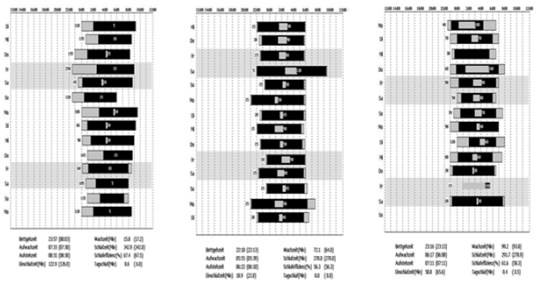
INITIAL - MIDDLE - LATE INSOMNIA



INITIAL - MIDDLE - LATE INSOMNIA

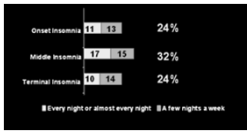


INITIAL - MIDDLE - LATE INSOMNIA



Compliments of Dieter Riemann

VALUE OF SUBTYPING ?

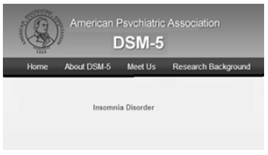


INITIAL IS ANXIETY

MIDDLE IS MEDICAL

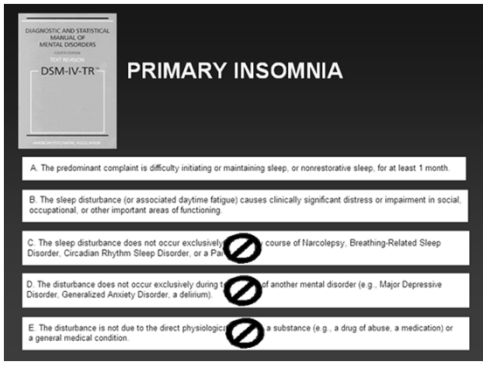
LATE IS DEPRESSION

DSM-5 AND ICSD-3 SOMETHING NEW



Insomnia Disorder

WHAT DO YOU SUSPECT THIS MEANS



THUS
THE CONCEPT OF SECONDARY INSOMNIA HAS BEEN ELIMINATED

INSOMNIA WHEN CHRONIC IS NOT CLASSIFIED AS A SYMPTOM OF OTHER CO-OCCURING ILLNESSES BUT INSTEAD IT IS CLASSIFIED AS A DISORDER

THIS PARADIGMATIC SHIFT WAS BROUGHT TO YOU BY

McCrae & Lichstein, 2001

Stepanski & Rybarczyk , 2005

Lichstein, 2006

THEY ARGUED

IT IS ALMOST IMPOSSIBLE TO MAKE A DIFFERENTIAL DIAGNOSIS OF [SECONDARY INSOMNIA [SI])

THE ARGUMENT WAS BASED ON

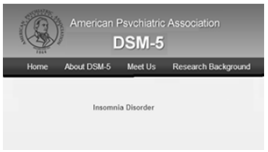
- **CONCEPTUAL GROUNDS**
- **THEORETICAL GROUNDS**
- **BASIS OF TREATMENT OUTCOME DATA**

THE CONCEPTUAL ARGUMENT

ABSOLUTE SECONDARY INSOMNIA

PARTIAL SECONDARY INSOMNIA

SPECIOUS SECONDARY INSOMNIA



Insomnia Disorder

A. The predominant complaint is dissatisfaction with sleep quantity or quality made by the patient (or by a caregiver or family in the case of children or elderly).

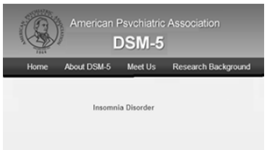
B. Report of one or more of the following symptoms:

C. The sleep complaint is accompanied by significant distress or impairment in daytime functioning as indicated by the report of at least one of the following:

D. The sleep difficulty occurs at least three nights per week.

E. The sleep difficulty is present for at least three months.

F. The sleep difficulty occurs despite adequate age-appropriate circumstances and opportunity for sleep.



B. Report of one or more of the following symptoms:

- **Difficulty initiating sleep; in children this may be manifested as difficulty initiating sleep without caregiver intervention**
- **Difficulty maintaining sleep characterized by frequent awakenings or problems returning to sleep after awakenings (in children this may be manifested as difficulty returning to sleep without caregiver intervention)**
- **Early morning awakening with inability to return to sleep**
- **Non restorative sleep(wait)**
- **Prolonged resistance to going to bed and/or bedtime struggles (children)**

C. The sleep complaint is accompanied by significant distress or impairment in daytime functioning as indicated by the report of at least one of the following:

-Fatigue or low energy

-Daytime sleepiness

-Cognitive impairments (e.g., attention, concentration, memory)

-Mood disturbance (e.g., irritability, dysphoria)

-Behavioral problems (e.g., hyperactivity, impulsivity, aggression)

-Impaired occupational or academic function

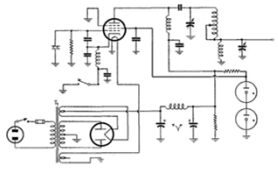
-Impaired interpersonal/social function

-Negative impact on caregiver or family functioning (e.g., fatigue, sleepiness, etc.)

WHY THE EMPHASIS ON DAY TIME FUNCTION ?

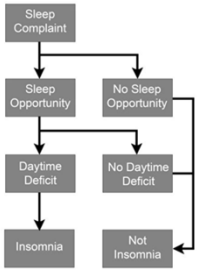
RECAPITULATION

HOW ABOUT SOMETHING MORE SCHEMATIC ?



DEFINITION

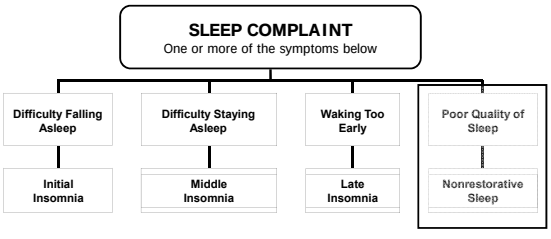
ICSD-II General Criteria for Insomnia



DEFINITION

WHAT IS MEANT BY A SLEEP COMPLAINT ?

DEFINITION



DEFINITION

WHAT IS MEANT BY SLEEP OPPORTUNITY ?

DEFINITION

SLEEP OPPORTUNITY

Nocturnal sleep difficulties occur despite the allocation of adequate time and circumstances (e.g., a quiet and dark bedroom) for sleep.

DEFINITION

SLEEP OPPORTUNITY

Quiet, dark and safe place

Speak to the issue of bedroom and safety

DEFINITION

WHAT ABOUT

SEVERITY

DEFINITION

SEVERITY

DEFINITION

SEVERITY

RULE OF 30

How long is long and corresponds to “complaint” ?
How long is long enough to correspond to consequence ?

A NOTE ABOUT ACUTE INSOMNIA

April, 1923 CALIFORNIA STATE JOURNAL OF MEDICINE 175

THE GENESIS AND TREATMENT OF INSOMNIA *

By HENRY DOUGLAS EATON, M. D., Los Angeles


ARTICLE IN PRESS

Contents lists available at ScienceDirect

Sleep Medicine Reviews

journal homepage: www.elsevier.com/locate/smrv

CLINICAL REVIEW

Acute insomnia: Current conceptualizations and future directions

Jason G. Ellis, Philip Gehrman, Colin A. Espie, Dieter Riemann, Michael L. Perlis

ARTICLE INFO

SUMMARY

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The proposed diagnostic for acute insomnia.

Acute Insomnia

QOL – quality of life.
SOL – sleep onset latency.
WASO – wakefulness after sleep onset.

IMPLICATIONS FOR TX ?

M.M. Ohayon, T. Roth / Journal of Psychiatric Research 37 (2003) 9–15

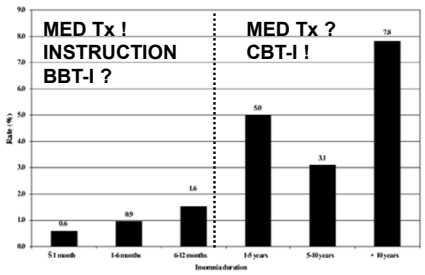


Fig. 1. Prevalence of insomnia by its duration.

INSTRUCTIONS

✓ Think of insomnia as a solution instead of a problem

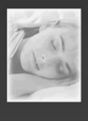
--When an episode of insomnia occurs as a result of life stress, think of the upside: more time to get done what you need to get done.

✓ Take Heart

-- When left to run its course, stress related insomnia is not likely to last more than 2-3days

✓ Take Action

--If the insomnia persists for more than a week - seek assistance: any early intervention may defer the need for "a pound of cure"



OVERALL STRATEGY FOR TREATMENT

Journal of Psychosomatic Research, 54 (1): 51-59, 2003.

BREAK

DEFINITION - RDC

ETIOLOGY AND PATHOPHYSIOLOGY OF INSOMNIA
&
TREATMENT IMPLICATIONS

SO WHO NEEDS A MODEL ?

"The only problem with insomniacs is they don't get enough sleep"

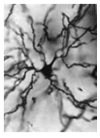
REVIEW OF INSOMNIA MODELS
RE: ETIOLOGY AND PATHOLOGY

HOW DOES THIS CONDITION DEVELOP ?
WHAT IS IT ?

WHAT IS THE ETIOLOGY OF INSOMNIA ?

UNKNOWN

WHAT IS THE PATHOPHYSIOLOGY OF INSOMNIA ?



UNKNOWN

ANY IDEAS ABOUT WHAT INSOMNIA IS ?

ACTUALLY THERE ARE MORE THAN A FEW

Page proofs reprinted from: Principles and Practice of Sleep Medicine, Elsevier, 2005. www.guidetosleep.com/psm4 and www.sleepmedtext.com for more information.

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Etiology and Pathophysiology of I

Michael J. Perlis
Michael T. Smith
Wilfred Pigeon

ABSTRACT

PHYSIOLOGIC MODEL OF INSOMNIA

P14

Models of Insomnia

Michael Perlis, Paul Shaw, Georgina Cano, and Colin Espie

Chapter 78

THE ETIOLOGY OF INSOMNIA

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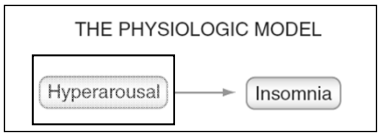
Word count: 12,795 (prior chapters word counts were around 9500 and 11,700)
Figure Count: 11 (It is anticipate that these will be re-examined, as with past editions of the PPSM)

Strengths and Weaknesses

THE PHYSIOLOGIC PERSPECTIVE

THE PHYSIOLOGIC MODEL



WHAT IS HYPERAROUSAL ?

DO PATIENTS WITH INSOMNIA EXHIBIT THIS ?

WHAT IS HYPERAROUSAL ?

A LEVEL OF PHYSIOLOGIC AROUSAL THAT INTERFERES WITH THE INITIATION AND MAINTENANCE OF SLEEP

CLASSICAL MEASURES

- **HEART RATE (HR)**
- **RESPIRATION RATE (RR)**
- **MUSCLE TONUS (EMG)**
- **TEMPERATURE (CBT)**
- **STARTLE RESPONSE (GSR)**

DO INSOMNIA PATIENTS EXHIBIT INCREASED PHYSIOLOGIC AROUSAL ?

	Monroe 1967	Haynes 1974	Haynes 1981	Freedman 1982	Adam 1985	Okpaseiki 1994
Subject Issues						
Mean Age (PS and OS)	25/26	18/18	19/13	31/27	51/51	24/24
Sample Size (PS and OS)	18/16	??/??	10/11	12/12	18/18	24/25
Recruitment Source	Univ.	Univ.	Univ	Comm.	PCP	Comm.
Recruitment (indicated Insomnia Research)	Yes	No	??	Yes	No	Yes
Medical Screening	??	??	??	Yes	??	Yes
Psych Screen	??	??	??	Yes	Yes	Yes
Sleep Dx Screen	??	??	??	Yes	??	Yes
Insomnia Complaint (for the PS)	No	??	Yes	Yes	Yes	Yes
PSG study	Yes	No	Yes	Yes	Yes	Yes
PSG Confirmed Insomnia	Yes	No	Yes	Yes	Yes	Yes
Measures -						
Heart rate - During the Day					ns	ns ?
Heart Rate - Prior to Sleep Onset	↑		↑	↑	ns	↑
Heart rate - During Sleep	↑			ns	ns	↑
Respiration Rate - During the Day						
Respiration Rate - Prior to Sleep Onset	↑			↑		
Respiration Rate - During Sleep	↑			ns		
Temperature*- During the Day					↑	
Temperature - Prior to Sleep Onset	↑			ns	↑	
Temperature - During Sleep	↑			ns	↑	
Muscle Tension - During the Day		↑				
Muscle Tension - Prior to Sleep Onset				↑		
Muscle Tension - During Sleep				ns		
Skin Resistance - During the Day	↑					
Skin Resistance - Prior to Sleep Onset				↑		
Skin Resistance - During Sleep				ns		
Peripheral Vasoconstrictivity- During the Day	↑					ns
Peripheral Vasoconstrictivity- Prior to Sleep Onset				ns		
Peripheral Vasoconstrictivity- During Sleep				ns		ns

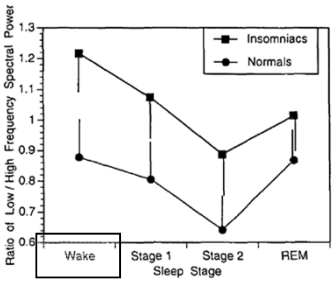
WHAT IS HYPERAROUSAL ?

A LEVEL OF PHYSIOLOGIC AROUSAL THAT INTERFERES WITH THE INITIATION AND MAINTENANCE OF SLEEP

CONTEMPORARY MEASURES

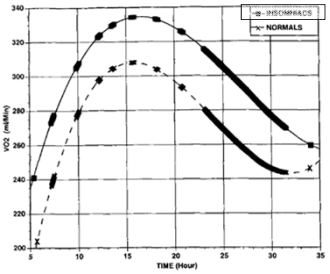
- **HEART RATE VARIABILITY (HRV)**
- **METABOLIC RATE**
- **CORTISOL LEVEL**

HRV



Bonnet et al, Psychosom Med. 1998 Sep-Oct;60(5):610-5.

METABOLIC RATE



Bonnet et al. Sleep 1995; 18(7):581-588.
Bonnet et al. Psychosom Med 1997; 59(5):533-540.

HPA AXIS ABNORMALITIES

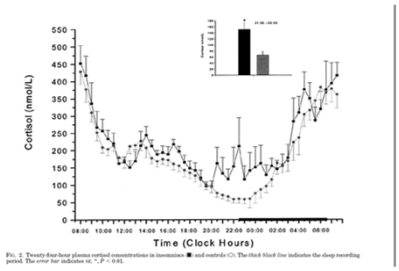


FIG. 2. Twenty-four-hour plasma cortisol concentrations in insomniacs ■ and controls ○. The *thick black line* indicates the sleep recording period. The *error bar* indicates SE. *, $P < 0.01$.

Vgontzas et al. 2001. Journal of Clinical Endocrinology & Metabolism

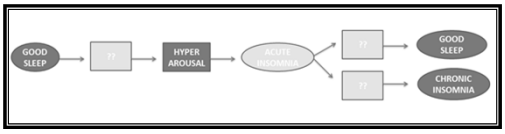
Q: IS THE LEVEL OF AROUSAL ENOUGH TO INTERFERE WITH SLEEP INITIATION OR MAINTENANCE ?

DOES THE AROUSAL LEVEL COMPARE TO THIS ?!

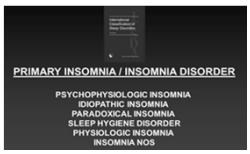
IT'S DOUBTFUL

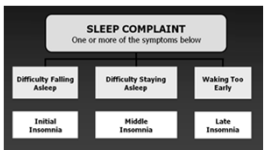
DOES THE MODEL EXPLAIN HOW THE HYPERAROUSAL CONDITION COMES INTO EXISTENCE ?

DOES THE MODEL EXPLAIN HOW ACUTE INSOMNIA BECOMES CHRONIC AND HOW HOW THE CONDITIONS DIFFER ?



CAN THIS MODEL EXPLAIN THE VARIOUS INSOMNIA PHENOTYPES (TYPES AND SUBTYPES)





FOR A GOOD REVIEW OF THE EVIDENCE

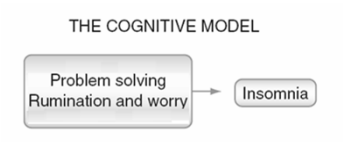
Sleep Medicine Reviews

CLINICAL REVIEW

The hyperarousal model of insomnia: A review of the concept and its evidence

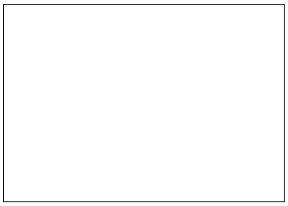
THE COGNITIVE PERSPECTIVE

COGNITIVE MODEL OF INSOMNIA (GENERAL)



INSOMNIA OCCURS AS A RESULT OF WORRY

WORRY – CLASSIC



WORRY – CONTEMPORARY

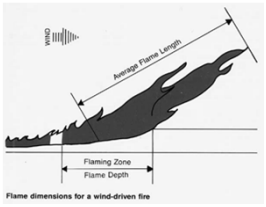
DOES CHRONIC INSOMNIA OCCUR BECAUSE OF

WORRY
RUMINATION
INTRUSIVE THOUGHTS

SELECTIVE ATTENTION
SLEEP-RELATED INTENTION AND EFFORT
SAFETY BEHAVIORS

MAYBE

OR MAYBE THE COGNITIVE FACTORS ARE "WIND TO THE FLAME"



Flame dimensions for a wind-driven fire

THAT IS, COGNITIVE FACTORS SERVE TO MAKE THE INSOMNIA MORE SEVERE AND MORE CHRONIC

CONSIDER THIS:

IN THE CASE OF <u>CHRONIC INSOMNIA</u>

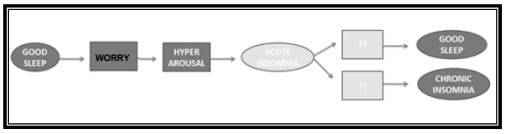
IS IT THE CASE THAT WORRY KEEPS ONE AWAKE

OR

THAT ONE WORRIES BECAUSE ONE IS AWAKE ?

DOES THE MODEL EXPLAIN HOW THE HYPERAROUSAL CONDITION COMES INTO EXISTENCE ?

DOES THE MODEL EXPLAIN HOW ACUTE INSOMNIA BECOMES CHRONIC AND HOW THE CONDITIONS DIFFER ?



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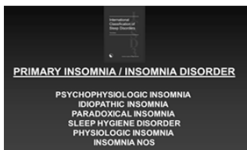
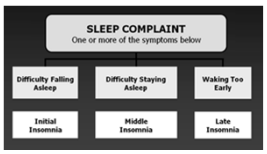




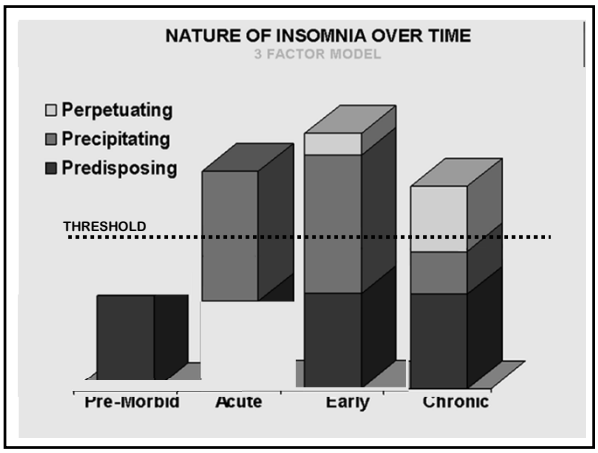
THE BEHAVIORAL PERSPECTIVE

THE SPIELMAN MODEL (AKA 3 FACTOR MODEL)

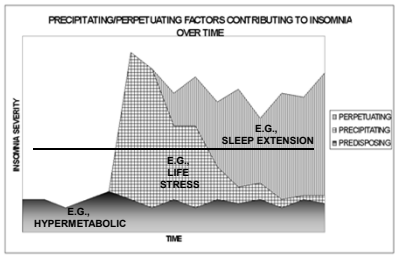
Spielman A. et al. A behavioral perspective on insomnia treatment. Psychiatric Clinics of North Am 1987; 10(4):541-553.

"The best cure for insomnia is to get a lot of sleep"

-- W.C. Fields



SPIELMAN'S NEW MODEL

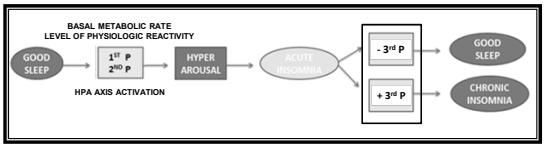


DOES THE MODEL EXPLAIN HOW THE HYPERAROUSAL CONDITION COMES INTO EXISTENCE ?

YES.

DOES THE MODEL EXPLAIN HOW ACUTE INSOMNIA BECOMES CHRONIC AND HOW THE CONDITIONS DIFFER ?

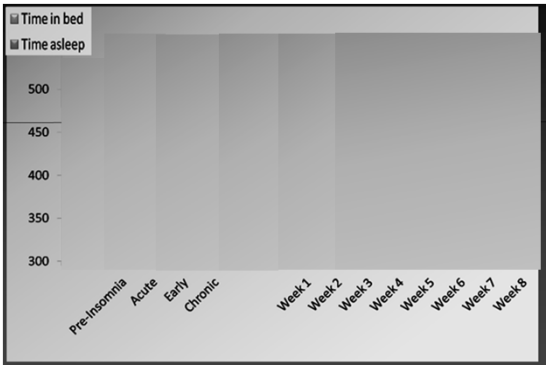
YES.



3rd P – SLEEP EXTENSION

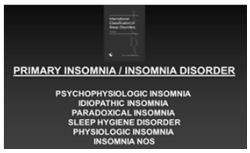
HOW TIME IN BED VARIES WITH INSOMNIA

HOW SLEEP OPPORTUNITY IS EXPANDED TO RECOVER LOST SLEEP



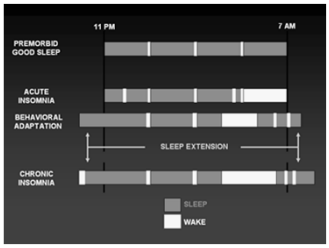
Schematic representation by Michael Grandner PhD

CAN THIS MODEL EXPLAIN THE VARIOUS INSOMNIA PHENOTYPES (TYPES AND SUBTYPES)



PROBABLY NOT

DOES CHRONIC INSOMNIA OCCUR SOLELY IN RELATION TO SLEEP EXTENSION ?

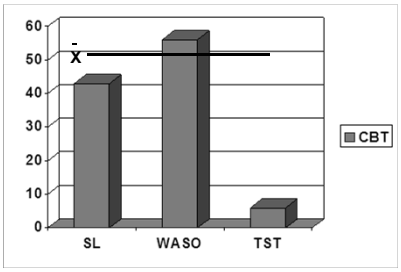


PROBABLY NOT

ASSUMING TX (CBT-I) ENTIRELY ELIMINATES THE BEHAVIORS THAT PERPETUATE INSOMNIA

WHY ARE PATIENTS NOT CURED ?

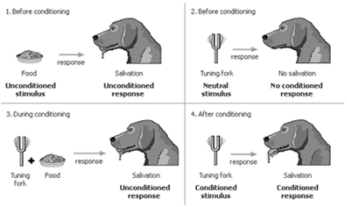
AVERAGE RESPONSE = ~ 50%



American Journal of Psychiatry. 159: 5-11. 2002.

IS THERE SOMETHING MISSING FROM THE BEHAVIORAL MODEL(S) ?

THE BEHAVIORAL MODELS FOCUS ON INSTRUMENTAL AND <u>NOT</u> CLASSICAL CONDITIONING



CLASSICAL CONDITIONING

<u>NORMAL SITUATION</u>
BEDROOM/BEDTIME → SLEEPINESS & SLEEP

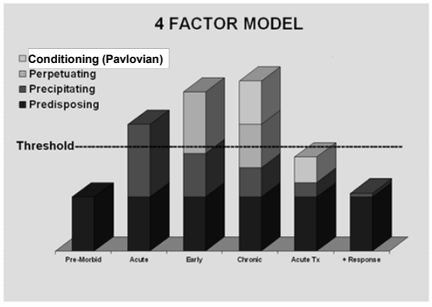
<u>ACUTE INSOMNIA SITUATION</u>
BEDROOM/BEDTIME + LIFE STRESS INDUCED SOMATIC AROUSAL → SCD
BEDROOM/BEDTIME + LIFE STRESS INDUCED CORTICAL AROUSAL → SCD

<u>CHRONIC INSOMNIA SITUATION</u>
BEDROOM/BEDTIME ~~+ LIFE STRESS~~ INDUCED SOMATIC AROUSAL → SCD
BEDROOM/BEDTIME ~~+ LIFE STRESS~~ INDUCED CORTICAL AROUSAL → SCD

SO IF ONE TAKES INTO ACCOUNT CONDITIONING

THE THREE FACTOR MODEL COULD BE REPRESENTED AS A FOUR FACTOR MODEL

THE FOUR FACTOR MODEL

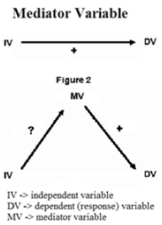


Perlis, Pigeon and Smith; Principles and Practice of Sleep Medicine Chapter 60

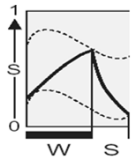
DOES CHRONIC INSOMNIA OCCUR SOLELY IN RELATION TO PHYSIOLOGIC, COGNITIVE, AND BEAHVIORAL FACTORS ?

PROBABLY NOT

IT'S LIKELY THAT MODERATORS & MEDIATORS ARE AT PLAY



WHAT'S MISSING ?



2.2

Sleep Homeostasis and Models of Sleep Regulation

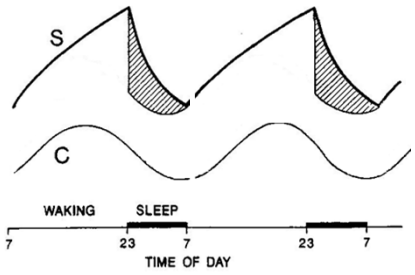
Alexander A. Borbély
Peter Achermann

HOMEOSTATIC REGULATION OF SLEEP

Electroencephalographic Slow Wave Activity as an Indicator of Sleep Homeostasis

Slow Wave Sleep and Slow Wave Activity

BORBELY'S 2 PROCESS MODEL



GIVEN THE TWO PROCESS MODEL

WHAT SHOULD BE THE KEY QUESTIONS OF RELEVANCE FOR TX

1. HOW LONG IS THE INDIVIDUAL AWAKE DURING THE DAY ?
2. DOES THE INDIVIDUAL NAP (AND WHEN) ?
3. WHAT TIME IS THE INDIVIDUAL GOING TO BED ?
4. WHAT TIME IS THE INDIVIDUAL GETTING OUT OF BED ?

THE TWO PROCESS MODEL HELP ACCOUNT FOR INSOMNIA SUBTYPE

INITIAL AND LATE INSOMNIA MAY OCCUR WITH SUBTLE PHASE SHIFTS OR SLEEPING OUT OF ONE'S PREFERRED SLEEP PHASE

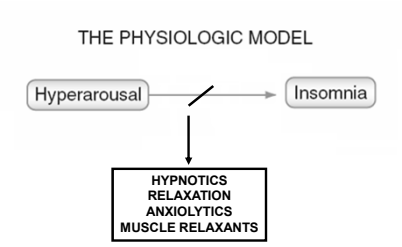
INITIAL, MIDDLE, OR LATE, MAY OCCUR AS SLEEP HOMEOSTASIS DYSREGULATTION (DEPRIME OR EXCESSIVE OPPORTUNITY)

THE TWO PROCESS MODEL HELP ACCOUNT FOR WHY SLEEP EXTENSION IS A PROBLEM AND WHY SLEEP RESTRICTION WORKS

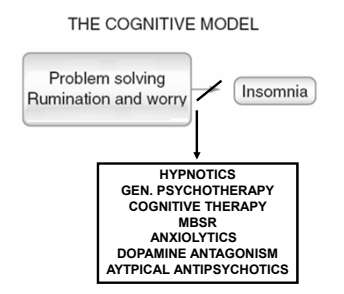
"IF SLEEP EXTENSION IS THE PROBLEM, SLEEP RESTRICTION IS THE SOLUTION"

TARGETS FOR TREATMENT

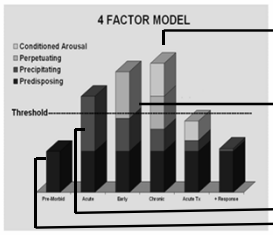
PHYSIOLOGIC MODEL OF INSOMNIA (GENERAL)



COGNITIVE MODEL OF INSOMNIA (GENERAL)



FOUR FACTOR MODEL



STIMULUS CONTROL INST
HYPNOTICS
SADs
OREXIN ANTAGONISM

SLEEP RESTRICTION
STIMULUS CONTROL INST

EXERCISE
RELAXATION
GEN. PSYCHOTHERAPY

SO THESE ARE THE BASIC MODELS

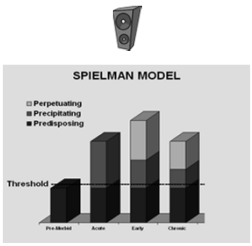
FYI

THERE ARE OTHER MODELS WORTH STUDYING DOWN THE ROAD

THE LUNDH MODEL
THE NEUROCOGNITIVE MODEL
THE HARVEY MODEL
THE PSYCHOBIOLOGICAL INHIBITION MODEL
THE NEUROBIOLOGICAL MODEL

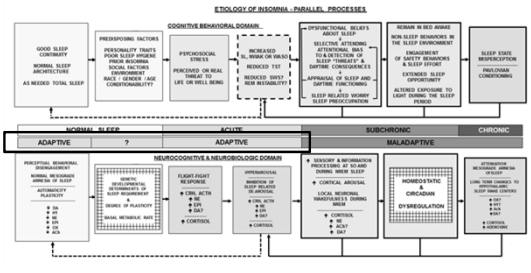
THE DROSOPHILA MODEL
THE RODENT MODEL

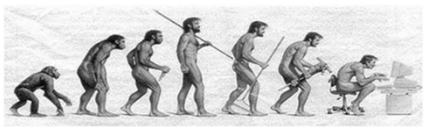
FROM A CLINICAL POINT OF VIEW



WHERE IS THE QUOTE FROM ?

FROM A RESEARCH POINT OF VIEW





BREAK

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Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

INSOMNIA

TREATMENT OPTIONS
TREATMENT EFFECTIVENESS

HOW DO WE TX THIS ?

A HX PERSPECTIVE

PHARMACOTHERAPY

46 THE BRITISH MEDICAL JOURNAL. [July 14, 1877.

QUEEN'S HOSPITAL, BIRMINGHAM.
CASES UNDER THE CARE OF DR. SAWYER.

Insomnia.— is usually successfully treated by full doses of bromides conjoined with tincture of ergot and cod-liver oil. If the insomnia be serious, it must be stopped at once by hypnotics, preferably by opium.

PHARMACOTHERAPY

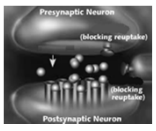
SOME HUMOR RE: PHARMACOTHERAPY
BEFORE WE BEGIN

PAST AND CURRENT THERAPEUTIC APPROACH TO PHARMACOTHERAPY

TREATMENT OPTIONS

CLASSIC THERAPIES

- Benzodiazepines (e.g., temazepam)
- Imidazopyridines (e.g., zolpidem)
  Pyrazolopyrimidine (e.g., zaleplon)
  Pyrrolopyrazine (e.g., eszopiclone)



NEWER THERAPIES

- Melatonin Agonists (e.g., ramelteon)
- Doxepin (e.g., "Silenoir)

OFF LABEL

- Antidepressants (e.g., amitriptyline, trazodone)
- Antipsychotics (e.g., quetiapine)

IN DEVELOPMENT

- Orexin antagonists (e.g., suvorexant)
- BZRAs + CBT-I
- Stimulants + CBT-I

Table 1
Basic pharmacology of medications used to treat insomnia

Agent	Trade name	Class	FDA indication	t_{max} (h)	$t_{1/2}$ (h)	Binding profile: Benzo binding	Anti-H1	MT1-MT2	Anti-5HT2	Anti-alpha-1	Anti-dopa	Anti-mAch	Metabolism
Flurazepam	Dalmane	Benzodiazepine	Insomnia	0.5–1.5	40–250	+++							CYP2C19, CYP3A4
Quazepam	Doral	Benzodiazepine	Insomnia	2	20–120	+++							CYP3A4, CYP2C19
Estazolam	Prosom	Benzodiazepine	Insomnia	1.5–2	10–24	+++							CYP3A4
Temazepam	Restoril	Benzodiazepine	Insomnia	1–3	8–20	+++							Glucuronide conjugation
Triazolam	Halcion	Benzodiazepine	Insomnia	1–3	2–5.5	+++							CYP3A4, glucuronide conjugation
Clonazepam	Klonopin	Benzodiazepine	Seizures, anxiety	1–2	35–40	+++							CYP2B, CYP3A4, acetylation
Lorazepam	Ativan	Benzodiazepine	Anxiety	1–3	12–15	+++							Glucuronide conjugation
Alprazolam	Xan												[illegible], CYP2C19
Diazepam	Valk												CYP2C19, CYP3A4, nide conjugation
Chlordiazepoxide	Libr												CYP2C19, CYP3A4, nide conjugation
Zolpidem (MR)	Amb												, CYP1A2, CYP2C9
Zaleplon	Sona												le oxidase, CYP3A4
Eszopiclone	Lun												, CYP2E1
Ramelteon	Roz												, CYP2C, CYP3A4
Amitriptyline	Elav												, CYP2C19, CYP2D6,
Doxepin	Sine												CYP2C19, CYP2D6, CYP2C9, CYP1A2
Trazodone	Desyrel	Chlorophenylpiperazine	MDD	1–2	7–15			+++	+++				CYP3A4, CYP2D6, CYP1A2
Mirtazapine	Remeron	Tetracyclic	MDD	0.25–2	20–40		+++	+++					CYP2D6, CYP1A2, CYP3A4
Quetiapine	Seroquel	Dibenzothiazepine	Schizophrenia mania	1	7		++	+	+++	+			CYP2D6, CYP3A4
Olanzapine	Zyprexa	Thiobenzodiazepine	Schizophrenia mania	5	30		+++	+++	++	++	+++		CYP1A2
Risperidone	Risperdal	Benzisoxazole	Schizophrenia mania	1	3–20		+	+++	+++	++			CYP2D6, CYP3A4
Diphenhydramine	Benadryl	Ethanolamine	Allergy, OTC sleep aid	2–3	5–11		+++					+++	CYP2D6, CYP1A2, CYP2C9, CYP2C19
Doxylamine succinate	Unisom	Ethanolamine	Allergy, OTC sleep aid	1.5–2.5	10–12		+++					+++	CYP2D6, CYP1A2, CYP2C9

MDD = major depressive disorder; $t_{1/2}$ includes the half-lives of the parent compound and major active metabolites; OTC = over-the-counter; information in table from Refs. [8,9,]
Anti-5HT2-Serotonin Type 2 Receptor Antagonist; Anti-alpha-1 - Alpha 1 Adrenergic Antagonist; Anti-Dopa - Dopamine Antagonist; Anti-H1 - Antihistamine; Anti-mAch - Muscarinic Cholinergic Antagonist; Benzo – Benzodiazepine; CYP - Cytochrome P450; ETOH – Alcohol; MR – Modified release; MT1-MT2 - Melatonin Type 1 and Type 2 Receptor Antagonist; $t_{1/2}$ - Half-life; t_{max} - Time to maximum blood level.]

WHILE COMPREHENSIVE, WHAT IS MISSING FROM THIS TABLE ?

Krystal Sleep Medicine Reviews 13 (2009) 265–274

Drugs Indicated for Insomnia

Generic	Brand	$T_{1/2}$ (Hours)	Dose (mg)	Drug Class
Flurazepam	Dalmane	48-120	15-30	BZD
Temazepam	Restoril	8-20	15-30	BZD
Triazolam	Halcion	2-6	0.125-0.25	BZD
Estazolam	Prosom	8-24	1-2	BZD
Quazepam	Doral	48-120	7.5-15	BZD
Zolpidem	Ambien	1.5-2.4	5-10	non-BZD
Zaleplon	Sonata	1	5-20	non-BZD
Eszopiclone	Lunesta	5-7	1-3	non-BZD
Zolpidem Ext. Rel.	Ambien CR	1.5-2.4*	6.25-12.5	non-BZD
Ramelteon	Rozerem	1.5-5	8	MT agonist

Compiled by Dan Buysse

BASED ON ½ LIFE WHICH MEDICATION MIGHT BE BEST FOR <u>INITIAL INSOMNIA</u>

Generic	Brand	$T_{1/2}$ (Hours)	Dose (mg)	Drug Class
Flurazepam	Dalmane	48-120	15-30	BZD
Temazepam	Restoril	8-20	15-30	BZD
Triazolam	Halcion	2-6	0.125-0.25	BZD
Estazolam	Prosom	8-24	1-2	BZD
Quazepam	Doral	48-120	7.5-15	BZD
Zolpidem	Ambien	1.5-2.4	5-10	non-BZD
Zaleplon	Sonata	1	5-20	non-BZD
Eszopiclone	Lunesta	5-7	1-3	non-BZD
Zolpidem Ext. Rel.	Ambien CR	1.5-2.4*	6.25-12.5	non-BZD
Ramelteon	Rozerem	1.5-5	8	MT agonist

Compiled by Dan Buysse

BASED ON ½ LIFE WHICH MEDICATION MIGHT BE BEST FOR <u>MIDDLE INSOMNIA</u>

Generic	Brand	$T_{1/2}$ (Hours)	Dose (mg)	Drug Class
Flurazepam	Dalmane	48-120	15-30	BZD
Temazepam	Restoril	8-20	15-30	BZD
Triazolam	Halcion	2-6	0.125-0.25	BZD
Estazolam	Prosom	8-24	1-2	BZD
Quazepam	Doral	48-120	7.5-15	BZD
Zolpidem	Ambien	1.5-2.4	5-10	non-BZD
Zaleplon	Sonata	1	5-20	non-BZD
Eszopiclone	Lunesta	5-7	1-3	non-BZD
Zolpidem Ext. Rel.	Ambien CR	1.5-2.4*	6.25-12.5	non-BZD
Ramelteon	Rozerem	1.5-5	8	MT agonist

Compiled by Dan Buysse

BASED ON ½ LIFE WHICH MEDICATION MIGHT BE BEST FOR <u>LATE INSOMNIA</u>

Generic	Brand	$T_{1/2}$ (Hours)	Dose (mg)	Drug Class
Flurazepam	Dalmane	48-120	15-30	BZD
Temazepam	Restoril	8-20	15-30	BZD
Triazolam	Halcion	2-6	0.125-0.25	BZD
Estazolam	Prosom	8-24	1-2	BZD
Quazepam	Doral	48-120	7.5-15	BZD
Zolpidem	Ambien	1.5-2.4	5-10	non-BZD
Zaleplon	Sonata	1	5-20	non-BZD
Eszopiclone	Lunesta	5-7	1-3	non-BZD
Zolpidem Ext. Rel.	Ambien CR	1.5-2.4*	6.25-12.5	non-BZD
Ramelteon	Rozerem	1.5-5	8	MT agonist

Compiled by Dan Buysse

PLUSES & MINUSES FOR EACH TREATMENT MODALITY

<u>Benzodiazepines (e.g., Temazepam)</u>

+ Good short term efficacy
+ Low interaction profile
+ High LD
+ Minor side effects (depending on 1/2 life)

- Not recommended for long term use
- Not curative (gains are lost when Tx is d/c)
- Rebound insomnia
- Suppresses SWS or REM
- Drug dependence (?) ASIDE: ANXIETY AND/OR PAIN

PLUSES & MINUSES FOR EACH TREATMENT MODALITY

Imidazopyridines / Non-benzodiazepines (e.g., Zolpidem, Zaleplon, Zopiclone)

+ Good "short" term efficacy
+ May be used safely up to 6 months (FDA SI REMOVED)
+ Low interaction profile
+ High LD
+ Few side effects
+ Doesn't suppress SWS or REM
+ Does not result in rebound insomnia

- Not curative (gains are lost when Tx is d/c)
- Parasomnogenesis (pegged to zolpidem)

PLUSES & MINUSES FOR EACH TREATMENT MODALITY

Melatonin Agonists (M1 & M2 receptor agonists)

Ramelteon (Rozerem)

PLUSES & MINUSES FOR EACH TREATMENT MODALITY

Melatonin Agonists (M1 receptor agonists)

+ "Established" efficacy
+ May be used safely for extended intervals
+ Low interaction profile (except fluvaxamine)
+ High LD
+ Few side effects (possible exception: gonadotrophic hormones)
+ Doesn't suppress SWS or REM
+ Does not result in rebound insomnia

- Not curative (gains are lost when Tx is d/c)

(SUB-OB ISSUE)

	PRE-POST Δ SUB	PRE-POST Δ OB	Δ
SL	10	15	-5
NWAK	1	2	-1
WASO	5	15	-10
TST	15	25	-10

PLUS & MINUSES FOR EACH TREATMENT MODALITY

Low Dose Tricyclics – Doxepin (not silenior)

+ Good short term efficacy (WASO only)
+ Good durability (3 months)
+ No appreciable effects on Sleep Architecture
+ Minor side effects at hypnotic doses (?)
+ Data exists for long term administration in MDD
+ Low abuse potential

- Interacts with other meds (?)
- Possible cardiovascular effects (?)
- Anticholinergic side effects (?)
- Not curative (gains are lost when Tx is d/c)

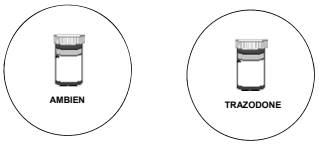
PLUS & MINUSES FOR EACH TREATMENT MODALITY

Antidepressants (e.g., Amitriptyline, Trazodone)

+ Good short term efficacy (?)
+ Minor side effects at hypnotic doses (?)
+ Data exists for long term administration in MDD
+ Low abuse potential

- Interact with other meds (?)
- Possible cardiac toxicity (?)
- Anticholinergic side effects (?)
- PLMs as an iatrogenic effect (more so w/ amitriptyline)
- Off label prescription for Primary Insomnia
- Not curative (gains are lost when Tx is d/c)
- Rebound insomnia (?)
-suppresses REM (not so much trazodone)
- Priapism

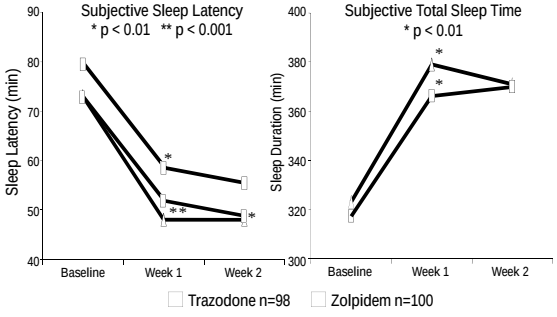
HOW DO HYPNOTICS COMPARE WITH SEDATING ANTIDEPRESSANTS ?



I would have guessed …

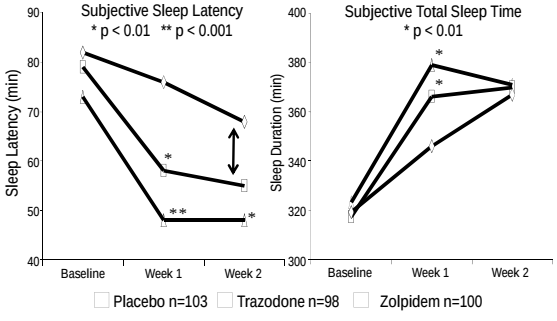
TRAZODONE AND ZOLPIDEM TREATMENT OF PRIMARY INSOMNIA

Walsh, *Hum Psychopharmacol*, 1998



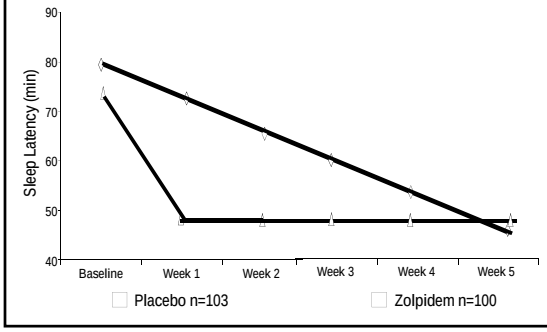
TRAZODONE AND ZOLPIDEM TREATMENT OF PRIMARY INSOMNIA

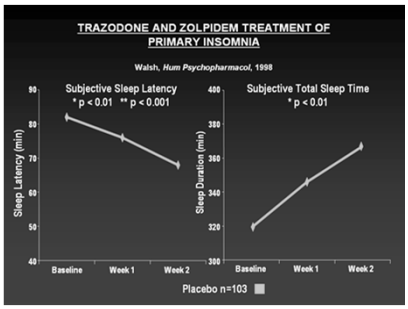
Walsh, *Hum Psychopharmacol*, 1998



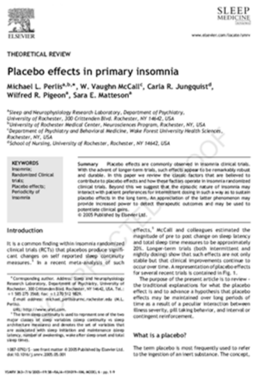
TRAZODONE AND ZOLPIDEM TREATMENT OF PRIMARY INSOMNIA

Walsh, *Hum Psychopharmacol*, 1998





"What's up with placebos and insomnia ?!!"



THEORETICAL REVIEW

Placebo effects in primary insomnia

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KEYWORDS
Insomnia;
Randomized Clinical trials;
Placebo effects;
Periodicity of insomnia

Summary Placebo effects are commonly observed in insomnia clinical trials. With the advent of longer-term trials, such effects appear to be remarkably robust and durable. In this paper we review the classic factors that are believed to contribute to placebo effects and how these factors operate in insomnia randomized clinical trials. Beyond this we suggest that the episodic nature of insomnia may interact with patient preferences for intermittent dosing in such a way as to sustain placebo effects in the long term. An appreciation of the latter phenomenon may provide increased power to detect therapeutic outcomes and may be used to potentiate clinical gains.
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Introduction

It is a common finding within insomnia randomized clinical trials (RCTs) that placebos produce significant changes on self reported sleep continuity measures.[1] In a recent meta-analysis of such effects,[1] McCall and colleagues estimated the magnitude of pre to post change on sleep latency and total sleep time measures to be approximately 20%. Longer-term trials (both intermittent and nightly dosing) show that such effects are not only stable but that clinical improvements continue to occur over time. A representation of placebo effects for several recent trials is contained in Fig. 1.

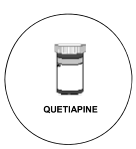
The purpose of the present article is to review – the traditional explanations for what the placebo effect is and to advance a hypothesis that placebo effects may be maintained over long periods of time as a result of a peculiar interaction between illness severity, pill taking behavior, and interval or contingent reinforcement.

What is a placebo?

The term placebo is most frequently used to refer to the ingestion of an inert substance. The concept,

WHAT ABOUT ANTIPSYCHOTICS ?

WHAT ABOUT QUETIAPINE ?



LETTER TO THE EDITORS

Quetiapine in primary insomnia: a pilot study

Michael H. Wiegand · Florentina Landry · Torsten Brückner · Corina Pohl · Zdenko Veselý · Thomas Jahn

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Table 1 Selected objective and subjective sleep parameters resulting from polysomnography and PSQI ratings

	T_1 (baseline)	T_2 (2 weeks med.)	*p*	T_3 (6 weeks med.)	*p*
Objective sleep quality (polysomnography)					
Subjective sleep quality (PSQI scores)					
Total score	13.1±2.3	9.1±3.3	0.00	6.8±3.3	0.00

Presented are means±SD. "*p*" refers to the change from baseline (Wilcoxon's test, two-tailed).
REM Rapid eye movements, *SPT* sleep period time, *PSQI* Pittsburgh Sleep Quality Inventory

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WHAT ABOUT PROSPECTIVE SAMPLING DATA

NAME: ____________ DATE: ____________

COMPLETE IMMEDIATELY BEFORE BED CONCERNING HOW YOU FELT TODAY:

	MON	TUES	WED	THUR	FRI	SAT	SUN		MEAN
TYPICAL DAY? (YES/NO) *									
FATIGUE (NONE 0—1—2—3—4—5 A LOT)									
STRESS (NONE 0—1—2—3—4—5 A LOT)									
ALERT (NOT VERY 0—1—2—3—4—5 VERY)									
CONCENTRATION (GOOD 0—1—2—3—4—5 BAD)									
MOOD (BAD 0—1—2—3—4—5 GOOD)									
TIME SPENT EXERCISING (MIN.)									
TIME SPENT OUTSIDE TODAY (MIN.)									
NUMBER OF ALCOHOLIC BEVERAGES									
PRESCRIPTIONS TODAY (YES/NO)									
OTC MEDS TODAY (YES/NO)									
PAIN TODAY (NONE 0—1—2—3—4—5 A LOT)									
HEALTH (FELT FINE 0—1—2—3—4—5 BAD)									
MENSTRUATE TODAY (YES/NO)									
MENSTRUAL PAIN (NONE 0—1—2—3—4—5 BAD)									

* PLEASE INDICATE ON THE BACK OF THIS SHEET WHY ANY GIVEN DAY WAS NOT TYPICAL AND/OR WHAT MEDICATIONS YOU TOOK ON ANY GIVEN DAY

COMPLETE IMMEDIATELY ON AWAKENING

	MON	TUES	WED	THURS	FRI	SAT	SUN		MEAN
TIME TO BED (CLOCK TIME)									
TIME OUT OF BED (CLOCK TIME)									
TIME TO BED (DEV FRM 11)									
TIME OUT OF BED (DEV FRM 7)									
(SL) TIME TO FALL ASLEEP									
(NUMA) NUMBER TIMES AWAKENED									
(WASO) WAKE AFTER SLEEP ONSET									
(TTOB) TOTAL AMOUNT TIME OUT OF BED									
(TST) TOTAL SLEEP TIME (MIN.)									
SLEEP QUALITY (GOOD 0—1—2—3—4—5 POOR)									
FATIGUE (NONE 0—1—2—3—4—5 A LOT)									

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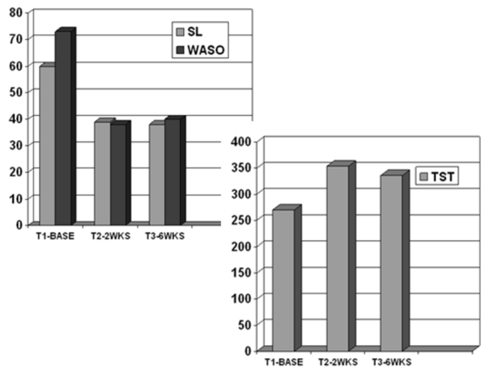

Quetiapine for Primary Insomnia: A Double Blind, Randomized Controlled Trial

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Objective: *To evaluate the clinical efficacy of Quetiapine 25 mg for the treatment of primary insomnia.*
Material and Method: *A randomized, double-blind, placebo-controlled clinical trial was conducted. Patients with DSM-IV-TR defined primary insomnia were asked to record a sleep diary one week prior to treatment, followed by 2 weeks of nightly treatment with either Quetiapine 25 mg or placebo. The primary outcomes were total sleep time (TST), sleep latency (SL), daytime alertness and functioning and sleep satisfaction; side effects were recorded as secondary outcome. Data were collected between January 2007 and December 2007, at Srinagarind Hospital of Khon Kaen University.*
Results: *Thirteen patients completed the present study (mean age 45.95 years old, range 25-62). Quetiapine group increased mean TST by 124.92 minutes and 72.24 minutes in the placebo group. Mean SL was reduced by 96.16 minutes in the Quetiapine group and 23.72 minutes in the placebo group. Statistical significance was not reached between both groups. In the Quetiapine group two patients reported side effects of dry lips, dry tongue and morning drowsiness.*
Conclusion: *The present study is the first study to evaluate the effect of Quetiapine in primary insomnia in a randomized controlled trial. Quetiapine at 25 mg at night did show a trend for improvement of TST and reduced SL in primary insomnia with few side effects but not reaching statistical significance. A study with a larger sample size is needed to demonstrate its efficacy.*

Keywords: *Insomnia, Primary insomnia, Quetiapine, Sleep*

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Full text. e-Journal: *http://www.mat.or.th/journal*

Insomnia is among the most common concerns in clinical practice. Numbers of studies have assessed the prevalence of insomnia. The findings vary, depending mostly on the criteria used for insomnia and the population studied. Data from the National Institutes of Health Epidemiologic Catchment Area (ECA) study, approximately 10-15% of adults in the United States suffer from chronic insomnia and 25-35% has transient or occasional insomnia. In European countries insomnia occurred in 19% of the population. Only one study from Thailand reported the prevalence of 46.3% in elderly.

From the Diagnostic and Statistical Manual of Mental Disorders, Fourth edition Text Revision (DSM-IV-TR) criteria, primary insomnia is characterized by the predominant complaint of difficulty initiating or maintaining sleep, or of non-restorative sleep, for at least 1 month. This sleep disturbance should not be caused by another diagnosable sleep disorder or mental disorder. Primary insomnia accounts for 12-15% of patients with chronic insomnia. The essential features are conditioned arousal in response to efforts to sleep and negative expectations about sleep. Because insomnia is a subjective complaint, polysomnography is the only method that provides a comprehensive measurement of sleep but it is expensive and unpractical. The use of subjective assessment methods such as self report questionnaires and sleep logs are more often used in clinical studies.

Primary insomnia treatments include both pharmacological and non-pharmacological modalities. Pharmacotherapies aim to reduce morbidity and prevent complications. Medication should be given for short-term management. Benzodiazepines and sedating antidepressants are commonly used.

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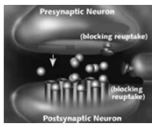
BOTTOM LINE

THE JURY IS STILL OUT ON THIS

PHARMA WARS 2004-2008

TREATMENTS IN RnD



NEW THERAPIES 2004-2008

- **Single Isomer Versions of "BZRAs" (Eszopiclone)**
- **Modified Release Versions of "BZRAs" (Zolpidem-CR)**
- **Orexin Antagonists**
- **Longer ½ life melatonin agonists**
- **5HT2A antagonists**
- **NK antagonists**
- **Atypical BZRAs (bind on cell body vs. the synapse)**
- **GABA Re-uptake Inhibitors & GABA Agonists**

IN SUM

BZRAs HAVE GOOD EFFICACY
AND APPEAR REASONABLE SAFE

SADs APPEAR TO HAVE GOOD EFFICACY
THOUGH THERE ARE CONCERNS ABOUT ADVERSE EVENTS

MELATONIN AGONISTS ARE "IFFY"

ANTIPSYCHOTICS
"THE JURY IS OUT"

SO WHAT ABOUT

COMPARATIVE EFFICACY IN GENERAL (ZOLP)
COMPARATIVE EFFICACY BY TYPE / SUBTYPE

	NIH – 1983	NIH – 2005
Definition		
Treatment		
Other		

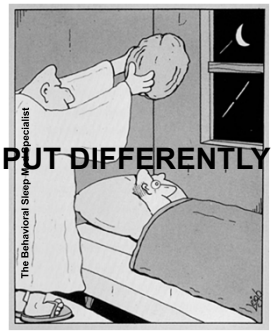
NOT EVERYONE, HOWEVER, IS KEEN ON BZRAs

The Dark Side of Sleeping Pills

By Daniel F. Kripke, M.D.*

Click to watch Dr. Kripke's September 2008 UCSD presentation, "How Sleeping Pills Can Harm You"

AND NOW A WORD FROM OUR SPONSOR



PUT DIFFERENTLY

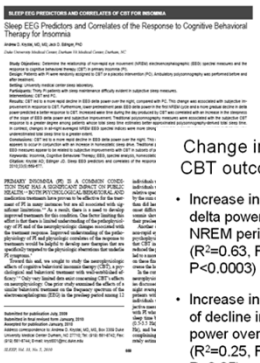
When proven ineffective, the sandman is replaced by the boulder guy

PLUS & MINUSES FOR EACH TREATMENT MODALITY

Behavior Therapy

+ Good "short" & long term efficacy
+ No issues re: drug interactions (?)
+ Does not alter sleep architecture (or maybe it does)
+ No rebound insomnia
+ No abuse potential
+ No issues re: LD

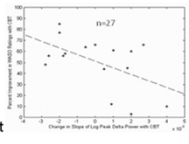
- Takes between 3 - 8 weeks
- Transient worsening of symptoms (1-2 weeks)
- Requires substantial patient compliance
- Only effective as practiced by specialists (?)



Sleep EEG Predictors and Correlates of the Response to Cognitive Behavioral Therapy for Insomnia

Change in SWA indices correlate with CBT outcome: patient-reported WASO

- Increase in peak delta power for first NREM period (R^2=0.63, F=24, P<0.0003)
- Increase in the rate of decline in delta power over the night (R^2=0.25, F=4.7, P<0.05)



Effect of cognitive behavioural therapy for insomnia on sleep architecture and sleep EEG power spectra in psychophysiological insomnia

KATERINA CERVENA[1,2], YVES DAUVILLIERS[1,2], FABRICE ESPA[1,2], JACQUES TOUCHON[1,2], MILOS MATOUSEK[3], MICHEL BILLIARD[2] and ALAIN BESSET[1,2]

Sleep parameters	Before CBT-I	After CBT-I	Z	P	ES
Sleep architecture					
Total sleep time (min)	323.67 (37.32)	415.39 (41.35)	−2.67	0.008	−2.22
Stage 1 (min)	37.50 (15.96)	39.50 (12.68)	−0.77	0.441	−0.13
Stage 1 (%)	11.67 (4.92)	9.59 (3.15)	−1.95	0.051	0.48
Stage 2 (min)	168.39 (33.35)	206.06 (46.60)	−2.67	0.008	−0.89
Stage 2 (%)	52.37 (11.26)	49.36 (8.99)	−2.67	0.008	0.28
Slow wave sleep (min)	62.56 (33.30)	86.50 (23.77)	−2.55	0.01	−0.79
Slow wave sleep (%)	19.09 (9.21)	21.21 (7.13)	−1.24	0.214	−0.24
REM sleep (min)	55.22 (20.33)	83.33 (23.63)	−2.24	0.025*	−1.21
REM sleep (%)	16.87 (5.11)	19.85 (4.97)	−1.60	0.110	−0.56

Values in parenthesis represent SD. ES, effect size.

DOES THIS STUFF WORK ?

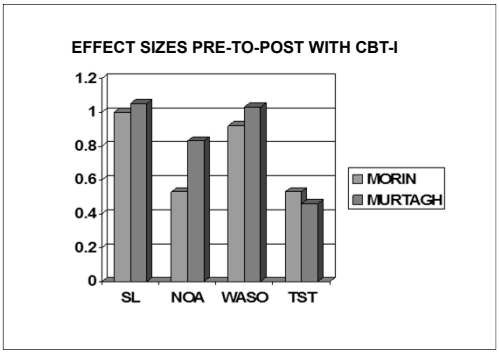
There is now an overwhelming preponderance of evidence that Cognitive Behavioral Therapy for insomnia (CBT-I) is efficacious, effective, as efficacious as sedative hypnotics during acute treatment (4-8 weeks), and is more efficacious in the long term (following treatment)

EFFICACY

Morin et al.
Nonpharmacological interventions for insomnia: a meta-analysis of treatment efficacy.
Am J Psychiatry 1994; 151(8):1172-1180.

Murtagh et al.
Identifying effective psychological treatments for insomnia: a meta-analysis.
J Consult Clin Psychol 1995; 63(1):79-89.

EFFICACY

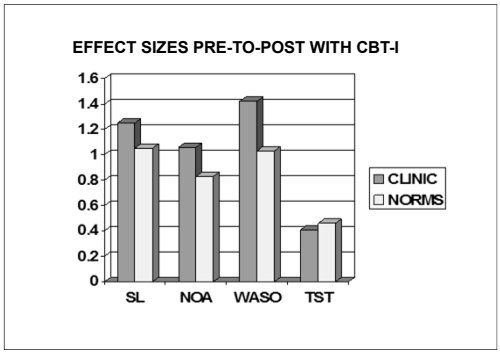


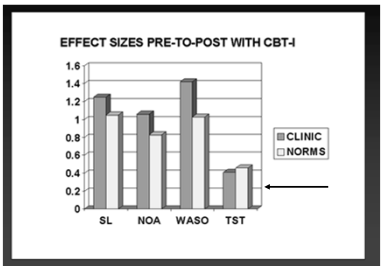
EFFECTIVENESS

AN EXAMPLE

Perlis, M, Aloia M, Boehmler J, Millikan A, Greenblatt D, Giles D. Behavior treatment of insomnia: a clinical case series study. The Journal of Behavioral Medicine,23(2)149-161, 2000.

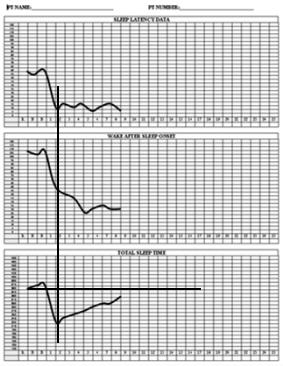
EFFECTIVENESS





WHY ARE THE TST EFFECTS SO POOR ?

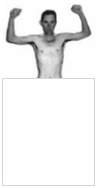
HERE'S WHY



HOW DOES PHARMACOTHERAPY WITH BZRAs COMPARE WITH COGNITIVE BEHAVIORAL THERAPY?

IS THIS AN ACCURATE REPRESENTATION ?

MEDICAL TX FOR INSOMNIA



CBT TX FOR INSOMNIA

I THINK NOT

RELATIVE EFFICACY

HOW DO MEDICAL AND BEHAVIORAL INTERVENTIONS COMPARE ?

Studies comparing CBT-I to pharmacological therapies

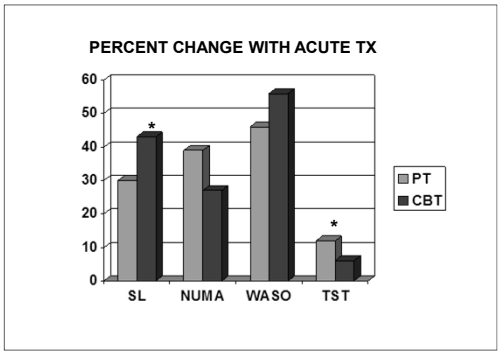
Study Location	Design Quality	Patients Longest follow-up	Intervention and duration	Comparison	Sleep measurements reported	Comment
CBT-I vs. zopiclone						
Sivertsen 2006 (26) Norway	RCT 5	46 patients, ages 55 and up 12 months	Individual CBT-I, 6 weekly sessions	Zopiclone, 7.5 mg nightly	Sleep diaries, polysomnography	Study also included placebo group Daytime outcomes reported in (36)
CBT-I vs. zolpidem						
Jacobs 2004 (27) USA	RCT 5	63 patients, ages 25-64 12 months	Individual CBT-I, 5 sessions, 4 weeks; plus 1 telephone session	Zolpidem, see comment	Sleep diaries, sleep monitor	Dose 10 mg=5 mg+5 mg q24
CBT-I vs. temazepam						
Wu 2006 (29) China	RCT 2	77 patients 8 months	Individual CBT-I 2 per week, 8 weeks	Temazepam, see comment	Sleep diaries, polysomnography	Dose 7.5 mg+10 mg+15 mg Study also included placebo and combined therapy groups
Morin 1999 (28) Canada	RCT 6	78 patients, ages 55 and up 24 months	Group CBT-I 8 weekly sessions	Temazepam, see comment	Sleep diaries, polysomnography	Dose 7.5 mg+10 mg as needed Study also included placebo and combined therapy groups. Adverse effects reported in (37) Attitudes reported in (38)
CBT-I vs. triazolam						
McClusky 1991 (30) USA	RCT 4	30 patients 9 weeks	Group CBT-I 2 per week, 3 weeks	triazolam, 0.5 mg then tapered to 0	Sleep diaries	triazolam group also had weekly group meetings but no CBT-I

RELATIVE EFFICACY

HOW DO MEDICAL AND BEHAVIORAL INTERVENTIONS COMPARE ?

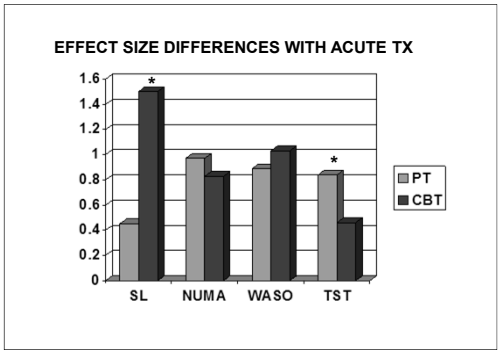
Smith MT, Perlis, ML, Park A, Giles DE, Pennington JA, Buysse, D. Behavioral treatment vs pharmacotherapy for Insomnia - A comparative meta-analyses. American Journal of Psychiatry. 159: 5-11. 2002.

COMPARATIVE EFFICACY



SMITH, PERLIS, ET AL., 2002

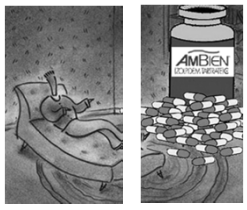
COMPARATIVE EFFICACY



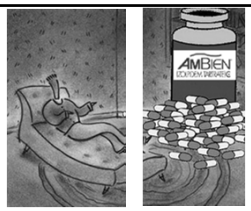
CBT & PCT HAVE "EQUIPOTENCY" IN SHORT RUN

AND

CBT HAS BETTER EFFICACY IN THE LONG RUN (MAYBE – ASK AT BREAK)



THOUGH WE HAVE SAID IT BEFORE IT BEARS REPEATING



Journal of Psychosomatic Research, 54 (1): 51-59, 2003.

FOR A SURPRISINGLY GOOD 30K VIEW OF TX

BREAK

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

WHAT ABOUT INDIVIDUAL RESULTS ?

CASE EXAMPLES ON DAY 3

WHAT ABOUT MODE OF DELIVERY ?

ON-LINE TREATMENT OF INSOMNIA

Logging on for Better Sleep: RCT of the Effectiveness of Online Treatment for Insomnia

Norah Vincent, PhD; Samantha Lewycky, MA

Department of Clinical Health Psychology, University of Manitoba, Manitoba, Canada

Study Objectives: Despite effective cognitive behavioral treatments for chronic insomnia, such treatments are underutilized.[1-3] This study evaluated the impact of a 5-week, online treatment for insomnia.
Design: This was a randomized controlled trial with online treatment and waiting list control conditions.
Participants: Participants were 118 adults with chronic insomnia.
Setting: Participants received online treatment from their homes.
Intervention: Online treatment consisted of psychoeducation, sleep hygiene, and stimulus control instruction, sleep restriction treatment, relaxation training, cognitive therapy, and help with medication tapering.
Measurement and Results: From pre- to post-treatment, there was a 33% attrition rate, and attrition was related to referral status (i.e., dropouts were more likely to have been referred for treatment rather than recruited from the community). Using a mixed model analysis of variance procedure (ANOVA), results showed that online treatment produced statistically significant improvements in the primary end points of sleep quality, insomnia severity, and daytime fatigue. Online treatment also produced significant changes in process variables of pre-sleep cognitive arousal and dysfunctional beliefs about sleep.
Conclusions: Implications of these findings are that identification of who most benefits from online treatment is a worthy area of future study.
Keywords: Online treatment, insomnia, self-administered treatment
Citation: Vincent N; Lewycky S. Logging on for better sleep: RCT of the effectiveness of online treatment for insomnia. SLEEP 2009;32(6):807-815.

CHRONIC INSOMNIA IS A PROBLEM PLAGUING 9% TO 9.5% OF THE POPULATION.[1,2] SUFFERERS EXPERIENCE REGULAR NOCTURNAL PROBLEMS WITH SLEEP AND report associated daytime impairment. Cognitive behavioral and pharmacotherapies have been developed for chronic insomnia and found to produce robust changes in sleep parameters.[3] Research in the area of treatment preference shows that individuals with insomnia tend to prefer behavioral over pharmacological treatments.[4,5] Given that chronic insomnia is a prevalent condition and that individuals are favorably predisposed to behavioral methods to treat this problem, only 5% to 40% seek treatment for their sleep disorder. This rate of treatment seeking is similar to that in the area of mental health; however, relatively little is known about the reasons for failure to seek treatment for insomnia. One exception is Stinson, Tang, and Harvey who surveyed help-seeking and non-help-seeking adults with insomnia regarding their reasons for failing to utilize or delaying their use of treatment for insomnia. Participants could report more than one reason. Of this sample, 57% reported a belief that poor sleep would resolve on its own and/or one should be able to manage insomnia independently, 35% indicated that there was a lack of awareness of available treatment options, 31% noted a perception of treatment as ineffective or unattractive, 17% referred to a stigma surrounding insomnia, and 11% endorsed personal constraints regarding treatment-seeking. Other surveys have found that the most frequent reasons given for not consulting about mental health problems are the beliefs that these problems will go away by themselves and that individuals can manage on their own. Some of the noted impediments to help-seeking could potentially be addressed through the provision of self-administered treatment.

Self-Administered Treatments for Insomnia

A recent review of self-help treatments for insomnia showed that there have been a number of published outcome studies in this area. In these studies, treatment has been delivered using manuals, audiotapes, television, video, telephone consultation, and the Internet. Currie reviewed the outcomes of these studies, which mainly used media-recruited individuals, and concluded that outcomes from self-help approaches were positive but less favorable than those from in-person psychological treatment. In these investigations, the degree to which self-help treatments were delivered as intended was unclear, as none of the studies assessed how adherent participants were to self-administered treatment with the exception of Mimeault and Morin. Unfortunately these authors did not report on the actual frequency of adherence but did note that treated individuals were similar to controls in terms of self-reported adherence. One of the most promising self-administered approaches with the potential to reach a large number of people is Internet-based treatment. Although there have been a number of Internet-based treatments for other health problems, the only published study of such treatments for insomnia was conducted by Strom and colleagues. Strom et al. developed a 5-week Swedish online treatment for insomnia and evaluated it with 109 community-recruited individuals diagnosed with DSM-IV chronic primary insomnia. A number of interesting results emerged from this study including the finding that the treatment produced changes in sleep parameters for primary study variables, and that the rate of attrition (24%) was comparable to North American in-person psychotherapy standards (22%).

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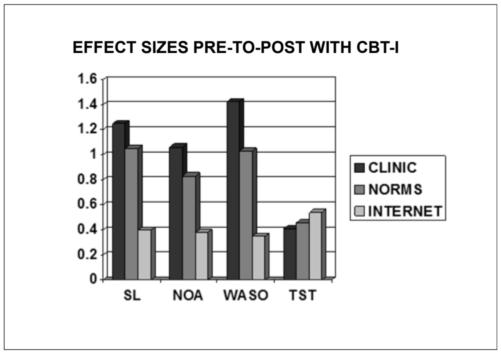
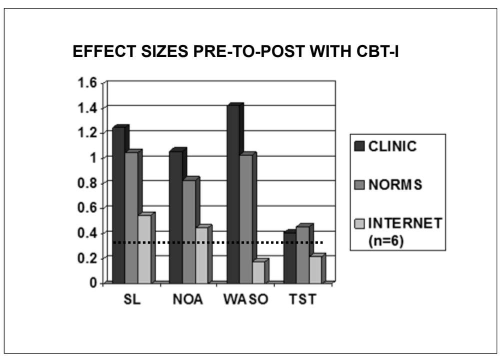
Address correspondence to: Dr. Norah Vincent, PhD, C. Psych., Department of Clinical Health Psychology, University of Manitoba, PZ-251, 771 Bannatyne Avenue, Winnipeg, Manitoba, Canada R3E 3N4; Tel: (204) 787-3272; Fax: (204) 787-3755

SLEEP, Vol. 32, No. 6, 2009 807 Online Treatment for Insomnia—Vincent and Lewycky

EFFECTIVENESS



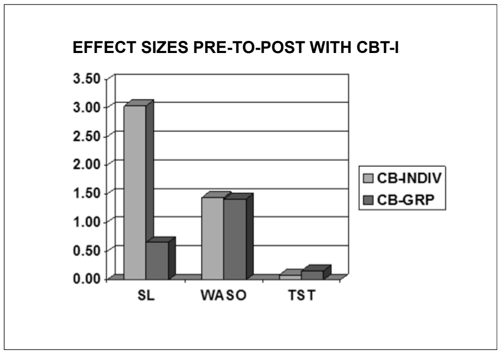
EFFECTIVENESS



Cognitive–Behavioral Therapy for Insomnia: Comparison of Individual Therapy, Group Therapy, and Telephone Consultations

Célyne H. Bastien, Charles M. Morin, Marie-Christine Ouellet, France C. Blais, and Sébastien Bouchard
Université Laval, Québec

EFFECTIVENESS



Célyne Bastien – JCCP 2004, Vol. 72, No. 4, 653–659

SLEEP AND BIOLOGICAL RHYTHMS

ORIGINAL ARTICLE

Comparisons of short-term efficacy between individual and group cognitive behavioral therapy for primary insomnia

Wataru YAMADERA, Miki SATO, Daisuke HARADA, Masayuki IWASHITA, Ryo AOKI, Keita OBUCHI, Motohiro OZONE, Hiroshi ITOH and Kazuhiko NAKAYAMA
Department of Psychiatry, Jikei University School of Medicine, Tokyo, Japan

Abstract
The purpose of this study was to compare the efficacy of individual and group cognitive behavioral therapy for insomnia (CBT-I) in outpatients with primary insomnia diagnosed by DSM-IV-TR. The participants were 20 individually treated (I-CBT-I) and 25 treated in a group therapy format (three to five patients per group) (G-CBT-I), which showed no significant difference regarding demographic variables between groups. The same components of CBT-I stimulus control therapy, sleep restriction therapy, cognitive therapy, and sleep hygiene education were applied on both groups. The short-term outcome (4 weeks after treatment) was measured by sleep logs, actigraphy, the Pittsburgh Sleep Quality Index (PSQI), and the Dysfunctional Beliefs and Attitudes about Sleep Scale (DBAS), and was compared between I-CBT-I and G-CBT-I. The results indicated that CBT-I was effective in improving subjective and objective sleep parameters and subjective sleep evaluations for both individual and group treatment. However, I-CBT-I resulted in significantly better improvements over G-CBT-I, in (i) objective and subjective sleep onset latency time, (ii) objective sleep efficacy and moving time during sleeping, (iii) overall sleep quality and duration of actual sleep time in PSQI, (iv) consequences of insomnia, control and predictability of sleep, sleep requirement expectation, and sleep-promoting practices in DBAS. The present study suggested the superiority of I-CBT-I over G-CBT-I in clinical settings, and further evaluations are necessary.

Key words: behavior and cognition, cognitive behavioral therapy for insomnia, insomnia, primary insomnia, psychology.

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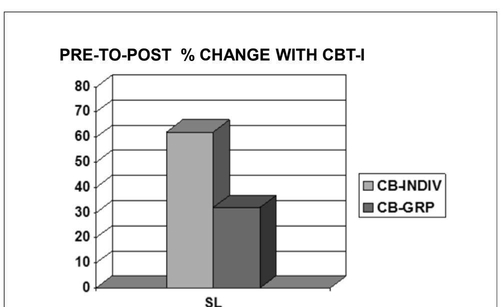
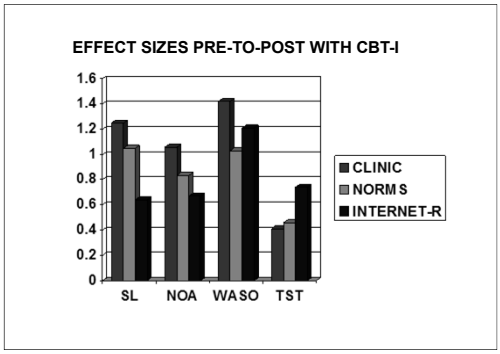
EFFICACY



NOTE: EFFECT SIZES WERE ALSO X2

Yamadera et al. 2013 Sleep and Biological Rhythms

EFFECTIVENESS



Arch Gen Psychiatry. 2009 Jul;66(7):692-8

INSOMNIA

CBT-I
COMPONENTS
TX DELIVERY

OK. SO IT WORKS.
WHAT IS IT ?

A HX PERSPECTIVE

COGNITIVE & BEHAVIORAL TXs

SLEEPLESSNESS.

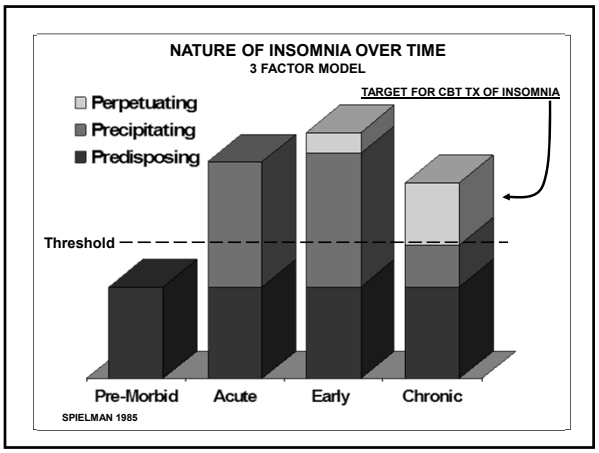
culled from the *Glasgow Herald* :

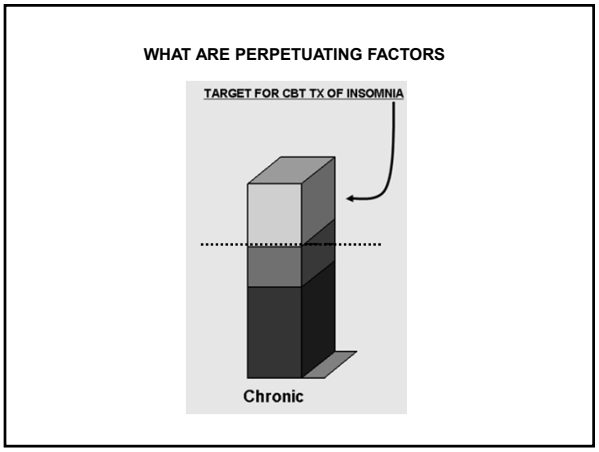
Soap your head with the ordinary yellow soap; rub it into the roots of the hair until your head is just lather all over, tie it up in a napkin, go to bed, and wash it out in the morning. Do this for a fortnight. Take no tea after 6 P.M.

SO WHAT'S THE BETA ON CBT ?

WHEN I WOKE UP THIS MORNING MY GIRLFRIEND ASKED ME, "DID YOU SLEEP GOOD?" I SAID,

"NO, I MADE A FEW MISTAKES."
-- STEPHEN WRIGHT





PERPETUATING FACTORS

Common Compensatory Strategies Used to Cope with Insomnia

COMPENSATORY STRATEGY	EFFECT ON SLEEP
EXTENDING SLEEP OPPORTUNITY	
Go to Bed Early	De-primes "sleep homeostat" leading to insomnia and shallow sleep. Possible circadian dysregulation
Sleep in (Wake up later)	De-primes "sleep homeostat" Possible circadian dysregulation
Napping	De-primes "sleep homeostat."
COUNTER FATIGUE MEASURES	
Increased use of stimulants and/or inappropriately-timed use of stimulants	Increases sleep interfering states of arousal.
Avoid or decrease physical activity	May de-prime "sleep homeostat." Can lead to conditioned arousal if increased time spent resting in bed or in bedroom.
RITUALS & STRATEGIES	
Stay in bed and wait	Promotes a lack of stimulus control.
Increase in non-sleep behaviors in the bedroom to "kill time"	Promotes a lack of stimulus control.
Sleep somewhere other than the bedroom	Promotes a lack of stimulus control.
Engage in "rituals" which are thought to promote sleep (use of special herbs, teas, etc.)	Promotes a dependence on the behaviors and anticipatory anxiety when not available.
Avoidance of behaviors thought to inhibit sleep (e.g., sex, going outdoors near bedtime, etc.)	Promotes anticipatory anxiety when behaviors occur

INSOMNIA

TREATMENTS

- **Sleep Restriction**
- **Stimulus Control**
- **Sleep Hygiene**
- **Cognitive Therapy**
- **Phototherapy**
- **Relaxation**

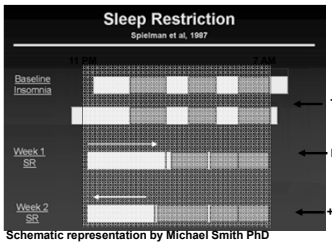
THE BT TRINITY

Sleep Restriction
Stimulus Control
Sleep Hygiene

THERAPY

SLEEP RESTRICTION
STIMULUS CONTROL
SLEEP HYGIENE
COGNITIVE THERAPY

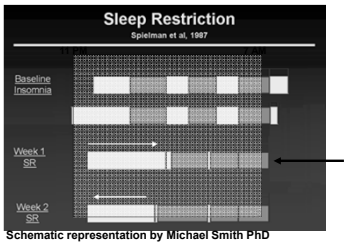
SLEEP RESTRICTION



Schematic representation by Michael Smith PhD

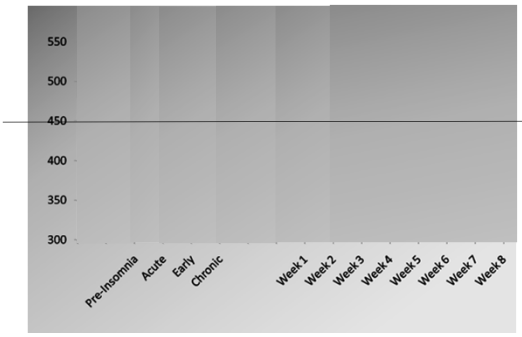
- Restrict to the number of hours in bed = average TST
- 4.0 Hrs should be the min - PCNA 1987:10(4),547
- PTTB and PTOB are inflexible
- Review ways to stay awake
- Keep diary
- Titration based on diary data (< 85%, 85-90%, > 90%)

SLEEP RESTRICTION



Schematic representation by Michael Smith PhD

TIB: BEFORE, OVER TIME, AND W/ TX



Schematic representation by Michael Grandner PhD

THERAPY

SLEEP RESTRICTION
STIMULUS CONTROL
SLEEP HYGIENE
COGNITIVE THERAPY

STIMULUS CONTROL

1. Lie down to go to sleep only when you are sleepy / sleep only in the bedroom.

2. Do not use your bed for anything except sleep and sex.

3. If you find yourself unable to fall asleep, get up and go into another room. Stay up as long as you wish and then return to the bedroom to sleep.

4. If you still cannot fall asleep, repeat step (3).

5. Set your alarm and get up at the same time every morning irrespective of how much sleep you got during the night.

6. Do not nap during the day.

Disclaimer--illness & driving

STIMULUS CONTROL

1. Lie down to go to sleep at the prescribed TTB

2. Do not use your bed for anything except sleep and sex.

3. If you find yourself unable to fall asleep, get up and go into Another room. Stay up for 30,60, or 120 minutes.

4. If you still cannot fall asleep, repeat step (3).

5. Set your alarm and get up at the same time every morning irrespective of how much sleep you got during the night.

6. Do not nap during the day.

WHAT IS "STIMULUS CONTROL ?"

GOOD STIMULUS CONTROL ODDS 1 IN 2	STIMULUS DYSCONTROL ODDS 1 IN 8
	EATING IN BED
	READING IN BED
	WATCHING TV IN BED
BEDROOM BEDTIME	BEDROOM BEDTIME
SEX	SEX
SLEEP	SLEEP
	WORKING IN BED
	WORRYING IN BED
	CLEANING BDRM

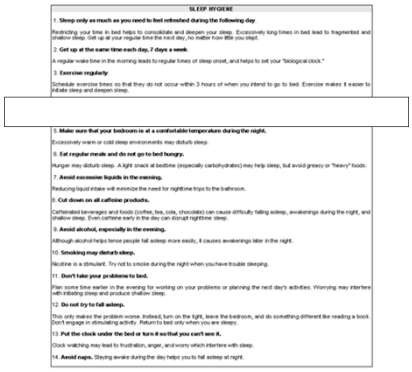
AN EXAMPLE OF POOR STIMULUS CONTROL

"Now, when I can't sleep I can watch a little TV."

THERAPY

SLEEP RESTRICTION
STIMULUS CONTROL
SLEEP HYGIENE
COGNITIVE THERAPY

SLEEP HYGIENE



SLEEP HYGIENE

1. **Sleep only as much as you need to feel refreshed during the following day.**

Restricting your time in bed helps to consolidate and deepen your sleep. Excessively long times in bed lead to fragmented and shallow sleep. Get up at your regular time the next day, no matter how little you slept.

2. **Get up at the same time each day, 7 days a week.**

A regular wake time in the morning leads to regular times of sleep onset, and helps to set your "biological clock."

3. **Exercise regularly.**

Schedule exercise times so that they do not occur within 3 hours of when you intend to go to bed. Exercise makes it easier to initiate sleep and deepen sleep.

5. **Make sure that your bedroom is at a comfortable temperature during the night.**

Excessively warm or cold sleep environments may disturb sleep.

6. **Eat regular meals and do not go to bed hungry.**

Hunger may disturb sleep. A light snack at bedtime (especially carbohydrates) may help sleep, but avoid greasy or "heavy" foods.

7. **Avoid excessive liquids in the evening.**

Reducing liquid intake will minimize the need for nighttime trips to the bathroom.

8. **Cut down on all caffeine products.**

Caffeinated beverages and foods (coffee, tea, cola, chocolate) can cause difficulty falling asleep, awakenings during the night, and shallow sleep. Even caffeine early in the day can disrupt nighttime sleep.

9. **Avoid alcohol, especially in the evening.**

Although alcohol helps tense people fall asleep more easily, it causes awakenings later in the night.

10. **Smoking may disturb sleep.**

Nicotine is a stimulant. Try not to smoke during the night when you have trouble sleeping.

11. **Don't take your problems to bed.**

Plan some time earlier in the evening for working on your problems or planning the next day's activities. Worrying may interfere with initiating sleep and produce shallow sleep.

12. **Do not try to fall asleep.**

This only makes the problem worse. Instead, turn on the light, leave the bedroom, and do something different like reading a book. Don't engage in stimulating activity. Return to bed only when you are sleepy.

13. **Put the clock under the bed or turn it so that you can't see it.**

Clock watching may lead to frustration, anger, and worry which interfere with sleep.

14. **Avoid naps.** Staying awake during the day helps you to fall asleep at night.

SLEEP HYGIENE

SLEEP HYGIENE
IS ALMOST ALWAYS PART OF "CBT"

THERAPY

SLEEP RESTRICTION
STIMULUS CONTROL
SLEEP HYGIENE
COGNITIVE THERAPY

COGNITIVE THERAPY

OFTEN NOT A PART OF "CBT"

<u>WHEN INCLUDED IT'S</u>
NOT WELL STANDARDIZED
NOT WELL EVALUATED

TWO TYPES: GENERAL CT AND TARGETED CT

COGNITIVE THERAPY – GENERAL

SETTING EXPECTATION & INSURING COMPLIANCE

- **WILL GET WORSE BEFORE BETTER**
- **COMMIT TO THE PROCESS (# of nights)**
- **LONG-TERM GOALS**

  DON'T EXPECT TO
  SLEEP LIKE A BABY
  NEVER HAVE ANOTHER NIGHT OF INSOMNIA

- **THINK OF ACUTE INSOMNIA IN RESPONSE TO STRESS AS A SOLUTION VS A PROBLEM**

YOU HEARD IT BEFORE – BUT

LONG-TERM GOALS

NOMOTHETICS ǂ IDIOGRAPHICS

INDIVIDUALS MAY SEEK MORE SLEEP THAN THEY NEED WHEN IDIOGRAPHIC SLEEP NEEDS ARE DEFINED BY NOMOTHETIC GOALS.
LICHSTEIN 2010

LONG-TERM GOALS

"DON'T EXPECT 8 HOURS – YOU MAY NOT NEED IT"

COGNITIVE THERAPY – TARGETED

TYPES

DEBUNKING DYSFUNCTIONAL BELIEFS - MORIN

COGNITIVE RESTRUCTURING - HARVEY

- WORRY AND RUMINATION
- ATTENTION BIAS
- SAFETY BEHAVIORS

DECATASTROPHIZATION - PERLIS

WHAT ABOUT BRIGHT LIGHT THERAPY ?

USUALLY NOT A PART OF "CBT"

<u>WHEN INCLUDED IT'S</u>
NOT WELL STANDARDIZED
NOT WELL EVALUATED

PURPOSES
EXTEND WAKEFULNESS TO P-TTB
TREAT SUB-CLINICAL PHASE SHIFTS

THERAPY

TX DELIVERY

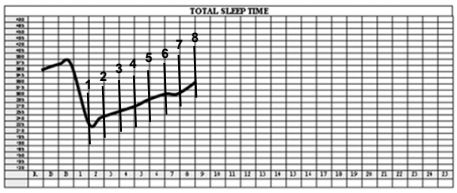
THERAPY SCHEDULE

Session 1- Assessment and providing sleep log
Session 2- Education, restriction, stimulus control
Session 3- Problem solve and sleep hygiene
Session 4- Upward titration
Session 5- Upward titration & cognitive Tx
Session 6- Upward titration
Session 7- Upward titration
Session 8- Relapse prevention

WHY 8 SESSIONS ?

HERE'S 8 REASONS

(ASSUMING PERFECT COMPLIANCE)

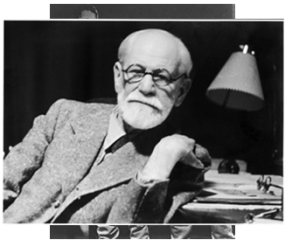


WHY 8 SESSIONS ?

- **WHAT AMOUNT OF SUCCESS GUARANTEES COMPLIANCE ?**
- **WHAT AMOUNT OF BEHAVIORAL CHANGE – CHANGES COGNITION ?**
- **HOW MUCH IMPROVED SLEEP LEADS TO COUNTER CONDITIONING**

AND FOR THAT MATTER HOW MUCH TREATMENT IS REQUIRED/STANDARD FOR CBT FOR OTHER ILLNESSES ?!

THERAPIST



TREATMENT SETTING

- PRIVATE PRACTICE – HOME OFFICE
- SLEEP DX CENTER – PRIVATE OFFICE
- SLEEP DX CENTER - SHARED SPACE
- PRIMARY CARE - SHARED SPACE

TREATMENT TOOLS

- WHITE BOARD
- ROUND TABLE
- CALCULATOR OR EXCEL CALCULATOR
- INTERNET ACCESS ?
- RECORDING EQUIPMENT

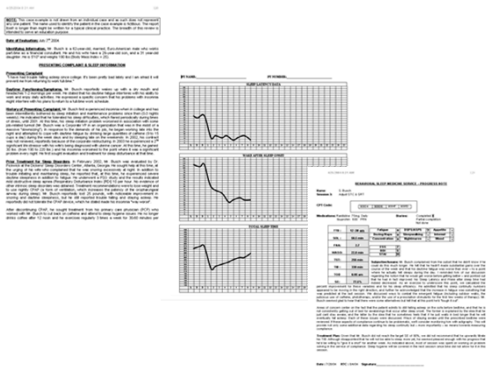
SETTING EXPECTATIONS

- THEY ARE IN “THE RIGHT PLACE WITH THE RIGHT PERSON”
- THERAPY IS SHORT TERM (6-12 WEEKS)
- THEY WILL GET WORSE BEFORE THEY GET BETTER
- LONG-TERM GOALS (BABY AND NEVER AGAIN)
- WHAT’S LEARNED IS FOR LIFE…
- TX IS VERY EFFECTIVE
- TO GAIN THEY MUST COMPLY

PREREQUISITES

- MEDICALLY AND PSYCHIATRICALLY STABLE
- ADEQUATE LANGUAGE COMPREHENSION
- TIME FOR TREATMENT
- TIME TO BE “OFF THEIR GAME”
- COMPLIANCE WITH DIARIES
- COMPLIANCE WITH PRESCRIPTIONS

CHARTING



CHARTING

Date of Evaluation:
Identifying Information.

PRESENTING COMPLAINT & SLEEP INFORMATION

Presenting Complaint
Daytime Functioning/Symptoms.
History of Presenting Complaint.
Prior Treatment for Sleep Disorders.
Sleep Continuity/Quality
Sleep Habits and Environment.

FAMILY & SOCIAL HISTORY

MEDICAL AND PSYCHIATRIC INFORMATION

Medical History.

Current Medications:
Psychiatric History:
Mental Status Exam:

SUMMARY OF RESULTS FROM ASSESSMENT MEASURES

INSTRUMENT	MEASURE OF	SCORE RANGE	PATIENT SCORE
ISI *	Severity of Insomnia	0 – 28	14
PSQI *	Sleep Disturbance	0 – 21	10
ESS *	Daytime Sleepiness	0 – 24	9
KSS *	Subjective Alertness	1 – 9	5

CASE CONCEPTUALIZATION

Socioeconomic and Cultural Factors.
Social and Behavioral Factors
Life Events.
Genetic and Temperament.

OVERALL CONCEPTUALIZATION

DIAGNOSIS & TREATMENT PLAN

Diagnostic Impression:

Axis I
Axis II
Axis III
Axis IV:
Axis V:

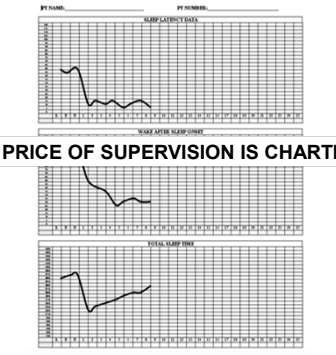
Treatment Plan

CHARTING

CASE CONCEPTUALIZATION
From VA Roll out for CBT-I, Program Chair Rachel Manber PhD

1. What factors may be weakening the signal from the patient's biological clock? (e.g., irregular rise time, time in bed window that is not congruent with the patient's circadian type.)
2. What factors may be weakening the patient's sleep drive? (e.g., extended time in bed, dozing off in the evening, daytime napping)
3. What aspects of hyper-arousal are evident? (e.g., conditioned arousal, excessive sleep effort, specific erroneous beliefs about sleep, presence of hyper-active mind in bed)
4. What substances may be interfering with sleep? (e.g., sleep medications, caffeine, alcohol, nicotine, marijuana/other drugs, stimulants, other medications, nocturnal eating)
5. What comorbidities may impact the patient's sleep and how? (e.g., depression may contribute to excessive time in bed, PTSD is associated with hyper-vigilance, improperly adjusted CPAP therapy may be interfering with sleep)

CHARTING



THE PRICE OF SUPERVISION IS CHARTING

CHARTING

4/25/2004 8:31 AM 129

BEHAVIORAL SLEEP MEDICINE SERVICE – PROGRESS NOTE

Name: S. Busch
Session 3: Adjust STC & SRT

CPT Code: 90804 | 90806 | 90847 | 90853

Medications: Ranitidine 75mg. Daily
Ibuprofen 600 PRN

Diaries: Completed X
Partial completion
Not done

TTB :	12 :30 am
SOL :	58.5 min
FNA:	2.7
WASO:	22.8 min
TST:	256 min
TIB :	330 min
TOB	6:05 am
SE:	77.5%

Fatigue	+	DSPS/ASPS	?	Appetite	-
Dozing/Naps	+	Sleepwalking	-	Interest	-
Concentration	+	Nightmares	-	Mood	-

ESS	7
BDI	5
STAI	35

Subjective/Issues: Mr. Busch complained from the outset that he didn't know if he could do this much longer. He felt that he hadn't made substantial gains over the course of the week and that his daytime fatigue was worse than ever – to a point where he actually felt sleepy during the day. I reminded him of our discussion regarding the notion that he would get worse before getting better – and pointed out that he had in fact improved: his Sleep Latency and Wake after sleep time had indeed decreased. As an exercise to underscore this point, we calculated the percent improvement for these variables and for his sleep efficiency. He admitted that his sleep continuity numbers appeared to be moving in the right direction, and further he acknowledged that the increase in fatigue was something that was predicted at the last session. We discussed ways to combat the emergent fatigue (including outdoor walks, the judicious use of caffeine, phototherapy, and/or the use of a prescription stimulants for the first few weeks of therapy). Mr. Busch seemed glad to hear that there were some alternatives but felt that at this point he'd "tough it out".

Areas of concern center on the fact that the patient admits to still falling asleep on the sofa before bedtime, and that he is not consistently getting out of bed for awakenings that occur after sleep onset. The former is explained by the idea that he just cant stay awake, and the latter by the idea that he sometimes feels that if he just waits in bed longer that he will eventually fall asleep. Each of these issues were discussed. Ways of staying awake until the prescribed bedtime were reviewed. If these aspects of compliance continue to be problematic, we'll consider monitoring him with actigraphy. This will provide not only some additional data regarding his sleep continuity but – more importantly – as means towards measuring compliance.

Treatment Plan: Given that Mr. Busch did not reach the target SE of 90%, we did not recommend that he upwardly titrate his TIB. Although disappointed that he will not be able to sleep more yet, he seemed pleased enough with his progress that he'd be willing to "give it a shot" for another week. As indicated above, most of session was spent on working on problem solving in the service of compliance. Sleep hygiene will be covered in the next session since time did not allow for it in this session.

Date : 7/28/04 **RTC :** 8/4/04 **Signature**____________________

SLEEP DIARIES

NAME: ____________ DATE ____________

COMPLETE: IMMEDIATELY BEFORE BED CONCERNING HOW YOU FELT TODAY

	MON	TUES	WED	THUR	FRI	SAT	SUN	MEAN
TYPICAL DAY? (YES/NO)*								
FATIGUE (NONE 0—1—2—3—4—5 A LOT)								
STRESS (NONE 0—1—2—3—4—5 A LOT)								
ALERT (NOT VERY 0—1—2—3—4—5 VERY)								
CONCENTRATION (GOOD 0—1—2—3—4—5 BAD)								
MOOD (BAD 0—1—2—3—4—5 GOOD)								
TIME SPENT EXERCISING (MIN.)								
NUMBER OF ALCOHOLIC BEVERAGES								
HEALTH (FELT FINE 0—1—2—3—4—5 BAD)								
MENSTRUATE TODAY (YES/NO)								
MENSTRUAL PAIN (NONE 0—1—2—3—4—5 BAD)								

** PLEASE INDICATE ON THE BACK OF THIS SHEET WHY ANY GIVEN DAY WAS NOT TYPICAL AND/OR WHAT MEDICATIONS YOU TOOK ON ANY GIVEN DAY.

THE PRICE OF THERAPY (ASIDE FROM $$) IS DIARIES

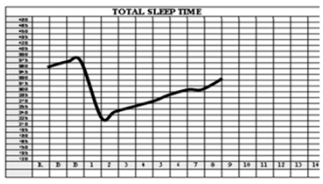
COMPLETE IMMEDIATELY ON AWAKENING (PLEASE CACULATE TOTAL TIME IN BED AND TOTAL SLEEP TIME)

	MON	TUES	WED	THURS	FRI	SAT	SUN	MEAN
TIME TO BED (CLOCK TIME)								
TIME OUT OF BED (CLOCK TIME)								
(TIB) TOTAL TIME IN BED								
TIME TO BED (DEV FRM 11)								
TIME OUT OF BED (DEV FRM 7)								
(SL) TIME TO FALL ASLEEP								
(NUMA) NUMBER TIMES AWAKENED								
(WASO) WAKE AFTER SLEEP ONSET								
(TTOB) TOTAL AMOUNT TIME OUT OF BED								
(TST) TOTAL SLEEP TIME (MIN.)								
(SE) SLEEP EFFICENCY								
SLEEP QUALITY (POOR 0—1—2—3—4—5 GOOD)								
FATIGUE (NONE 0—1—2—3—4—5 A LOT)								

PATHWAY(S) TO CLINICAL EXCELLNCE

DO NOT UNDER DOSE SLEEP RESTRICTION

DO NOT OVER DOSE TIB DURING TITRATION



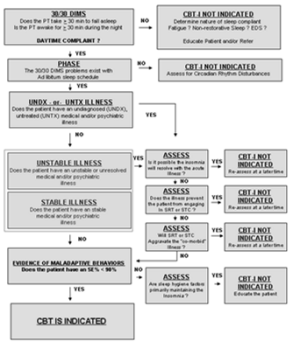
4-8 SESSIONS IS OFTEN NOT ENOUGH, STAY OPEN TO MORE SESSIONS THAN IS SOP…

FINALLY

WHO IS A GOOD CANDIDATE FOR CBT-I

WHO IS A GOOD CANDIDATE FOR CBT- I ?

ASSESSMENT ALGORITHM : IS CBT- I INDICATED ?



HEALTH PSYCHOL. 2006 JAN;25(1):15-9.

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

CBT-I TX OF INSOMNIA:

SESSION BY SESSION

TODAY

TALK 1
-Session 1
-Assessment

TALK 2
-Session 2 (Prescription)

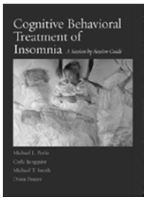
TALK 3
- Session 3
-Compliance
-Sleep Hygiene

TALK 4
- Session 4
Titration & compliance

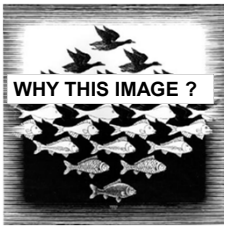
TALK 5
Cognitive Therapy

TALK 6
- Sessions 6,7,9
Titration & compliance
End of Treatment
Relapse Prevention

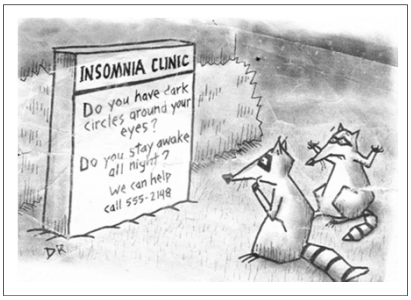
CONDUCT TX BY THE BOOK



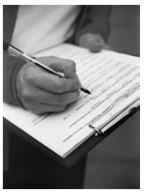
ASSESSMENT



HERE'S WHY



SESSION 1 – ASSESSMENT



BSM ASSESSMENT

Session One (Intake Evaluation; 60-120 min.)

Tasks
Introduce yourself to the patient
Complete Intake Questionnaires
Conduct Clinical Interview
Determine if patient is a candidate for CBT-I
Determine other treatment options
Present An Overview of Treatment Options
Orient Patient to the Sleep Diary (and actigraph)
Field Patient Questions & Address Resistances
Setting the Weekly Agenda

WHAT IS ASSESSMENT FOR ?

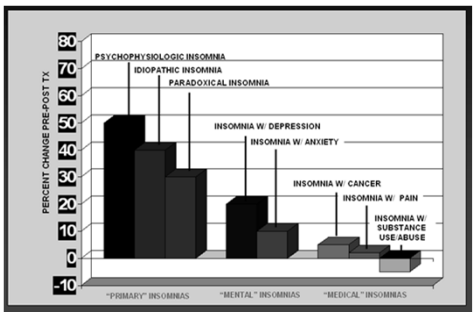
TO CONDUCT A DIFFERENTIAL DIAGNOSIS ?

TO ASSESS WHETHER THE INSOMNIA IS PRIMARY OR SECONDARY ?

TO ASSESS FOR CONTRAINDICATIONS AND COMPLICATING FACTORS

TO ASSESS FOR INSOMNIA TYPES OR SUBTYPES ?

DOES TREATMENT OUTCOME VARY AS A FUNCTION OF INSOMNIA TYPE AND/OR COMORBID ILLNESS ?



DOES TREATMENT VARY AS A FUNCTION OF COMORBID ILLNESS ?

SOME ANSWER:
THE DATA TO DATE SUGGEST NO THAT

CBT-I IS EQUALLY EFICACIOUS FOR "PRIMARY AND SECONDARY" INSOMNIA

MEDS APPEAR TO BE MORE EFFICACIOUS WITH "PRIMARY" INSOMNIA

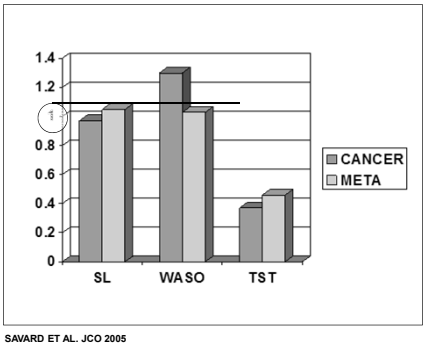
SUCCESSFUL TREATMENT OF "SI" WITH CBT-I

- Cannici et al., 1983
- Currie et al., 2000; 2004
- Dashevsky & Kramer, 1998
- Davidson et al., 2001
- De Berry, 1981-82
- Dopke et al., 2004
- Edinger et al., 2005
- French & Tupin, 1974
- Germain et al. 2006; 2007
- Kolko, 1984
- Krakow et al., 2001
- Lichstein et al., 2000
- Morawetz, 2001
- Morin et al., 1989
- Morin et al., 1990
- Perlis et al., 2001
- Quesnel et al., 2003
- Rybarczyk et al., 2002
- Stam & Bultz, 1986
- Savard et al. 2005
- Tan et al., 1987
- Varni, 1980

- Cancer
  - Cannici et al., 1983
  - Stam & Bultz, 1986
  - Davidson et al., 2001
  - Quesnel et al., 2003
  - Savard et al., 2005
- Various psychiatric disorders
  - Tan et al., 1987
  - Dashevsky & Kramer, 1998
  - Perlis et al., 2001
  - Krakow et al., 2001(PTSD)
  - Morawetz, 2001 (Depression)
  - Currie et al. 2004 (Alcoholism)
  - Dopke et al., 2004
  - Germain et al., 2006;2007 (PTSD)
  - Manber et al. 2008
- Various medical problems
  - Varni, 1980
  - Kolko, 1984
  - De Berry, 1981-82
  - Lichstein et al., 2000
  - Perlis et al., 2001
  - Rybarczyk et al., 2002
- Pain
  - French & Tupin, 1974
  - Morin et al., 1989
  - Morin et al., 1990
  - Currie et al., 2000
  - Edinger et al., 2005
  - Jungquist et al. 2010

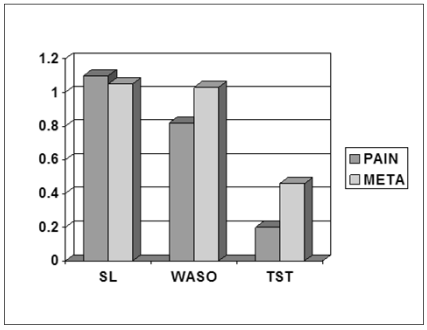
SLIDE ADAPTED FROM KEN LICHSTEIN

CBT-I FOR INSOMNIA IN CANCER SURVIVORS



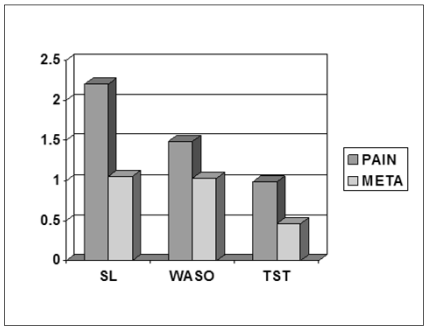
SAVARD ET AL. JCO 2005

CBT-I FOR INSOMNIA IN PATIENTS WITH CHRONIC PAIN



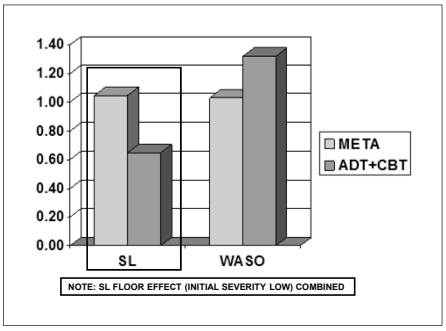
CURRIE ET AL. JCCP 2000

CBT-I FOR INSOMNIA IN PATIENTS WITH CHRONIC PAIN



JUNGQUIST ET AL. 2010

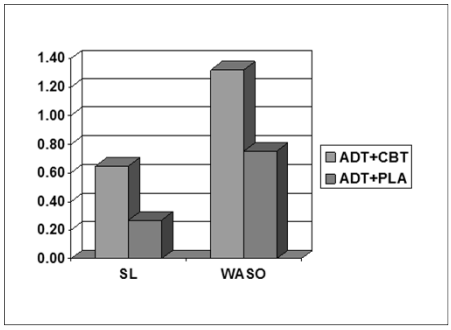
CBT-I FOR INSOMNIA IN PATIENTS WITH MAJOR DEPRESSION



MANBER ET AL. 2008

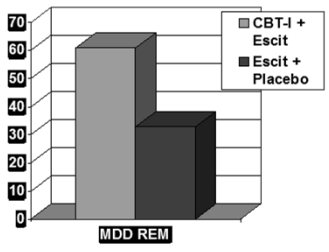
"BUT WAIT – THERE'S MORE !"

CBT-I FOR INSOMNIA IN PATIENTS WITH MAJOR DEPRESSION



MANBER ET AL. 2008

Cognitive Behavioral Therapy for Insomnia Enhances Depression Outcome in Patients with Comorbid Major Depressive Disorder and Insomnia



The New York Times

TUESDAY, NOVEMBER 19, 2013

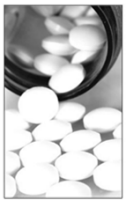
Sleep Therapy Seen as an Aid For Depression

Study Finds Big Benefit in Treating Insomnia

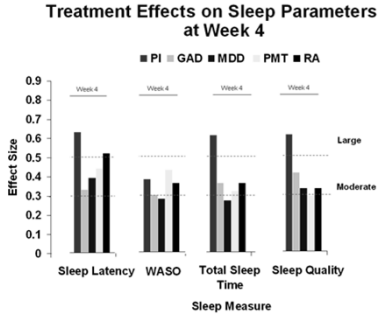
By BENEDICT CAREY

Curing insomnia in people with depression could double their chance of a full recovery, scientists are reporting. The findings,

HOW DOES PHARMACOTHERAPY FARE VIZ. THE TREATMENT OF "SECONDARY" INSOMNIA ?



SUCCESSFUL PHARMACOLOGIC TREATMENT OF PI AND SI



SCHAEFER K ET AL. SLEEP,30, S, 244. 2007
SLIDE ADAPTED FROM SCHAEFER – PROVIDED BY SEPRACOR INC.

WHAT IS ASSESSMENT FOR ?

TO CONDUCT A DIFFERENTIAL DIAGNOSIS ?

TO ASSESS WHETHER THE INSOMNIA IS PRIMARY OR SECONDARY ?

TO ASSESS FOR INSOMNIA SUBTYPES ?

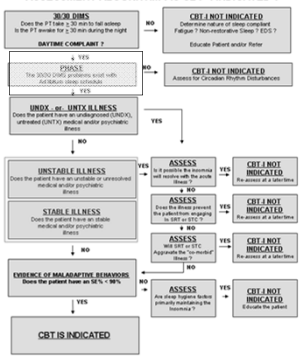
HOW ABOUT A DIFFERENT APPROACH ?

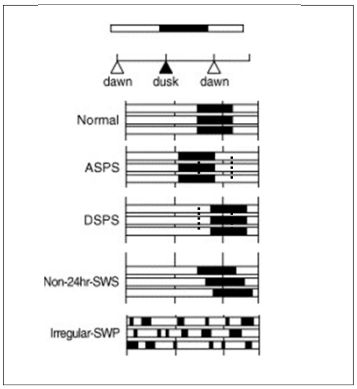
IS TREATMENT INDICATED ?

IS TREATMENT CONTRA-INDICATED ?

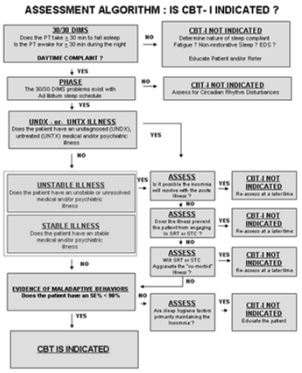
WHO IS A GOOD CANDIDATE FOR CBT- I ?

ASSESSMENT ALGORITHM : IS CBT- I INDICATED ?





WHO IS A GOOD CANDIDATE FOR CBT- I ?



ASSESSMENT

WHAT IS ASSESSMENT FOR ?

TO CONDUCT A DIFFERENTIAL DIAGNOSIS ?

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TO ASSESS FOR INSOMNIA TYPES OR SUBTYPES ?

PRE-ASSESSMENT

WARMUP PEOPLE TO THE IDEA OF CANDID RESPONSES

BSM ASSESSMENT

TOOLS
PRELCINIC VS. AT CLINIC

BSM ASSESSMENT

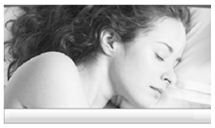
THE PATIENT – IN THEIR OWN WORDS

GWEN DESCRIBES

BSM ASSESSMENT

TOOLS (PRE-CLINIC)

ASSESSMENT



Study Protocol Forms

All Forms:

To complete a form below, click on its title.

MED & PSYCH ASSESSMENT

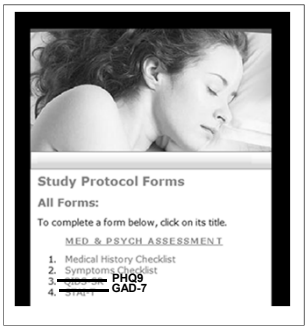
1. Medical History Checklist
2. Symptoms Checklist
3. QIDS-SR
4. STAI-T

SLEEP ASSESSMENT

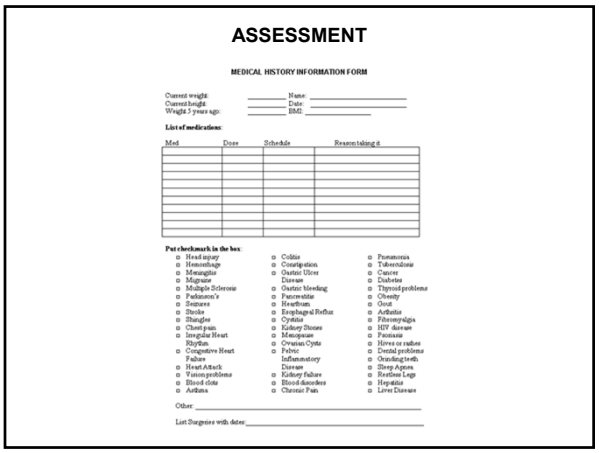
1. Sleep Disorders Checklist
2. Insomnia History Form
3. Sleep Medication History Form
4. Insomnia Severity Index
5. Daily Sleep Diary
6. Epworth Sleepiness Scale (ESS)

http://www.vistasleepassessment.com/

ASSESSMENT



ASSESSMENT



MEDICAL HISTORY INFORMATION FORM

Current weight: _____ Name: _____
Current height: _____ Date: _____
Weight 5 years ago: _____ BMI: _____

List of medications:

Med	Dose	Schedule	Reason taking it

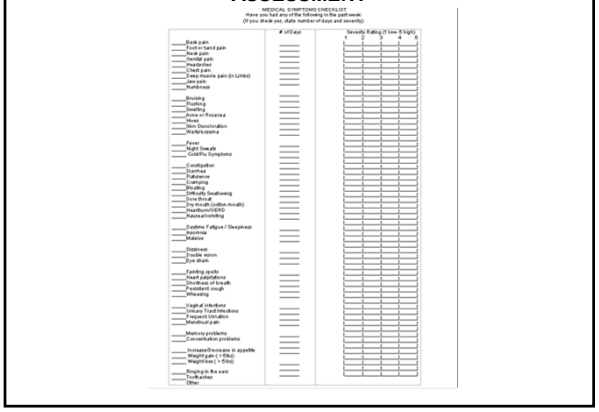
Put checkmark in the box:

- ☐ Head injury
- ☐ Hemorrhage
- ☐ Meningitis
- ☐ Migraine
- ☐ Multiple Sclerosis
- ☐ Parkinson's
- ☐ Seizures
- ☐ Stroke
- ☐ Shingles
- ☐ Chest pain
- ☐ Irregular Heart Rhythm
- ☐ Congestive Heart Failure
- ☐ Heart Attack
- ☐ Vision problems
- ☐ Blood clots
- ☐ Asthma
- ☐ Colitis
- ☐ Constipation
- ☐ Gastric Ulcer Disease
- ☐ Gastric bleeding
- ☐ Pancreatitis
- ☐ Heartburn
- ☐ Esophageal Reflux
- ☐ Cystitis
- ☐ Kidney Stones
- ☐ Menopause
- ☐ Ovarian Cysts
- ☐ Pelvic Inflammatory Disease
- ☐ Kidney failure
- ☐ Blood disorders
- ☐ Chronic Pain
- ☐ Pneumonia
- ☐ Tuberculosis
- ☐ Cancer
- ☐ Diabetes
- ☐ Thyroid problems
- ☐ Obesity
- ☐ Gout
- ☐ Arthritis
- ☐ Fibromyalgia
- ☐ HIV disease
- ☐ Psoriasis
- ☐ Hives or rashes
- ☐ Dental problems
- ☐ Grinding teeth
- ☐ Sleep Apnea
- ☐ Restless Legs
- ☐ Hepatitis
- ☐ Liver Disease

Other: _____

List Surgeries with dates: _____

ASSESSMENT

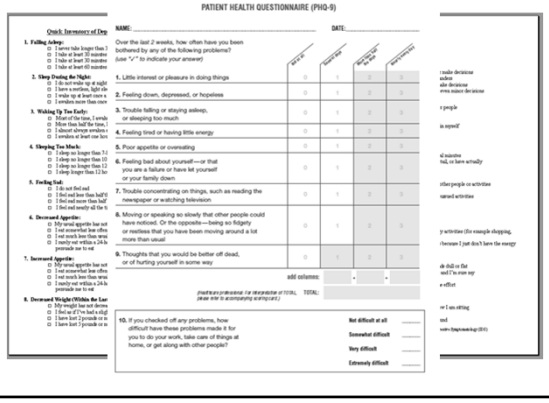


MEDICAL SYMPTOMS CHECKLIST

Have you had any of the following in the past week:
(If you check yes, state number of days and severity)

	# of Days	Severity Rating (1 low 5 high) 1 2 3 4 5
Back pain		
Muscle aches and pain		
Neck pain		
Dental pain		
Headaches		
Chest pain		
Deep muscle pain (in Limbs)		
Joint pain		
Numbness		
Bruising		
Rashes		
Swelling		
Acne or Rosacea		
Hives		
Skin Discoloration		
Warts/Keratosis		
Fever		
Night Sweats		
Cold/Flu Symptoms		
Constipation		
Diarrhea		
Fullulence		
Cramping		
Nausea		
Difficulty Swallowing		
Sore throat		
Dry mouth (cotton mouth)		
Heartburn/GERD		
Nausea/vomiting		
Daytime Fatigue / Sleepiness		
Insomnia		
Malaise		
Dizziness		
Double vision		
Eye strain		
Fainting spells		
Heart palpitations		
Shortness of breath		
Persistent cough		
Wheezing		
Vaginal infections		
Urinary Tract Infections		
Frequent Urination		
Menstrual pain		
Memory problems		
Concentration problems		
Increase/Decrease in appetite		
Weight gain (+ lbs)		
Weight loss (+ lbs)		
Ringing in the ears		
Toothaches		
Other:		

ASSESSMENT



PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Quick Inventory of Dep

1. Falling Asleep:
- ☐ I never take longer than 3
- ☐ I take at least 30 minutes
- ☐ I take at least 30 minutes
- ☐ I take at least 60 minutes

2. Sleep During the Night:
- ☐ I rarely wake during the night
- ☐ I have a restless, light sle
- ☐ I wake up at least once a
- ☐ I awaken more than once

3. Waking Up Too Early:
- ☐ Most of the time, I awak
- ☐ More than half the time, I
- ☐ I almost always awaken
- ☐ I awaken at least one hou

4. Sleeping Too Much:
- ☐ I sleep no longer than 7-
- ☐ I sleep no longer than 10
- ☐ I sleep no longer than 12
- ☐ I sleep longer than 12 ho

5. Feeling Sad:
- ☐ I do not feel sad
- ☐ I feel sad less than half t
- ☐ I feel sad more than half
- ☐ I feel sad nearly all the t

6. Decreased Appetite:
- ☐ My usual appetite has not
- ☐ I eat somewhat less often
- ☐ I eat much less than usua
- ☐ I rarely eat within a 24 h
- ☐ I must force myself to eat

7. Increased Appetite:
- ☐ My usual appetite has not
- ☐ I eat somewhat more often
- ☐ I eat much more than usua
- ☐ I rarely eat within a 24 h
- ☐ I must force myself to eat

8. Decreased Weight (Within the Last
- ☐ My weight has not decrea
- ☐ I feel as if I've had a slig
- ☐ I have lost 2 pounds or m
- ☐ I have lost 5 pounds or m

NAME: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "√" to indicate your answer)	not at all	several days	more than half the days	nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3
add columns:		+	+	+
(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scientific article.)		TOTAL:		

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

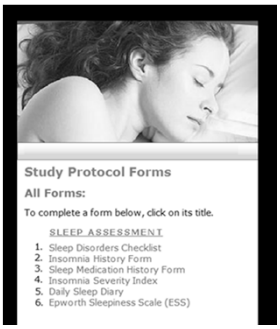
- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

ASSESSMENT

GAD-7

Over the last 2 weeks, how often have you been bothered by the following problems? *(Use "0" to indicate your answer)*	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

ASSESSMENT



ASSESSMENT

ANNOTATED - SDS-CL-25

Subject ID# _____ Date _____	0 NEVER	1 ONCE A YEAR	2 ONCE A MONTH	3 ONCE A WEEK	4 3 TIMES / WEEK
1. It Takes Me 30 Or More Minutes To Fall Asleep					
2. I Wake Up For 30 Or More Minutes During The Night					
3. I Wake Up 30 Or More Minutes Prior To My Alarm					
4. I Prefer To Go To Bed Early (Before 9pm) And Wake Up Early (Before 7am)					
5. I Prefer To Go To Bed Late (After 2am) And Wake Up Late (After 10am)					
6. I Am Prone To Fall Asleep At Inappropriate Times Or Places					
7. I Wake Up With Headaches In The Morning					
8. I Wake Up With A Dry Mouth In The Morning (Cotton Mouth)					
9. I Snore					
10. My Snoring Is So Loud, That My Bedpartner Complains					
11. I Wake Up Choking Or Gasping For Air					
12. My Bedpartner Has Noticed That I Seem To Stop Breathing					
13. I Get Uncomfortable Sensations In My Legs					
14. In The Evening My Legs Feel "Restless"					
15. I Often Feel That I Have To Get Up And Walk Around					
16. I Have Been Told That I Am A Restless Sleeper					
17. My Bedpartner Complains That I Move Around A Lot At Night					
18. When Excited (E.G., Anger Or Humored) I Feel Physically Weak					
19. When I Am Falling Asleep, I Experience Scary Dream Like Images					
20. When I Am First Awakening, I Experience Scary Dream Like Images					
21. When I Am First Awakening, I Feel Like I Can't Move					
22. I Have Nightmares, Particularly In The First ½ Of The Night					
23. I Have Nightmares, Particularly In The Latter ½ Of The Night					
24. For No Reason, I Awaken Suddenly, Startled, And Feeling Afraid					
25. I have been told that I walk, talk, eat, act strange or violent while sleeping					

ASSESSMENT

Insomnia History Form

Subject ID#_____ Date: _____

1. How old were you when you first starting experiencing insomnia? _____
2. How many years ago did you start experiencing insomnia? _____
3. How old were you when the insomnia became chronic? _____
4. How long have you had insomnia? _____
4. Since you have been experiencing insomnia have there been any periods of time that you have not had insomnia for 2 or more weeks at a time? _____

_____

_____

_____

ASSESSMENT

Sleep Medication History Form

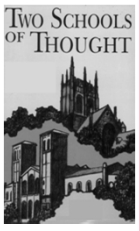
Please include all:

- **Rx** medications that have ever been taken
- **OTC** medications that have ever been taken

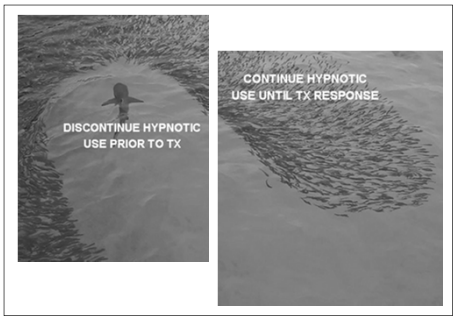
Medication	Ever Used	Start Date (or estimate)	Stop Date (or ongoing)	Effectiveness Rating Scale
Ambien/Zolpidem	○ Yes ○ No			Select rating
Ambien CR/Zolpidem Ext. R	○ Yes ○ No			Select rating
Dalmane/Flurazepam	○ Yes ○ No			Select rating
Doral/Quazepam	○ Yes ○ No			Select rating
Halcion/Triazolam	○ Yes ○ No			Select rating
Lunesta/Eszopiclone	○ Yes ○ No			Select rating
Prosom/Estazolam	○ Yes ○ No			Select rating
Restoril/Temazepam	○ Yes ○ No			Select rating
Rozerem/Ramelteon	○ Yes ○ No			Select rating
Sonata/Zaleplon	○ Yes ○ No			Select rating
Melatonin	○ Yes ○ No			Select rating
Unisom	○ Yes ○ No			Select rating
Benadryl	○ Yes ○ No			Select rating
	○ Yes ○ No			Select rating
	○ Yes ○ No			Select rating
	○ Yes ○ No			Select rating
	○ Yes ○ No			Select rating
	○ Yes ○ No			Select rating
	○ Yes ○ No			Select rating

submit cancel

WHAT TO DO ABOUT HYPNOTIC USE



TWO SCHOOLS OF THOUGHT



IF HYPNOTICS WERE WORKING… THE PATIENT WOULD NOT BE SEEKING HELP

BETTER A SETBACK NOW THAN AFTER TX GAINS

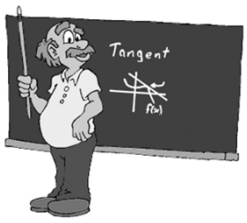
WORSENING UPFRONT SETS UP QUICKER AND LARGE TX GAINS

COLLABORATE WITH PRESCRIBING CLINICIAN

POSSIBLE DISCONTINUATION SCHEDULE

WEEK 1	**7 days ½ dose**
WEEK 2	**7 days every other day ½ dose**
WEEK 3	**2 days (Fixed) ½ dose**
WEEK 4	**2ND Baseline week**

VERY CONSERVATIVE



BACK TO ASSESSMENT

ASSESSMENT

Insomnia Severity Index (ISI)

Name: _____ **Date:** _____

1. Please rate the current (i.e., last week) **SEVERITY** of your insomnia problem(s).

	None	Mild	Moderate	Severe	Very
Difficulty falling asleep:	0	1	2	3	4
Difficulty staying asleep:	0	1	2	3	4
Problem waking up too early:	0	1	2	3	4

2. How **SATISFIED**/dissatisfied are you with your current sleep pattern?

Very Satisfied				Very Dissatisfied
0	1	2	3	4

3. To what extent do you consider your sleep problem to **INTERFERE** with your daily functioning (e.g. daytime fatigue, ability to function at work/daily chores, concentration, memory, mood, etc.)

Not at all Interfering	A Little	Somewhat	Much	Very Much Interfering
0	1	2	3	4

4. How **NOTICEABLE** to others do you think your sleeping problem is in terms of impairing the quality of your life?

Not at all Noticeable	Barely	Somewhat	Much	Very Much Noticeable
0	1	2	3	4

5. How **WORRIED**/distressed are you about your current sleep problem?

Not at all	A Little	Somewhat	Much	Very Much
0	1	2	3	4

Morin, C.M. (1993). Insomnia: Psychological Assessment and Management. New York: Guilford Press.

ASSESSMENT

THE EPWORTH SLEEPINESS SCALE

Name: _____
Today's Date: _____
Your sex (male = M, female = F) _____

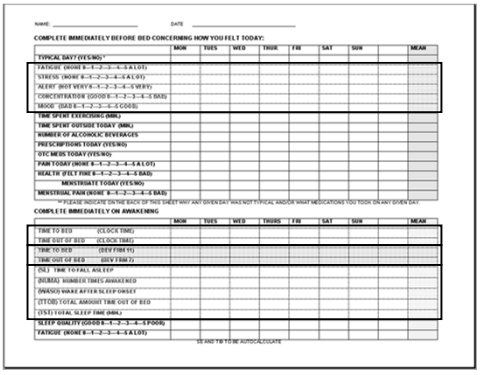
How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you haven't done some of these things recently try to work out how they would have affected you. Use the following scale to choose the *most appropriate number* for each situation:

0 = would never doze
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting, inactive in a public place (e.g. a theatre or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in the traffic	

Thank you for your cooperation

ASSESSMENT



NAME: _____ DATE _____

COMPLETE IMMEDIATELY BEFORE BED CONCERNING HOW YOU FELT TODAY:

	MON	TUES	WED	THUR	FRI	SAT	SUN		MEAN
TYPICAL DAY? (YES/NO) *									
FATIGUE (NONE 0—1—2—3—4—5 A LOT)									
STRESS (NONE 0—1—2—3—4—5 A LOT)									
ALERT (NOT VERY 0—1—2—3—4—5 VERY)									
CONCENTRATION (GOOD 0—1—2—3—4—5 BAD)									
MOOD (BAD 0—1—2—3—4—5 GOOD)									
TIME SPENT EXERCISING (MIN.)									
TIME SPENT OUTSIDE TODAY (MIN.)									
NUMBER OF ALCOHOLIC BEVERAGES									
PRESCRIPTIONS TODAY (YES/NO)									
OTC MEDS TODAY (YES/NO)									
PAIN TODAY (NONE 0—1—2—3—4—5 A LOT)									
HEALTH (FELT FINE 0—1—2—3—4—5 BAD)									
MENSTRUATE TODAY (YES/NO)									
MENSTRUAL PAIN (NONE 0—1—2—3—4—5 BAD)									

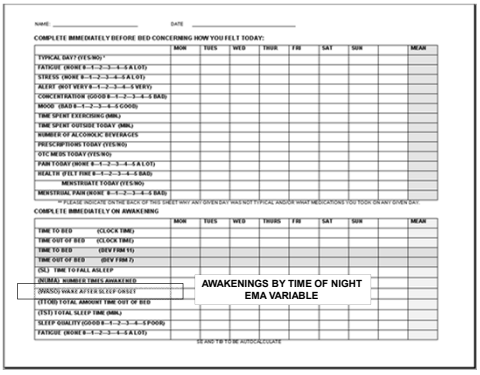
** PLEASE INDICATE ON THE BACK OF THIS SHEET WHY ANY GIVEN DAY WAS NOT TYPICAL AND/OR WHAT MEDICATIONS YOU TOOK ON ANY GIVEN DAY.

COMPLETE IMMEDIATELY ON AWAKENING

	MON	TUES	WED	THURS	FRI	SAT	SUN		MEAN
TIME TO BED (CLOCK TIME)									
TIME OUT OF BED (CLOCK TIME)									
TIME TO BED (DEV FRM 11)									
TIME OUT OF BED (DEV FRM 7)									
(SL) TIME TO FALL ASLEEP									
(NUMA) NUMBER TIMES AWAKENED									
(WASO) WAKE AFTER SLEEP ONSET									
(TTOB) TOTAL AMOUNT TIME OUT OF BED									
(TST) TOTAL SLEEP TIME (MIN.)									
SLEEP QUALITY (GOOD 0—1—2—3—4—5 POOR)									
FATIGUE (NONE 0—1—2—3—4—5 A LOT)									

SE AND TB TO BE AUTOCALCULATE

ASSESSMENT



NAME: _____ DATE _____

COMPLETE IMMEDIATELY BEFORE BED CONCERNING HOW YOU FELT TODAY:

	MON	TUES	WED	THUR	FRI	SAT	SUN		MEAN
TYPICAL DAY? (YES/NO) *									
FATIGUE (NONE 0—1—2—3—4—5 A LOT)									
STRESS (NONE 0—1—2—3—4—5 A LOT)									
ALERT (NOT VERY 0—1—2—3—4—5 VERY)									
CONCENTRATION (GOOD 0—1—2—3—4—5 BAD)									
MOOD (BAD 0—1—2—3—4—5 GOOD)									
TIME SPENT EXERCISING (MIN.)									
TIME SPENT OUTSIDE TODAY (MIN.)									
NUMBER OF ALCOHOLIC BEVERAGES									
PRESCRIPTIONS TODAY (YES/NO)									
OTC MEDS TODAY (YES/NO)									
PAIN TODAY (NONE 0—1—2—3—4—5 A LOT)									
HEALTH (FELT FINE 0—1—2—3—4—5 BAD)									
MENSTRUATE TODAY (YES/NO)									
MENSTRUAL PAIN (NONE 0—1—2—3—4—5 BAD)									

** PLEASE INDICATE ON THE BACK OF THIS SHEET WHY ANY GIVEN DAY WAS NOT TYPICAL AND/OR WHAT MEDICATIONS YOU TOOK ON ANY GIVEN DAY.

COMPLETE IMMEDIATELY ON AWAKENING

	MON	TUES	WED	THURS	FRI	SAT	SUN		MEAN
TIME TO BED (CLOCK TIME)									
TIME OUT OF BED (CLOCK TIME)									
TIME TO BED (DEV FRM 11)									
TIME OUT OF BED (DEV FRM 7)									
(SL) TIME TO FALL ASLEEP									
(NUMA) NUMBER TIMES AWAKENED									
(WASO) WAKE AFTER SLEEP ONSET									
(TTOB) TOTAL AMOUNT TIME OUT OF BED									
(TST) TOTAL SLEEP TIME (MIN.)									
SLEEP QUALITY (GOOD 0—1—2—3—4—5 POOR)									
FATIGUE (NONE 0—1—2—3—4—5 A LOT)									

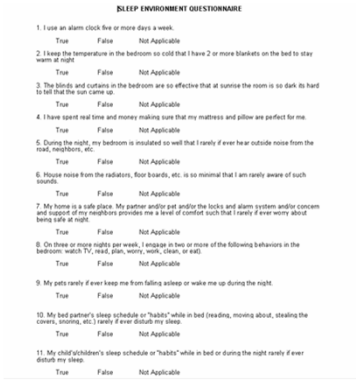
SE AND TB TO BE AUTOCALCULATE

AWAKENINGS BY TIME OF NIGHT
EMA VARIABLE

ASSESSMENT

LAB STORY

ASSESSMENT



SLEEP ENVIRONMENT QUESTIONNAIRE

1. I use an alarm clock five or more days a week.
True False Not Applicable

2. I keep the temperature in the bedroom so cold that I have 2 or more blankets on the bed to stay warm at night
True False Not Applicable

3. The blinds and curtains in the bedroom are so effective that at sunrise the room is so dark its hard to tell that the sun came up.
True False Not Applicable

4. I have spent real time and money making sure that my mattress and pillow are perfect for me.
True False Not Applicable

5. During the night, my bedroom is insulated so well that I rarely if ever hear outside noise from the road, neighbors, etc.
True False Not Applicable

6. House noise from the radiators, floor boards, etc. is so minimal that I am rarely aware of such sounds.
True False Not Applicable

7. My home is a safe place. My partner and/or pet and/or the locks and alarm system and/or concern and support of my neighbors provides me a level of comfort such that I rarely if ever worry about being safe at night.
True False Not Applicable

8. On three or more nights per week, I engage in two or more of the following behaviors in the bedroom: watch TV, read, plan, worry, work, clean, or eat).
True False Not Applicable

9. My pets rarely if ever keep me from falling asleep or wake me up during the night.
True False Not Applicable

10. My bed partner's sleep schedule or "habits" while in bed (reading, moving about, stealing the covers, snoring, etc.) rarely if ever disturb my sleep.
True False Not Applicable

11. My child's/children's sleep schedule or "habits" while in bed or during the night rarely if ever disturb my sleep.
True False Not Applicable

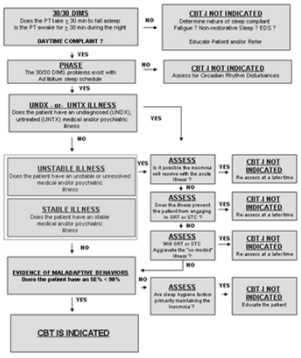
WHO IS A GOOD CANDIDATE FOR CBT- I ?

DO A MOCK PROFILE

AGE, SEX,
PRESENTING COMPLAINT
ASSOCIATED BEHAVIORAL FACTORS
MED, PSYCH, SUBSTANCE USE
KNOWN SLEEP DX, SUSPECTED SLEEP DX

WHO IS A GOOD CANDIDATE FOR CBT- I ?

ASSESSMENT ALGORITHM : IS CBT- I INDICATED ?



SESSION-1 "TO DO LIST"

Tasks	
Introduce yourself to the patient	✓
Complete Intake Questionnaires	✓
Conduct Clinical Interview	✓
Determine if patient is a candidate for CBT-I.	✓
Determine other treatment options	✓
Orient Patient to the Sleep Diary (and actigraph)	
Field Patient Questions & Address Resistances	
Setting the Weekly Agenda	

TREATMENT
OPTIONS/PROCESS

THE PATIENT NEEDS TO KNOW THE PLAN

1 WEEK OF BASELINE AND WHY (SANS CLOCK)

THAT THEY WILL DECIDE NEXT WEEK WHAT TX

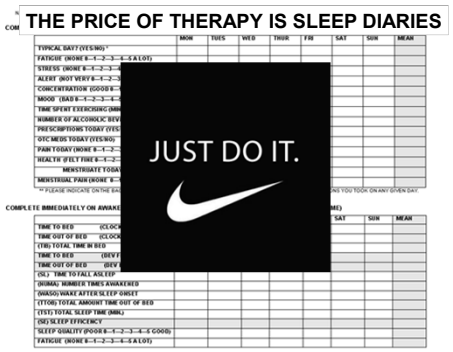
OPTIONS
DELAY TREATMENT
BEGIN TREATMENT WITH SLEEP MEDS
BEGIN TREATMENT BY D/C SLEEP MEDS

IN THE BAG
SLEEP COMPRESSION, THE ISR PROCEDURE,
BRIGHT LIGHT, RELAXATION TRAINING,
CBT+M, MEDS ALONE

SESSION-1 "TO DO LIST"

Tasks	
Introduce yourself to the patient	✓
Complete Intake Questionnaires	✓
Conduct Clinical Interview	✓
Determine if patient is a candidate for CBT-I.	✓
Determine other treatment options	✓
Present An Overview of Treatment Options	✓
Field Patient Questions & Address Resistances	
Setting the Weekly Agenda	

ASSESSMENT



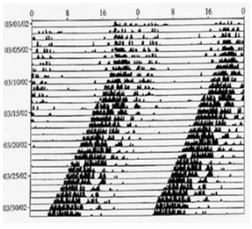
ASSESSMENT

ACTIGRAPHY

ASSESSMENT

ACTIGRAPHY

CIRCADIAN DISTURBANCES

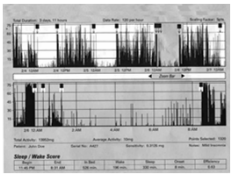


ASSESSMENT

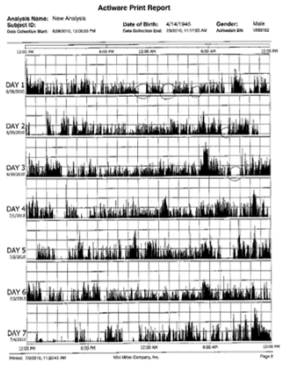
ACTIGRAPHY

SUB-OB DETECTION

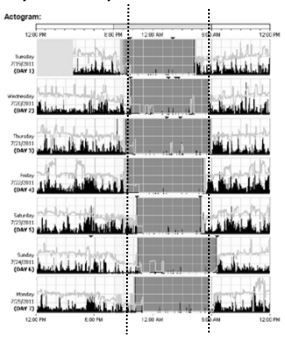
- VS -



SOMETIMES IT IS AS THEY SAY



LIGHT, REST, TIB AND SLEEP



ISSUES: ACTIVITY LEVEL – LIGHT LEVELS

ASSESSMENT

ACTIGRAPHY

COMPLIANCE

THE NANNY CAM EFFECT

SESSION-1 "TO DO LIST"

Tasks	
Introduce yourself to the patient	✓
Complete Intake Questionnaires	✓
Conduct Clinical Interview	✓
Determine if patient is a candidate for CBT-I.	✓
Determine other treatment options	✓
Present An Overview of Treatment Options	✓
Orient Patient to the Sleep Diary (and actigraph)	✓
Setting the Weekly Agenda	

QUESTIONS & RESISTANCES

WHY DO I HAVE TO WAIT A WEEK TO START TX ?

CAN WE DO A PART OF TX THIS WEEK ?

WHY CAN'T I CONTINUE MY SLEEP MEDICATION ?

CAN YOU AT LEAST EXPLAIN WHAT TX WILL BE ?

AREN'T I SUPPOSED TO GET A SLEEP STUDY ?

WHY AM I NOT SEEING A REAL DOCTOR ?

SESSION-1 "TO DO LIST"

Tasks	
Introduce yourself to the patient	✓
Complete Intake Questionnaires	✓
Conduct Clinical Interview	✓
Determine if patient is a candidate for CBT-I.	✓
Determine other treatment options	✓
Present An Overview of Treatment Options	✓
Orient Patient to the Sleep Diary (and actigraph)	✓
Field Patient Questions & Address Resistances	✓

WEEKLY AGENDA

NEXT WEEK

REVIEW YOUR SLEEP DIARY DATA

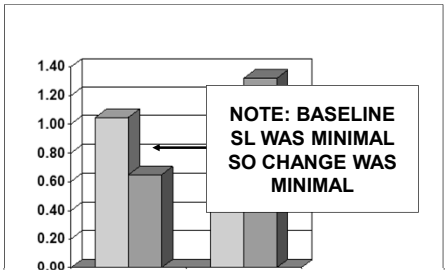
DECIDE IF YOU WISH TO PURSUE TX

IF YES
CHART YOUR SLEEP DIARY DATA
SELECT TX APPROACH
BEGIN TX PROCESS

BREAK

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

CBT-I FOR INSOMNIA IN PATIENTS WITH MAJOR DEPRESSION



	SL-Pre	SL-Post	WASO-Pre	WASO-Post
Escit + CBT-I	38.07(24.14)	21.28(22.20)	111.03(63.56)	47.56(57.61)
Escit + Ctrl	44.77(51.02)	33.65(33.53)	103.37(59.10)	61.87(57.71)

ANY FINDINGS BESIDES DEPRESSION ?

Sleep Medicine

Original Article

The efficacy of cognitive-behavioral therapy for insomnia in patients with chronic pain

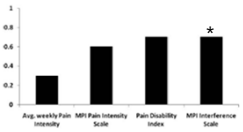


Fig. 3. Pre–post between group effect sizes for measures of pain.

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

Tasks
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

SESSION – 2 TREATMENT INITIATION
CALCULATE MEAN SLEEP CONTINUITY

COMPLETE IMMEDIATELY ON AWAKENING (PLEASE CACULATE 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	300	375	360	365
(SE) SLEEP EFFICENCY	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 EFFICENCY	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 CACULATE 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	300	375	360	365
(SE) SLEEP EFFICENCY	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

SRT - TTB AND TOB COMPLIANCE
STC - WASO IN/OUT COMPLIANCE

KNOW WHEN TO
"HOLD THEM"
"FOLD"

	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
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(SL) TIME TO FALL ASLEEP	45.0
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(TTOB) TOTAL AMOUNT TIME OUT OF BED	0.0
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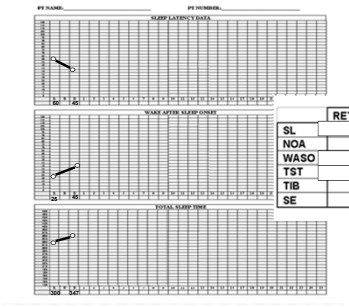
SLEEP QUALITY (POOR 0—1—2—3—4—5 GOOD)	1.1
FATIGUE (NONE 0—1—2—3—4—5 A LOT)	4.4

SESSION – 2 TREATMENT INITIATION

GRAPH MEAN SLEEP CONTINUITY



	RETO	PRO
SL		
NOA	3	2
WASO		
TST		
TIB	385	476
SE	77	77

SESSION – 2 TREATMENT INITIATION

Tasks
Summarize & Graph Sleep Diary
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

SESSION – 2 TREATMENT INITIATION

CBT-I IS INDICATED – NOW WHAT ?

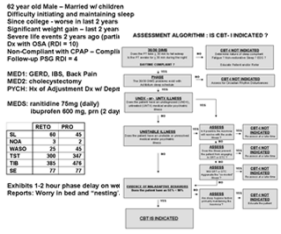
62 year old Male – Married w/ children
Difficulty initiating and maintaining sleep
Since college - worse in last 2 years
Significant weight gain – last 2 years
Severe life events 2 years ago (partia
Dx with OSA (RDI = 10)
Non-Compliant with CPAP – Complia
Follow-up PSG RDI = 4

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

MEDS: ranitidine 75mg (daily)
ibuprofen 600 mg. prn (2 day

	RETO	PRO
SL	60	45
NOA	3	2
WASO	25	45
TST	360	347
TIB	385	476
SE	77	77

Exhibits 1-2 hour phase delay on wee
Reports: Worry in bed and "resting"



A COLD CALL APPROACH TO SETTING TIB

SESSION – 2 TREATMENT INITIATION

Tasks
Summarize & Graph Sleep Diary
Determine Treatment Plan
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

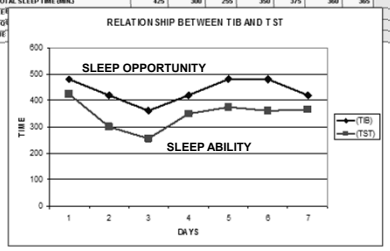
LET THE DATA SPEAK FOR ITSELF

REVEALING THE MISMATCH

SESSION – 2 TREATMENT INITIATION

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

	MON	TUES	WED	THURS	FRI	SAT	SUN	MEAN
TIME TO BED (CLOCK TIME)	10:00	11:00	12:00	11:00	10:00	12:00	11:00	~ 11 PM
TIME OUT OF BED (CLOCK TIME)	6:00	6:00	6:00	6:00	6:00	8:00	8:00	~ 6:30 AM
(TIB) TOTAL TIME IN BED	480	420	360	420	480	480	420	437.1
TIME TO BED (DEV FRM 1)	-60	0	60	0	-60	60	0	0.0
TIME OUT OF BED (DEV FRM 7)	-60	-60	-60	-60	-60	60	60	-25.7
(SL) TIME TO FALL ASLEEP	35	55	45	35	60	65	20	45.0
(NUMA) NUMBER TIMES AWAKENED	2	1	3	3	4	2	1	2.3
(WASO) WAKE AFTER SLEEP ONSET	20	65	60	35	45	55	35	45.0
(TTOB) TOTAL AMOUNT TIME OUT OF BED	0	0	0	0	0	0	0	0.0
(TST) TOTAL SLEEP TIME (MIN.)	425	300	255	350	375	360	365	347.1
(SE) SLE								79.2
SLEEP QU								1.1
FATIGUE								4.4



SESSION – 2 TREATMENT INITIATION

Tasks
Summarize & Graph Sleep Diary
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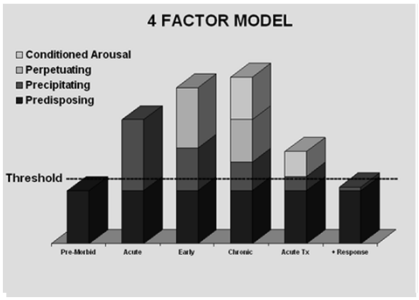
SESSION – 2 TREATMENT INITIATION

DRAW THIS ON THE WHITE BOARD



EXAMPLE

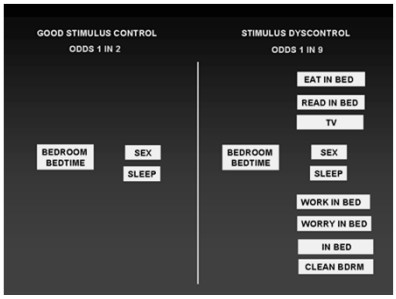
SESSION – 2 TREATMENT INITIATION

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 2ND WAY OF THINKING ABOUT STIMULUS CONTROL

SESSION – 2 TREATMENT INITIATION

Tasks
Summarize & Graph Sleep Diary
Determine Treatment Plan
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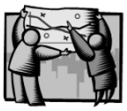
How to stay awake to the prescribed hour
What to do with WASO time

SESSION – 2 TREATMENT INITIATION

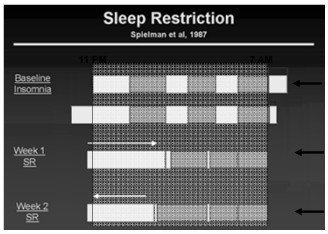


THE GOALS OF TREATMENT ARE TO

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



TST = 5 hrs TIB = 8.0 hrs SE% = 62.5

TST = 5 hrs TIB = 4.75 hrs SE% = 95.0

+ 15 Min. TIB = 5.25 hrs

- 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.

SESSION – 2 TREATMENT INITIATION

Tasks
Summarize & Graph Sleep Diary
Determine Treatment Plan
Review Sleep Diary Data – "mismatch"
Introduce Behavioral Model of Insomnia
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Set Strategy How to stay awake to the prescribed hour What to do with WASO time

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).

	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
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SESSION – 2 TREATMENT INITIATION

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)

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

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

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

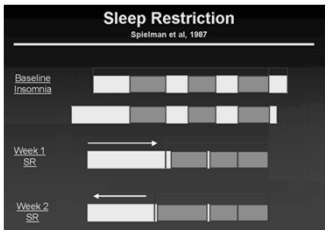
REVIEW YOUR SLEEP DIARY DATA

TITRATION, TROUBLE SHOOTING STC & SLEEP HYGIENE

BREAK

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

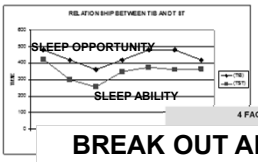
SLEEP RESTRICTION



WHY A DELAY vs TRUNCATION ?

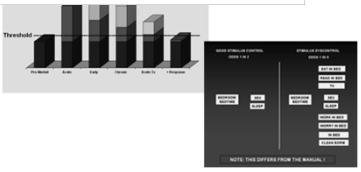
SESSION – 2 TREATMENT INITIATION

DRAW AND EXPLAIN THESE



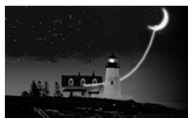
4 FACTOR MODEL

BREAK OUT AND PRACTICE



INSOMNIA

SESSION 3 – TREATMENT



"WHAT ARE WE GOING TO DO TODAY?"
THE SAME THING AS EVERY DAY … !

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

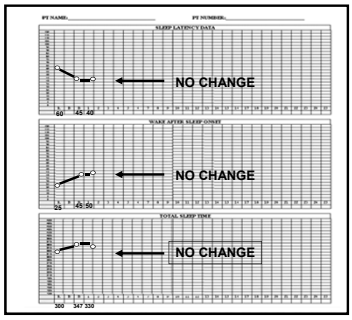
Tasks
Summarize & Graph Sleep Diary
Assess Treatment Gains and Compliance
Determine If Upward Titration is Warranted
Review Sleep Hygiene

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

Tasks
Assess Treatment Gains and Compliance
Determine if Upward Titration is Warranted
Review Sleep Hygiene

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

GRAPH MEAN SLEEP CONTINUITY – SCENARIO 1



NO CHANGE

GWEN COMPLAINS

DID THE PATIENT SLEEP RESTRICT ?

THEY SAID

"I DID"
" I WANTED TO BUT COULDN'T"
"I DIDN'T WANT TO"

DID THE PATIENT PRACTICE STC ?

THEY SAID

"I DID"
" I WANTED TO BUT COULDN'T"
"I DIDN'T WANT TO"

THEY SAID

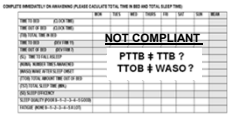
"I DID"

DOES THE DIARY REFLECT THIS ??

WAS THERE A DELAY IN TTB ?
WAS MOST OF THE WASO SPENT OUT OF BED ?

COMPLIANT
PTTB = TTB ?
TTOB = WASO ?

→ **ASSESS WHETHER SRT WAS POTENT ENOUGH**



NOT COMPLIANT
PTTB ≠ TTB ?
TTOB ≠ WASO ?

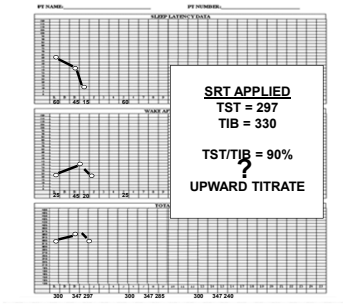
→ **REVIEW INSTRUCTIONS**
ASSESS OBSTACLES

DID THE PATIENT SLEEP RESTRICT ?
DID THE PATIENT PRACTICE STC ?

THEY SAID **" I WANTED TO BUT COULDN'T"**	→ **"NO PAIN NO GAIN" MAYBE DELAY TX ?**
THEY SAID **" I DIDN'T WANT TO"**	→ **DISCUSS DELAYING TX**

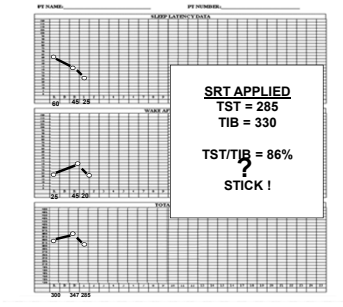
SESSION – 2 TREATMENT INITIATION

GRAPH MEAN SLEEP CONTINUITY – SCENARIO 1



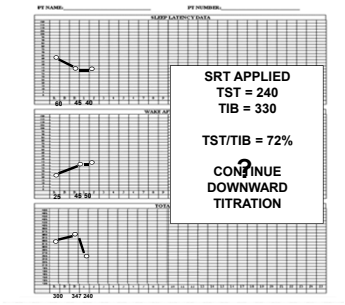
SESSION – 2 TREATMENT INITIATION

GRAPH MEAN SLEEP CONTINUITY – SCENARIO 2

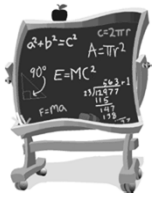


SESSION – 2 TREATMENT INITIATION

GRAPH MEAN SLEEP CONTINUITY – SCENARIO 3



THE CALCULATION OF SLEEP EFFICIENCY



THE PATIENT'S WAY

INSOMNIA = 1:51 A.M. + ETERNITY + 1:52 A.M. + ETERNITY + 1:53 A.M. + ETERNITY

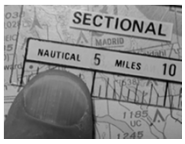
THE THERAPIST'S WAY

SE% = ([TST / TIB] * 100)

TIB = TOB – TTB
TIB = TST + (SL + WASO)

LET'S SPEND SOME TIME WITH THIS

THERE IS NO PERFECT RULE



RULE OF THUMB

For TIB whatever makes TIB bigger, provided the patient wanted/was trying to sleep.

in bed early: counts
in bed late - due to schedule: doesn't count

out of bed early - due to EMA: counts
out of bed early - due to schedule: doesn't count

For TST whatever makes TST smaller

time awake out of bed: counts

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

Tasks
Summarize & Graph Sleep Diary
Assess Treatment Gains and Compliance
Determine if Upward Titration is Warranted

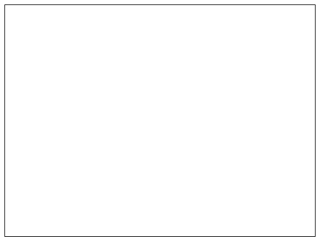
SLEEP HYGIENE IS NOT THE 10 COMMANDMENTS

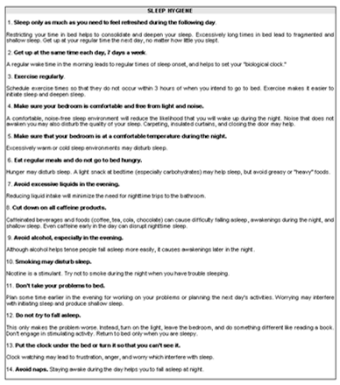
IT IS NOT EFFECTIVE AS A MONOTHERAPY
MANY OF ITS TENETS ARE UNTESTED
SEVERAL OF THE IMPERATIVES MAY BE "WRONG HEADED"

BEST TAILORED TO THE INDIVIDUAL
BEST USED TO HAVE PATIENT BETTER "GROK" SLEEP

INTRODUCING SLEEP HYGIENE
THE 30 SEC. VERSION

INTRODUCING SLEEP HYGIENE
THE 5 MINUTE VERSION





SLEEP HYGIENE

1. **Sleep only as much as you need to feel refreshed during the following day.**

Restricting your time in bed helps to consolidate and deepen your sleep. Excessively long times in bed lead to fragmented and shallow sleep. Get up at your regular time the next day, no matter how little you slept.

2. **Get up at the same time each day, 7 days a week.**

A regular wake time in the morning leads to regular times of sleep onset, and helps to set your "biological clock."

3. **Exercise regularly.**

Schedule exercise times so that they do not occur within 3 hours of when you intend to go to bed. Exercise makes it easier to initiate sleep and deepen sleep.

4. **Make sure your bedroom is comfortable and free from light and noise.**

A comfortable, noise-free sleep environment will reduce the likelihood that you will wake up during the night. Noise that does not awaken you may also disturb the quality of your sleep. Carpeting, insulated curtains, and closing the door may help.

5. **Make sure that your bedroom is at a comfortable temperature during the night.**

Excessively warm or cold sleep environments may disturb sleep.

6. **Eat regular meals and do not go to bed hungry.**

Hunger may disturb sleep. A light snack at bedtime (especially carbohydrates) may help sleep, but avoid greasy or "heavy" foods.

7. **Avoid excessive liquids in the evening.**

Reducing liquid intake will minimize the need for nighttime trips to the bathroom.

8. **Cut down on all caffeine products.**

Caffeinated beverages and foods (coffee, tea, cola, chocolate) can cause difficulty falling asleep, awakenings during the night, and shallow sleep. Even caffeine early in the day can disrupt nighttime sleep.

9. **Avoid alcohol, especially in the evening.**

Although alcohol helps tense people fall asleep more easily, it causes awakenings later in the night.

10. **Smoking may disturb sleep.**

Nicotine is a stimulant. Try not to smoke during the night when you have trouble sleeping.

11. **Don't take your problems to bed.**

Plan some time earlier in the evening for working on your problems or planning the next day's activities. Worrying may interfere with initiating sleep and produce shallow sleep.

12. **Do not try to fall asleep.**

This only makes the problem worse. Instead, turn on the light, leave the bedroom, and do something different like reading a book. Don't engage in stimulating activity. Return to bed only when you are sleepy.

13. **Put the clock under the bed or turn it so that you can't see it.**

Clock watching may lead to frustration, anger, and worry which interfere with sleep.

14. **Avoid naps.** Staying awake during the day helps you to fall asleep at night.

READER

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

SLEEP HYGIENE

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SESSION – 3 POST FIRST WEEK OF ACTIVE TX

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SESSION – 3 POST FIRST WEEK OF ACTIVE TX

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A BIT OF HUMOR BEFORE DEBUNKING

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

SLEEP HYGIENE

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SESSION – 3 POST FIRST WEEK OF ACTIVE TX

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SESSION – 3 POST FIRST WEEK OF ACTIVE TX

"When I can't dismiss something from my mind, I just get up and write myself a little note. Then I can forget all about it."

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

SLEEP HYGIENE
12. **Do not *try* to fall asleep.** This only makes the problem worse. Instead, turn on the light, leave the bedroom, and do something different like reading a book. Don't engage in stimulating activity. Return to bed only when you are sleepy.

"Sleep (is like) a dove which has landed near one's hand and stays there as long as one does not pay any attention to it; if one attempts to grab it, it quickly flies away"

Viktor E. Frankl (1965, p. 253) cited in Ansfield et al. Behav.Res.Ther. 1996;34:523-531

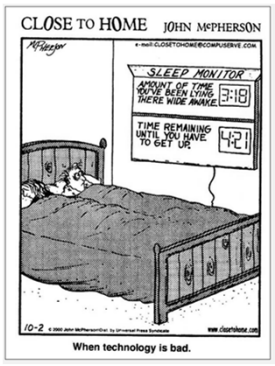
SLIDE PROVIDED BY COLIN ESPIE

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

SLEEP HYGIENE
13. **Put the clock under the bed or turn it so that you can't see it.**
Clock watching may lead to frustration, anger, and worry which interfere with sleep.

I CAN'T RESIST SOME EXAMPLES HERE

GIFT IDEAS FOR PEOPLE YOU HATE WHO HAVE INSOMNIA



When technology is bad.

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

SLEEP HYGIENE

14. **Avoid naps.** Staying awake during the day helps you to fall asleep at night.

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

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4. **Make sure your bedroom is comfortable and free from light and noise.**

INTERESTING – NO WHERE IS THERE A MENTION OF NIGHT TIME LIGHT EXPOSURE

9. **Avoid alcohol, especially in the evening.**

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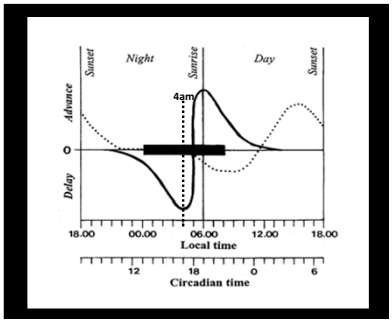
14. **Avoid naps.** Staying awake during the day helps you to fall asleep at night.

WHAT ABOUT LIGHT EXPOSURE ?

THE PROBLEM



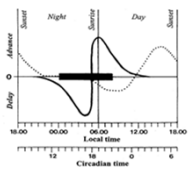
SLIDE PROVIDED BY SIGRID VEASEY

A SOLUTION

A SOLUTION

ANOTHER SOLUTION

ALL THIS SAID
MAYBE LIGHT'S NOT SUCH A PROBLEM



VS.

QUESTIONS & RESISTANCES

I JUST CAN'T STAY AWAKE UNTIL THE PRESCRIBED BEDTIME ?!

IRONY

I JUST CAN'T GET OUT OF BED

SLEEP OF REASON

SESSION – 3 POST FIRST WEEK OF ACTIVE TX

NEXT WEEK

REVIEW YOUR SLEEP DIARY DATA

TITRATION & TROUBLE SHOOTING

BREAK

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

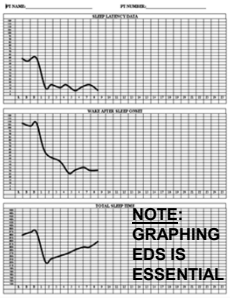
INSOMNIA

SESSION 4 – TREATMENT

"WHAT ARE WE GOING TO DO TODAY?"
THE SAME THING AS EVERY DAY … !

Tasks
Assess Treatment Gains and Compliance
Determine if upward Titration is warranted

GRAPH MEAN SLEEP CONTINUITY



NOTE: GRAPHING EDS IS ESSENTIAL

POSITIVE TREATMENT RESPONSE

GWEN HAS SUCCESS

TX NON-RESPONSE OR RESPONSE WITH AEs

I'M DOING BETTER – BUT I FEEL HORRIBLE DURING THE DAY !

POSSIBLE EXPLANATIONS

PT WAS COMPLIANT WITH A TOO SEVERE A SRT

OCCULT OSA OR PLMs ?
OCCULT MEDICAL OR PSYCHIATRIC ILLNESS ?

SUBSTANCE USE OR ABUSE

SLEEP STATE MISPERCEPTION

SLEEP STATE MISPERCEPTION
AKA
PARADOXICAL INSOMNIA

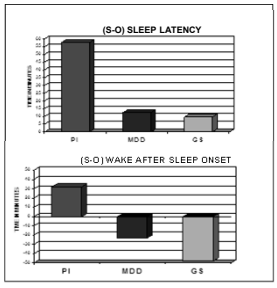
WHAT IS THIS ?!

AND

WHAT ARE THE IMPLICATIONS FOR CBT-I ?!

"SLEEP STATE MISPERCEPTION"

SUBJECTIVE-OBJECTIVE DISCREPANCY



"SLEEP STATE MISPERCEPTION"

SUBJECTIVE-OBJECTIVE DISCREPANCY

WHAT ARE THE IMPLICATIONS FOR CBT-I

UNKNOWN

OPTIONS

CONTINUE STANDARD CBT-I

CONTINUE STANDARD CBT-I WITH MODAFINIL

EXPERIMENT WITH THE ISR PROTOCOL

TRY SLEEP COMPRESSION

MEDICATION (BZs VS BZRAs)

SLEEP LAB BASED - FEEDBACK

20% REDUCTION OF TST REVERSES DISCREPANCY BETWEEN SUBJECTIVE AND EEG BASED TIMES TO FALL ASLEEP

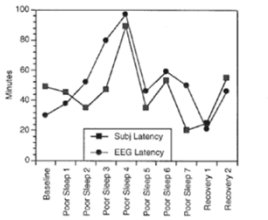
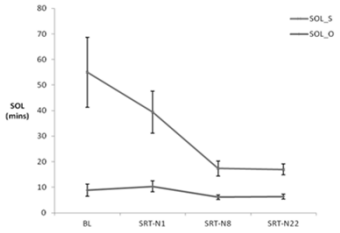


Figure 1.—Subjective and objective sleep-onset latency across the 10 nights of the experiment.

Bonnet & Arand 1998 Sleep 21(4) 359-368

INFORMATION PROVIDED IN VA SLIDES AND MANUALS OF CBT-I

Figure 2: Subjective and objective sleep-onset latency throughout treatment nights



Kyle, Espie et al. Personal Communication 2013

WHAT ARE THE IMPLICATIONS FOR CBT-I

UNKNOWN

OPTIONS

CONTINUE STANDARD CBT-I
RELAXATION TRAINING
DO A SEVERE FORM OF CBT-I WITH MODAFINIL
EXPERIMENT WITH THE ISR PROTOCOL
TRY SLEEP COMPRESSION
MEDICATION (BZs VS BZRAs)
SLEEP LAB BASED - FEEDBACK

SLEEP COMPRESSION PROTOCOL


Relaxation and Sleep Compression for Late-Life Insomnia: A Placebo-Controlled Trial

Kenneth L. Lichstein
Bruce W. Riedel and Nancy M. Wilson
Kristin W. Lester and R. Neal Aguillard

Chapter 5

Sleep Compression

Kenneth L. Lichstein, S. Justin Thomas
Susan M. McCurry

PROTOCOL NAME

Sleep compression.

GROSS INDICATION

Sleep compression is ideal for those who exhibit sleep continuity disturbance but not substantial daytime deficits.

SPECIFIC INDICATION

Poor sleep accompanied by little daytime impairment suggests that enough sleep has been obtained to satisfy biologic need. Decreasing wake time in bed, not increasing sleep, becomes the primary therapeutic goal.

There is insufficient experience with this method to recommend its preferred use with a type of insomnia (e.g., primary vs comorbid, midlife vs late life) or with a particular pattern of wakefulness (e.g., onset vs maintenance). However, sleep compression does use an incremental approach to decreasing time in bed, as compared to abrupt contraction in the method of sleep restriction, and sleep compression may be better tolerated by individuals who are experiencing daytime fatigue or mild sleepiness, or who may be sensitive to abrupt alteration of their time in bed pattern.

CONTRAINDICATIONS

There are no serious contraindications for sleep compression. Temporary, increased daytime sleepiness that sometimes occurs with the introduction of the similar procedure of sleep restriction has not been observed with sleep compression.

55

DETERMINE AVERAGE SLEEP OPPORTUNITY AND SLEEP ABILITY USING 2 WEEKS OF DIARIES

DETERMINE THE DIFFERENCE BETWEEN TIB AND TST (DIFF)

DETERMINE AMOUNT OF SLEEP RESTRICTION (DIFF/ 5)

DELAY BEDTIME OR ADVANCE RISE TIME BY (DIFF/ 5) PER WEEK

TRACK SE% AND APPLY SRT TITRATION RULES

QUESTIONS & RESISTANCES

I'M DOING BETTER – CAN WE STOP NOW ?

BEST NOT TO.

WILL I HAVE TO DO SRT AND STC FOREVER ?!

YES AND NO.

NOTHING IS CERTAIN IN THIS WORLD
BUT DEATH, TAXES, AND STIMULUS CONTROL

NEXT WEEK

REVIEW YOUR SLEEP DIARY DATA

TITRATION & TROUBLE SHOOTING

COGNITIVE THERAPY

BREAK

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu

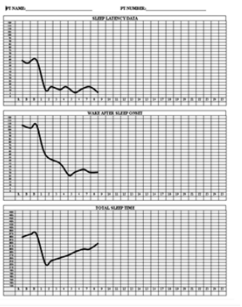
INSOMNIA

SESSION 6 & 7 & 8 – TREATMENT

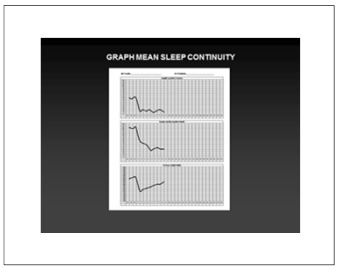
“WHAT ARE WE GOING TO DO TODAY?”
THE SAME THING AS EVERY DAY … !

Tasks
Assess Treatment Gains (Globally)
Discuss Relapse Prevention

GRAPH MEAN SLEEP CONTINUITY



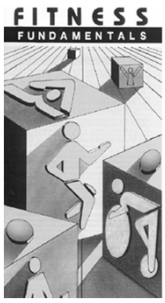
SUCCESS !!!!



GWEN RE-CAP

Tasks
Summarize & Graph Sleep Diary
Discuss Relapse Prevention

Tasks
Summarize & Graph Sleep Diary
Assess Treatment Gains (Globally)



MAINTENANCE

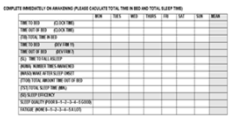
- **Relapse is not one night**

Two commandments to keep holy:

"IF NOT TONIGHT THEN TOMOROW NIGHT" !?

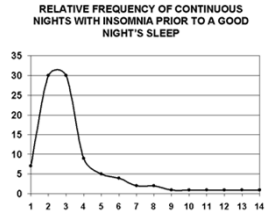
IS IT THE CASE THAT PATIENTS WITH INSOMNIA EXPERIENCE GOOD SLEEP ON SOME REGULAR BASIS ?

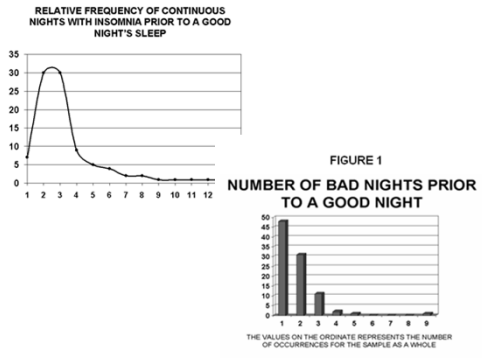
IF YES, THEN <u>WHY</u> AND ON WHAT <u>SCHEDULE</u> ?



→

PATTERN
BGGBGGB
BGBGBGB
BBGBBGB
BBBGBBB



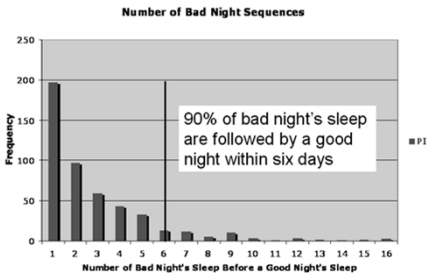


SO ONE COULD SAY THAT

"BETTER THAN AVERAGE SLEEP OCCURS IN LESS THAN 3 DAYS TIME".

BETTER THAN AVERAGE IS ONE THING

WHAT ABOUT THE NUMBER OF DAYS TO AN ABSOLUTELY GOOD NIGHT ?



DATA FROM BEVERLY DAVID

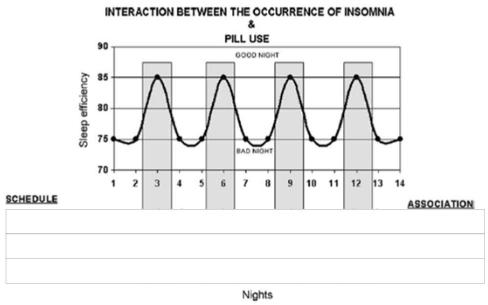
DATA ANALYSIS SWINX PHD THESIS

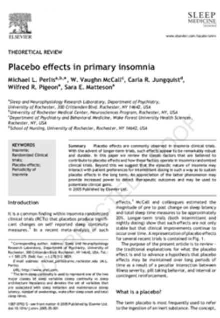
<u>"BUT WAIT - THERE'S MORE " !</u>

IF BETTER THAN AVERAGE SLEEP OCCURS AND DOES SO EVERY ~3 DAYS THEN WHAT EFFECT WOULD THIS HAVE ON RITUAL BEHAVIORS

AND

<u>USE OF PLACEBO !</u>





SLEEP MEDICINE

THEORETICAL REVIEW

Placebo effects in primary insomnia

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KEYWORDS
Insomnia;
Randomized Clinical trials;
Placebo effects;
Periodicity of insomnia

Summary Placebo effects are commonly observed in insomnia clinical trials. With the advent of longer-term trials, such effects appear to be remarkably robust and durable. In this paper we review the classic factors that are believed to contribute to placebo effects and how these factors operate in insomnia randomized clinical trials. Beyond this we suggest that the episodic nature of insomnia may interact with patient preferences for intermittent dosing in such a way as to sustain placebo effects in the long term. An appreciation of the latter phenomenon may provide increased power to detect therapeutic outcomes and may be used to potentiate clinical gains.
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Introduction

It is a common finding within insomnia randomized clinical trials (RCTs) that placebos produce significant changes on self reported sleep continuity measures.[1] In a recent meta-analysis of such effects,[1] McCall and colleagues estimated the magnitude of pre to post change on sleep latency and total sleep time measures to be approximately 20%. Longer-term trials (both intermittent and nightly dosing) show that such effects are not only stable but that clinical improvements continue to occur over time. A representation of placebo effects for several recent trials is contained in Fig. 1.

The purpose of the present article is to review - the traditional explanations for what the placebo effect is and to advance a hypothesis that placebo effects may be maintained over long periods of time as a result of a peculiar interaction between illness severity, pill taking behavior, and interval or contingent reinforcement.

What is a placebo?

The term placebo is most frequently used to refer to the ingestion of an inert substance. The concept,

PRETTY NIFTY EH ??

SO NOW YOU KNOW

QUESTIONS ?

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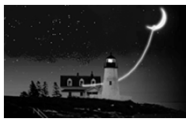
THAT'S IT FOR TODAY

INSOMNIA

SESSION 5 – TREATMENT

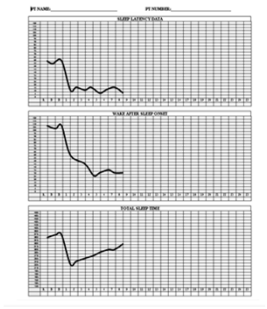


COGNITIVE THERAPY - DECATASTROPHIZATION

"WHAT ARE WE GOING TO DO TODAY?"
THE SAME THING AS EVERY DAY … !

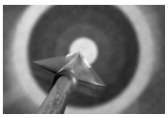
Tasks
Assess Treatment Gains
Continue Upward Titration of TST
Cognitive Therapy for Negative Sleep Beliefs

GRAPH MEAN SLEEP CONTINUITY



Tasks
Summarize & Graph Sleep Diary
Assess Treatment Gains
Continue Upward Titration of TST

COGNITIVE THERAPY – TARGETED



TYPES

DEBUNKING DYSFUNCTIONAL BELIEFS - MORIN

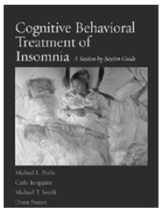
COGNITIVE RESTRUCTURING - HARVEY

TARGETING

- **WORRY AND RUMINATION**
- **ATTENTION BIAS**
- **SAFETY BEHAVIORS**
- **DYSFUNCTIONAL BELIEFS**

READER

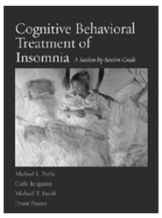
SESSION – 5



Cognitive Therapy for Negative Sleep Beliefs: A countering strategy for probability overestimates

Cognitive restructuring is a core form of therapy for CBT for depression and anxiety and panic disorders. Some years ago we recommended that this form of therapy could be applied to the treatment of sleep-related worry. While there are no efficacy or effectiveness studies on this specific approach as a monotherapy, there are effectiveness data related to its use as part of a comprehensive package. Moreover, its effectiveness in the related disorders and its clear clinical utility in the treatment of insomnia, suggest that this is an important component to include in CBT-I.

SESSION – 5



Cognitive restructuring for insomnia focuses upon catastrophic thinking and the belief that poor sleep is likely to have devastating consequences. While psychoeducation may also address these kinds of issues, another ingredient of cognitive restructuring lies not in disabusing the patient of erroneous beliefs, but rather in having them discover that their estimates are not necessarily factual. When undertaking this exercise with a patient, it needs to be introduced in a considerate way, one that avoids any hint that the therapist is being pedantic, patronizing, or condescending.

SESSION – 5

There are 9-10 steps to the process

1. **Set the stage for the exercise (cognitive restructuring)**
2. **Calculate how long the patient has had insomnia (round back)**
3. **Identify and record 3-10 sleep related worries (pull for the catastrophe)**
4. **Assess probability estimates (round back)**
5. **Determine actual frequencies**
6. **Determine forecasted frequency (certainty x opportunity)**
7. **Identify mismatch between the patient's estimates & actual occurrence rate**
8. **Talk about "why is it that such probabilities seem so real at the time" ?!**
9. **Recommend a countering Mantra ("not likely")**
10. **(Optional) calculate probability based on occurrence**

SESSION – 5

SET THE STAGE

JUST AN EXERCISE
DEGREE OF FIT TO THE PATIENT

SESSION – 5

CALCULATE THE NUMBER OF DAYS WITH INSOMNIA ?

SESSION – 5

SET THE FRAME OF MIND

"CLOSE YOUR EYES AND IMAGINE YOURSELF TRYING TO FALL ASLEEP. IT'S BEEN A WHILE. AND YOU START TO THINK

"IF I DON'T SLEEP TONIGHT _____"

SESSION – 5

ELICIT SLEEP RELATED WORRIES

"IF I DON'T SLEEP TONIGHT _____"

SESSION – 5

PULL FOR ASSOCIATED CATASTROPHIC THOUGHTS

"IF I DON'T SLEEP TONIGHT _____"

SESSION – 5

IDENTIFY AND RECORD CATASTROPHIC THOUGHTS

COMMON WORRIES AND CATASTROPHIC THOUGHTS	
If I don't get good sleep tonight then …	
Worry	Associated Catastrophic Thought

SESSION – 5

COMMON WORRIES AND CATASTROPHIC THOUGHTS	
If I don't get good sleep tonight then …	
Worry	Associated Catastrophic Thought

SESSION – 5

ASSESS PROBABILITY ESTIMATES

SESSION – 5

SET THE FRAME OF MIND

"WHEN YOU'RE LYING THERE, AND IT SEEMS THAT YOU HAVE BEEN AWAKE FOREVER, AND YOUR BEYOND ANNOYED, AND YOU START TO WORRY "IF I DON'T SLEEP TONIGHT, TOMORROW I'LL _____.

AT THAT MOMENT, HOW CERTAIN DO YOU FEEL THAT _____ WILL HAPPEN ?

SESSION – 5

ASSESS PROBABILITY ESTIMATES

COGNITIVE RESTRUCTURING

Number of days with Insomnia 1500

1 EVENT	2 CERTAINTY WHEN LYING AWAKE AND UNABLE TO SLEEP
Stay awake all night	85%
Wreck the car	80%
Get fired	90%

SESSION – 5

DETERMINE ACTUAL FREQUENCIES

COGNITIVE RESTRUCTURING

Number of days with Insomnia 1500

3 # OF EVENT OCCURRENCES
1
2
0

SESSION – 5

DETERMINE FORECASTED FREQUENCY

COGNITIVE RESTRUCTURING

Number of days with Insomnia 1500

4 # OF EVENT OCCURENCES GIVEN CERTAINTY
1200
1200
1300

SESSION – 5

IDENTIFY MISMATCH BETWEEN ESTIMATES AND ACTUAL OCCURENCES

COGNITIVE RESTRUCTURING

Number of days with Insomnia 1500

3 # OF EVENT OCCURRENCES	4 # OF EVENT OCCURENCES GIVEN CERTAINTY
1	1200
2	1200
0	1300

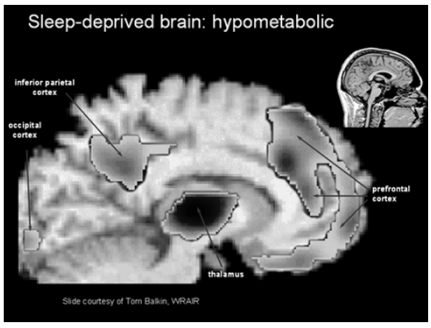
SESSION – 5

TALK ABOUT "WHY IS IT THAT SUCH PROBABILITIES SEEM SO REAL AT THE TIME" ?!

HOW CAN THERE BE SUCH A DISPARITY BETWEEN ONE'S CERTAINTY AT NIGHT AND THE REAL LIFE PROBABILITIES ?!

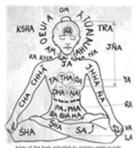
IT'S A BAD THING TO BE AWAKE WHEN REASON SLEEPS

SESSION – 5



SESSION – 5

COUNTERING MANTRA



WHEN I THINK
"IF I DON'T SLEEP TONIGHT – I'LL WRECK THE CAR TOMORROW"

LEARN TO REFLEXIVELY THINK
"NOT LIKELY"

SESSION – 5

There are essentially 8 steps to the process.

1. Setting the stage for Cognitive Restructuring
2. Calculating how long the patient has had their insomnia (in days)
3. Identify and record between 3-10 catastrophic thoughts
4. Assess the Patient's Probability Estimates
5. Determine the actual frequency of occurrence of the anticipated "catastrophes"
6. Mismatch Between the Patient's Estimates & The Probability of Catastrophic Outcome
7. Create a Countering Mantra to the Catastrophic Thoughts

SESSION – 5

COMMON WORRIES AND CATASTROPHIC THOUGHTS	
If I don't get good sleep tonight then …	
Worry	Associated Catastrophic Thought

COMMON WORRIES AND CATASTROPHIC THOUGHTS	
If I don't get good sleep tonight then ….	
Worry	Associated Catastrophic Thought
I'll be irritable and short with my wife	My wife will leave or divorce me
I'll be irritable and short with my kids	My kids will hate me – never speak to me again
I want socialize well	I loose my friends
I'll do poorly at work	I'll get fired
I make a mistake at work	I'll kill some one
I make a mistake at work	I'll get sued
I'll get fired	I will be ruined financially
I'll feel poorly	I'll get sick
I'll get sick	I'll die
I'll loose my mind	I'll go crazy – have a nervous breakdown
I won't fall asleep	I'll be awake the whole night
I'll fall sleep behind the wheel (or space out)	I'll total my car
I'll have an accident	I'll wreck my car and kill myself or someone else
I'll look old and unattractive	People will turn away from me in disgust.

LINK-1

LINK-2

COGNITIVE RESTRUCTURING

Number of days with Insomnia 1500

1	2	3	4
EVENT	CERTAINTY WHEN LYING AWAKE AND UNABLE TO SLEEP	# OF EVENT OCCURRENCES	# OF EVENT OCCURENCES GIVEN CERTAINTY
Stay awake all night	85%	1	1200
Wreck the car	80%	2	1200
Get fired	90%	0	1300

SESSION – 5

PRACTICE

SESSION – 5

PRACTICE

There are 9-10 steps to the process

1. Set the stage for the exercise (cognitive restructuring)
2. Calculate how long the patient has had insomnia (round back)
3. Identify and record 3-10 catastrophic thoughts (pull for the catastrophe
4. Assess probability estimates (round back)
5. Determine actual frequencies
6. Determine forecasted frequency (certainty x opportunity)
7. Identify mismatch between the patient's estimates & actual occurrence rate
8. Talk about "why is it that such probabilities seem so real at the time" ?!
9. Recommend a countering Mantra ("not likely")
10. (Optional) calculate probability based on occurrence

SESSION – 5

QUESTIONS & RESISTANCES

I'M DOING BETTER – CAN WE STOP NOW ?

BEST NOT TO.

WILL I HAVE TO DO SRT AND STC FOR EVER ?!

YES AND NO.

BREAK

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SESSION – 5

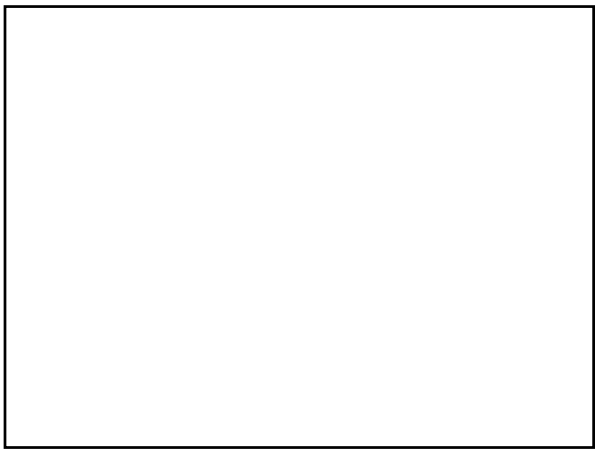
COGNITIVE RESTRUCTURING

Number of days with Insomnia 1500

1 EVENT	2 CERTAINTY WHEN LYING AWAKE AND UNABLE TO SLEEP	3 # OF EVENT OCCURRENCES	4 # OF EVENT OCCURENCES GIVEN CERTAINTY
Stay awake all night	85%	1	1200
Wreck the car	80%	2	1200
Get fired	90%	0	1300

CALCULATE PROBABILITY BASED ON OCCURRENCE

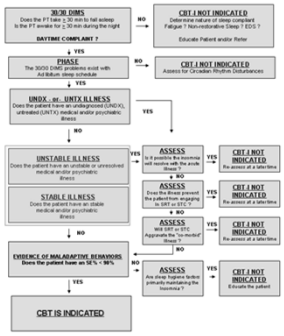
STAY AWAKE ALL NIGHT	**1/1200 = 0.08%**
WRECK MY CAR	**2/1200 = 0.16%**
GET FIRED	**0/1200 = 0.0%**



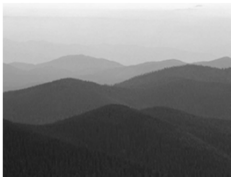
THE COGNITIVE BEHAVIORAL TX OF INSOMNIA

4 CASE EXAMPLES

ASSESSMENT ALGORITHM : IS CBT- I INDICATED ?



CASE 1



Case courtesy of S.J.C. RN, CNS
Seoul Korea

Tx was conducted by staff or trainees at this locale.

INITIAL PRESENTATION

- 68 year old Female
  - Married/ lives with her husband
  - Three daughters are all married
- Onset of insomnia: 6 yrs ago
- 2yrs ago: Dx & Tx GERD→ somewhat improved
- Increased fluid intake during night time (3-5cups/night)
  - She thought it helpful for GERD
  - → Nocturnal frequency

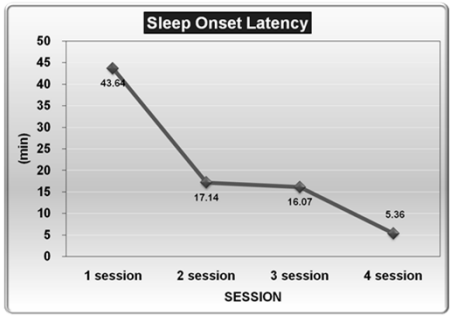
TTB	Variable from 10-11pm
TOB =	6am
SL =	43 minutes
WASO =	55 minutes
TST =	6.27 (~6 hrs. 15 min)
TIB =	~8.0 hours
SE =	78%

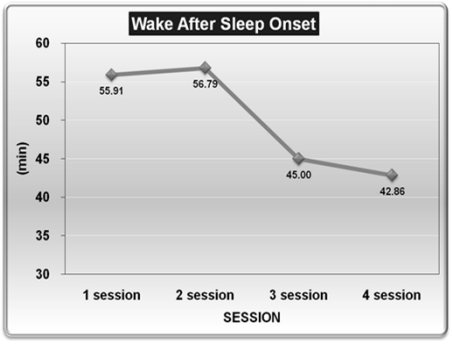
MEDICATION & TX STATUS

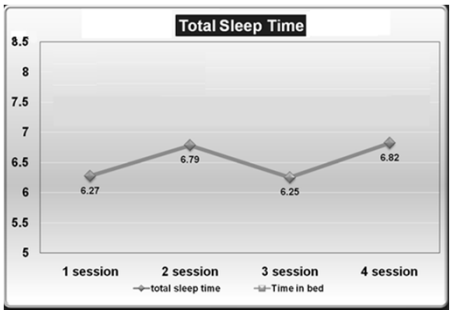
- Medications for Insomnia
  - alprazolam 0.25mg 1~1.5T hrs
  - triazolam 1T hrs
    frequency: 1/week
- Medication for GERD
  - PPI (rabeprazole 10mg qd)
- Medication for menopause
  - Intermittent hormonal replacement IV form

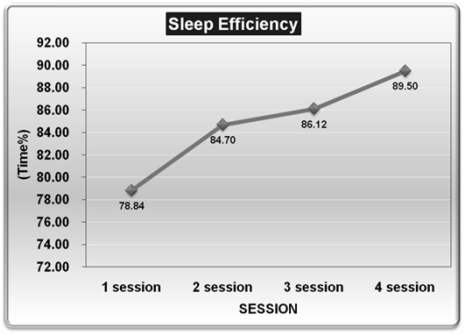
TREATMENT

- 1st session
  - Introduction of CBT-I
  - Hx, sleep pattern
- 2nd session
  - Education about sleep/wake regulation
  - Behavioral/Relaxation Tx
- 3rd session
  - Cognitive Tx
  - Medication tapering
- 4th session
  - Review progress & wrap up


Sleep Onset Latency
50
45
40
35
30
25
20
15
10
5
0
(min)
43.64
17.14
16.07
5.36
1 session
2 session
3 session
4 session
SESSION


Wake After Sleep Onset
60
55
50
45
40
35
30
(min)
55.91
56.79
45.00
42.86
1 session
2 session
3 session
4 session
SESSION

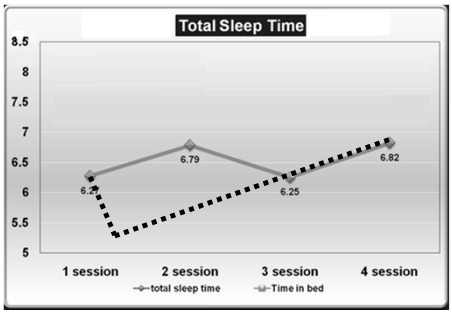

Total Sleep Time
8.5
8
7.5
7
6.5
6
5.5
5
6.27
6.79
6.25
6.82
1 session
2 session
3 session
4 session
total sleep time
Time in bed

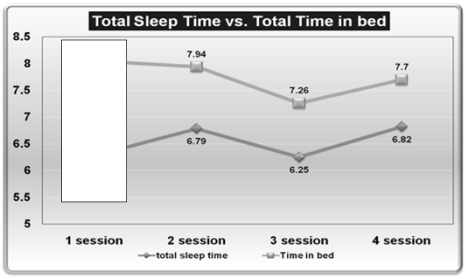


PRE-POST COMPARISON

Pre-Tx	Post-CBT

- At 4th session of CBT-I, she discontinued triazolam.
- 3 months after CBT-I, she could also discontinued alprazolam.



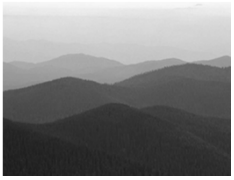


- **SRT IS NOT RIGOROUS (SHOULD HAVE STARTED AT __?**
- **4 VS. 8 SESSIONS OF TREATMENT**

PTTB

Since TST was 375 min. (~ 6 hrs & 15 min) and time out of bed needed to be 6am, then what should The PTTB be ?

CASE 2



Case Courtesy of MCZ, PhD
Tel Aviv, Israel

Tx was conducted by staff or trainees at this locale.

INITIAL PRESENTATION

- Demographics:
  - Age: 42
  - Sex: Female
  - Marital Status: Married (15 years)
  - Children: 3 (ages 5,10, 13)
  - Employed full-time/avid karate athlete
- Onset of Insomnia:
  - 2 years ago, thyroid cancer (in remission)
  - Exacerbation 2.5 months ago, work-related stress

- TTB 12pm
- TOB = 730am
- SL = 60 minutes
- WASO = 32 minutes
- TST = 6.0
- SE = 60%

MEDICATION & TREATMENT STATUS

- Stilnox (Zolpidem; 5mg), 2-3x/week
- Eltroxine (thyroid replacement)
- Wyethia (homeopathic remedy)
- Carcinocin (homeopathic remedy)

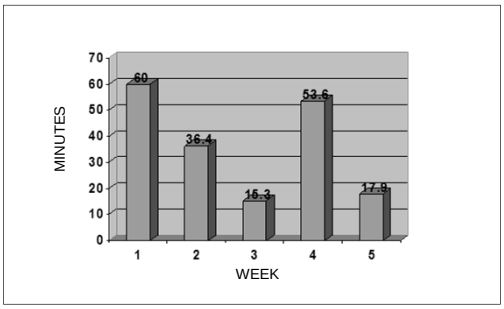
TREATMENT ??

- Assessment and baseline (1-2 weeks)
- Explanation of Spielman & Stimulus Control Concepts
- Initiation of SRT (by average TIB) and STC

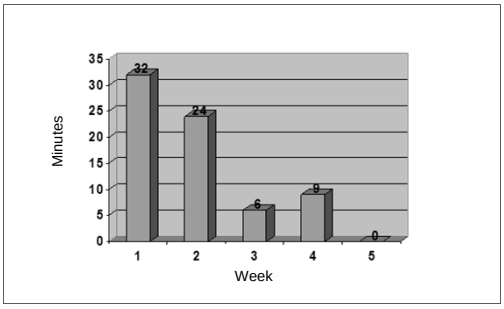
BEST GUESS WAS D/C SLEEP MEDICATION AND RESTRICT SLEEP PERIOD BY 1 HOUR

- Titration & Cognitive Therapy (decatastrophization)
- Titration (Sessions 6 & 7)
- Relapse Prevention

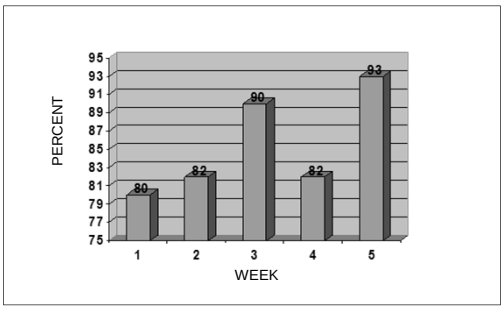
SLEEP ONSET LATENCY



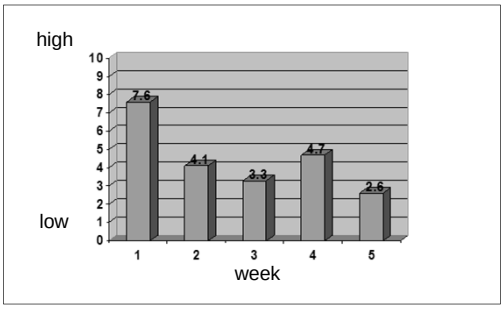
WAKE AFTER SLEEP ONSET



SLEEP EFFICIENCY



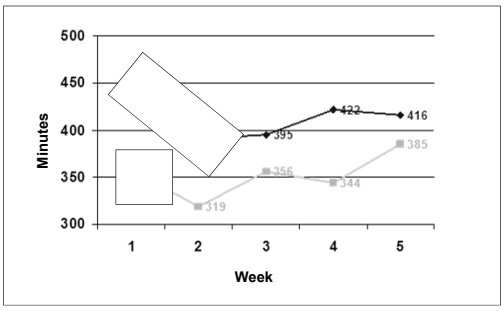
DAYTIME SLEEPINESS (SCALE 1-10)



PRE-POST COMPARISON

Pre-Treatment	Post-Treatment

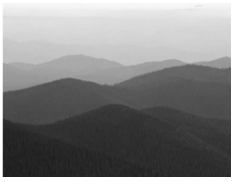
TIME IN BED VS. TOTAL SLEEP TIME



PTTB

Since TST was 360 min. (6 hrs) and time out of bed needed to be 730am, then what should The PTTB be ?

CASE 3



Case Courtesy of SD PhD
UCSD

Tx was conducted by staff or trainees at this locale.

INITIAL PRESENTATION

- **35 year old Hispanic male Navy veteran**
- **Married with a 6 year old son**
- **Difficulty initiating and maintaining sleep**
- **Onset: after doing shift work**
  exacerbated from back injuries
- **Med Dx: Degenerative arthritis of the spine, back injuries treated with surgery (spinal fusion)**
- **Meds: Pregabalin, Tramadol, Fluoxetine, Prilosec.**
- **TTB ~11pm**
- **TOB = ~6am**
- **SL = 41 minutes**
- **WASO = 57 minutes**
- **TST = 319 (5.31 hrs)**
- **SE = 76%**

- **Precipitating factors**
  - **Shift work in the Navy**
  - **Pain (back injury and subsequent surgeries)**
  - **Living with**
- **Perpetuating factors**
  - **Attempting to sleep before sufficiently tired**
  - **Other healthcare providers advised patient to "try harder" to fall asleep if unable at night**
  - **Attempted naps**
- **Evidence of conditioned hyperarousal**
  - **Reports of feeling "very tired" while watching TV in his living room at night, followed by immediate alertness/feeling awake when patient lies down in bed**

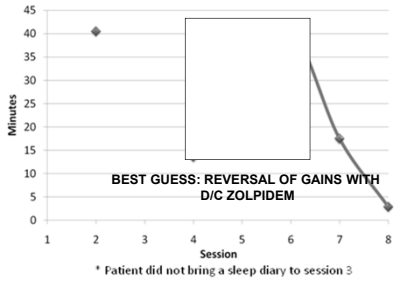
TREATMENT

- **Individual Therapy**
  Therapist 3rd Year Grad Student
- **Assessment and baseline (1-2 weeks)**
- **Explanation of Spielman & Stimulus Control Concepts**
  Initiation of SRT (by average TST) and STC (initiate when aware of being awake or annoyed [not by time elapsed])
- **Titration (15 min based on 80/85/90 rules) & Sleep Hygiene Review**
- **Cat Noise a focus**
- **D/C Zolpidem during Tx**

PTTB

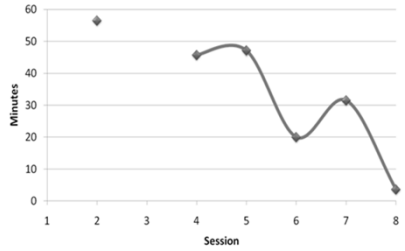
TST was 319 min. (call it 315 min) and time out of bed needed to be 6am, then what was the PTTB ?

SLEEP LATENCY



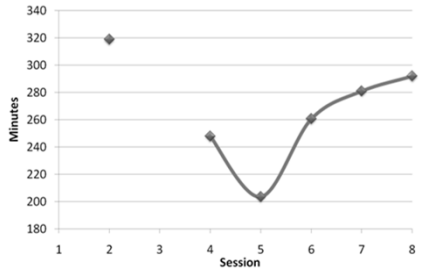
* Patient did not bring a sleep diary to session 3

WASO



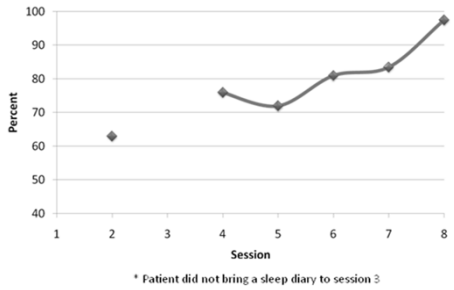
* Patient did not bring a sleep diary to session 3

TST



* Patient did not bring a sleep diary to session 3

SE

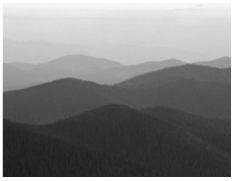


* Patient did not bring a sleep diary to session 3

PRE-POST COMPARISON

	Pre-Tx	Post-Tx
SL		
NOA		
WASO		
TST		
SE		
ISI		
PSQI		

CASE 4



Case Courtesy of
SH PhD D-ABSM
Montefiore Hospital
New York, New York

Tx was conducted by staff or trainees at this locale.

INITIAL PRESENTATION

- Female - 82 years Old
- Windowed
- 5th Grade Education
- Non-English Speaker
- Med Dx: Arthritis, Hypothyroidism, Hypertension, moderate OSA (compliant with CPAP).
- Meds: Synthroid, Amlodipine, and Lisinopril
- Assessment showed mild depression (BDI=14)

INITIAL PRESENTATION (CONT'D)

- TTB = 8pm
- TOB = 8am
- SL = 240 minutes
- WASO = 60 minutes
- TST = 390 (6.5 hrs)
- SE = 54%

Patient very lonely, spent most of day and evening in bed watching TV

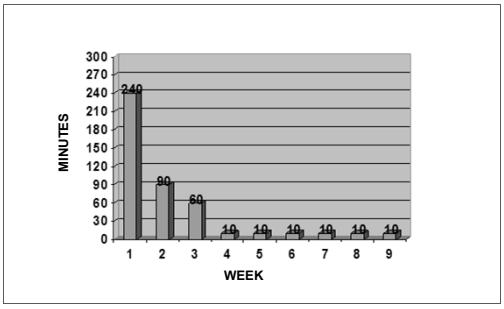
PTTB

Since TST was 390 min. (6.5 hrs.) and time out of bed needed to be 8am, what should have the PTTB been ?

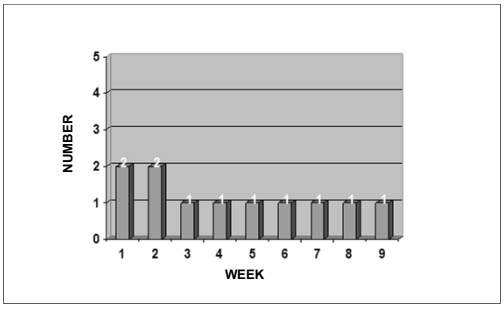
TREATMENT PLAN

- Two week prospective assessment
- SRT + SCT (Titration rule 80% / 85%)
- Patient resistant to Phase Delay of TTB switched to Sleep Compression (delay over 2 weeks [not sure how this was done])
- Made a plan for Time Awake (photo albums and scrap book)

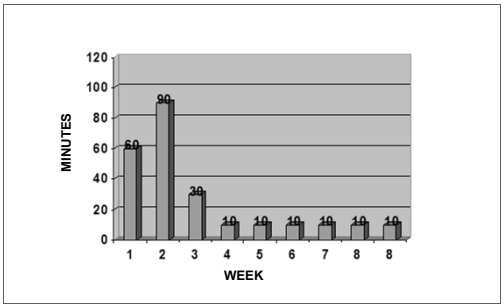
SLEEP ONSET LATENCY



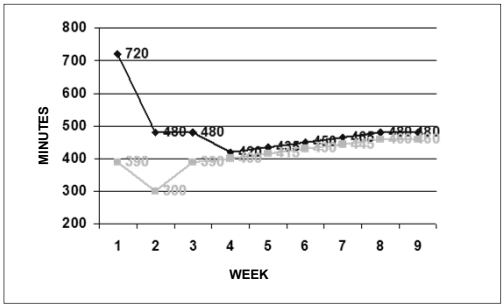
NUMBER OF AWAKENINGS



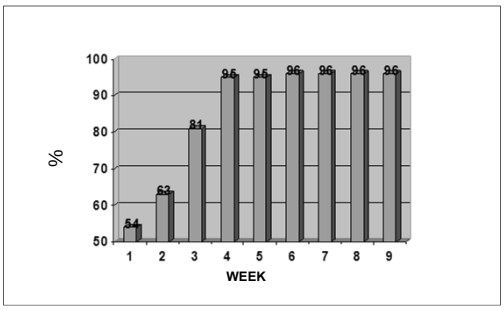
WAKE AFTER SLEEP ONSET



TIME IN BED VS. TOTAL SLEEP TIME



SLEEP EFFICIENCY



PRE-POST COMPARISON

Pre-Treatment	Post-Treatment

SO ?

CBT-I IS AWESOME !!

BREAK

Michael Perlis PhD
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QnA

SO WITHOUT FURTHER ADO

“THIS IS THE END… ”

JIM MORRISON CIRCA 1967

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
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FAQS AND REFERENCES

1. How Efficacious is CBT-I (i.e., what's the clinical trial data)? - Very.

Morin C.M., et al. (1994) Non-pharmacological interventions for insomnia: a meta-analysis of treatment efficacy. Am. J. Psychiatry 151, 1172-1180.

Murtagh D et al. (1995) Identifying Effective Psychological Treatments for Insomnia - A Meta-analysis. JCCP, 63, 79-89.

2. How Effective is CBT-I (i.e., is there case series data in "real" patients)? - Very.

Lichstein K.L. et al.(2000) Psychological treatment of secondary insomnia. Psychology of Aging 2, 232-240.

Perlis M., et al.(2000) Behavioral treatment of insomnia: A clinical case series study. J. Behav. Med. 23, 149-161.

3. How does CBT-I compare to Pharmacotherapy? – The therapies are comparable.

Morin C.M., et al. (1999) Behavioral and pharmacological therapies for late-life insomnia: a randomized controlled trial JAMA 281, 991-999.

Smith M.T., et al.(2002) Behavioral treatment vs pharmacotherapy for insomnia - a comparative meta-analysis. Am. J. Psychiatry 159, 5-11.

Jacobs G.D. et al. (2004) Cognitive behavior therapy and pharmacotherapy for insomnia - A randomized controlled trial and direct comparison. Arch. Intern. Med. 164, 1888-1896.

Sivertsen B., et al. (2006) Cognitive behavioral therapy vs zopiclone for treatment of chronic primary insomnia in older adults - A randomized controlled trial. Journal of the American Medical Association 295, 2851-2858.

4. Does the NIH have a position on what's the best for the treatment of insomnia ? – Yup.

http://consensus.nih.gov/2005/2005InsomniaSOS026html.htm
This is available on web cast. http://videocast.nih.gov/PastEvents.asp?c=1&s=81

5. Does the AASM have a position on what's the best for the treatment of insomnia? – Yup.

Chesson A.L., et al. (1999) Practice parameters for the non-pharmacologic treatment of chronic insomnia. An American Academy of Sleep Medicine report. Standards of Practice Committee of the American Academy of Sleep Medicine Sleep. 22, 1128-1133.

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Morgenthaler T. et al. (2006) Practice parameters for the psychological and behavioral treatment of insomnia: An update. An American Academy of Sleep Medicine Report. Sleep. 29, 1415-1419.

Morin C.M., et al. (2006) Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998-2004). Sleep. 29, 1398-1414.

6. How does one know who is an appropriate candidate for CBT-I ?. See for example,
Smith M.T. et al. (2006) Who is a candidate for cognitive-behavioral therapy for insomnia? Health Psychol. 25, 15-19.

7. Are there books me and mine can read on how to do CBT-I. - Yup.

Insomnia: A Clinician's Guide to Assessment and Treatment Eds. Morin & Espie. Plenum Pub Corp. 2000
Cognitive Therapy for Insomnia: A session by session guide. Perlis, Jungquist, Smith & Perlis, Springer-Verlag. 2005.
Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach Therapist Guide, Edinger & Carney 2008.

8. Are there training courses available on CBT-I? - Yup.

General: www.aasmnet.org/SleepEdSeries.aspx
Specific: www.med.upenn.edu/cbti/.

9. Is it possible to arrange for peer supervision for one's first CBT-I cases. Yup.
It is likely that any of the individuals with the CBSM would be willing.
See, http://www.aasmnet.org/BSMSpecialists.aspx

10. Is it possible to be credentialed in CBT-I. Yup.
There is a certification exam. See, http://www.aasmnet.org/BSMExam.aspx

11. How does reimbursement work for CBT-I. Ask:
Ryan Wetzler PhD ➔ rwetzler@kysleepmed.com
Sara Matteson PhD ➔ Sara_Matteson@URMC.Rochester.edu

Posner-Perlis Book Suggestions

[1] Perlis, M.L., and Lichstein, K.L. (Eds.) (2003), Treating Sleep Disorders: Principles and Practice of Behavioral Sleep Medicine. Hoboken, NJ: John Wiley and Sons Inc.

[2] C.M. Morin, C.A. Espie, (2003). Insomnia: A Clinician's Guide to Assessment and Treatment, Springer, Philadelphia, PA.

[3] Perlis, M.L., Jungquist, C.R., Smith, M.T., & Posner, D.A. (2005) Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide. Springer/Verlag. New York.

[4] J. Edinger, C.E. Carney. (2008). Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach Therapist Guide, Oxford University Press, New York, NY

[5] Kryger, M.H., Roth, T., & Dement, W.C. (Eds.) (2010), 5th edition. Principles and Practice of Sleep Medicine. W.B. Saunders Co. Philadelphia.

[6] Sateia M. & Buysse D. (2010). Insomnia. Diagnosis and Treatment. 1st edition. Informa Health Care Publishers. London.

[7] Perlis, M.L., Aloia, M.S., & Kuhn B.R. (Eds.) (2011) Behavioral Treatments for Sleep Disorders: A comprehensive primer of behavioral sleep medicine Interventions. Philadelphia PA, Elsevier.

[8] Morin C. and Espie C. (2012). The Oxford Handbook of Sleep and Sleep Disorders (Oxford Library of Psychology). Oxford University Press. London.

Perlis-Posner BSM / CBT-I Reference List

Random Order

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[2] M. Perlis, M.T. Smith, How can we make CBT-I and other BSM services widely available? Clin. Sleep Med. 4 (1) (2008) 11–13.

[3] W. Pigeon, V.M. Crabtree, M. Scherer, The future of behavioral sleep medicine, Clin. Sleep Med. 3 (1) (2008) 73–79.

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[7] J.D. Edinger, M.H. Bonnet, R.R. Bootzin, et al., Derivation of research diagnostic criteria for insomnia: report of an American Academy of Sleep Medicine Work Group, Sleep 27 (2004) 1567–1596.

[8] C.S. McCrae, K.L. Lichstein, Secondary insomnia: diagnostic challenges and intervention opportunities, Sleep Med. Rev. 5 (2001) 47–61.

[9] K.L. Lichstein, Secondary insomnia: a myth dismissed, Sleep Med. Rev. 10 (2006) 3–5.

[10] T.H. Monk, D.J. Buysse, K.S. Kennedy, et al., Measuring sleep habits without using a diary: the sleep timing questionnaire, Sleep 26 (2003) 208–212.

[11] D.F. Mastin, J. Bryson, R. Corwyn, Assessment of sleep hygiene using the Sleep Hygiene Index, J. Behav. Med. 29 (2006) 223–227.

[12] C.M. Morin, J. Stone, D. Trinkle, et al., Dysfunctional beliefs and attitudes about sleep among older adults with and without insomnia complaints, Psychol. Aging 8 (1993) 463–467.

[13] N.M. Broomfield, C.A. Espie, Toward a valid, reliable measure of sleep effort, J. Sleep Res. (2010).

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[17] D.R. Murtagh, K.M. Greenwood, Identifying effective psychological treatments for insomnia: a meta-analysis, J. Consult. Clin. Psychol. 63 (1995) 79–89.

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[20] J.D. Edinger, M.K. Olsen, K.M. Stechuchak, et al., Cognitive behavioral therapy for patients with primary insomnia or insomnia associated predominantly with mixed psychiatric disorders: a randomized clinical trial, Sleep 32 (2009) 499–510.

[21] J. Savard, S. Simard, H. Ivers, C.M. Morin, A randomized study on the efficacy of cognitive-behavioral therapy for insomnia secondary to breast cancer: i – sleep and psychological effects, J. Clin. Oncol. 23 (2005) 6083–6096.

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Society and/or TXs

AASM	American Academy of Sleep Medicine
SBSM	Society of Behavioral Sleep Medicine
BSM	Behavioral Sleep Medicine
CBT	Cognitive Behavioral Treatment
CBT-I	Cognitive Behavioral Treatment of Insomnia
SRT	Sleep Restriction Therapy
SCT	Stimulus Control Therapy
CPAP	Continuous positive airway pressure
PMR	Progressive Muscle Relaxation
MBTI	Mindfulness-Based Therapy for Insomnia
MBSR	Mindfulness-Based Stress Reduction Program
CT	Cognitive Therapy
ISR	Intensive Sleep Retraining
PI	Paradoxical Intention
EBT	evidence-based psychological treatments

Instruments and Classification Systems

STQ	sleep timing questionnaire
ISI	Insomnia Severity Index
SHI	Sleep Hygiene Index
DBAS	Dysfunctional beliefs and attitudes about sleep
GSES	Glasgow Sleep Effort Scale
SAMI	Sleep Associated Monitoring Index
BZRA	Benzodiazepine Receptor Agonist
ICSD-2	International Classification of Sleep Disorders, 2nd edition
DBAS	Dysfunctional Beliefs about Sleep Scale
SRBQ	Sleep-Related Behaviours Questionnaire
BBTI	Brief Behavioral Treatment of Insomnia
PSQI	Pittsburgh Sleep Quality Index
SSS	Stanford Sleepiness Scale

Sleep and CBT-I related Acronyms

SL	Sleep Latency
WASO	Wake after sleep onset
NWAK	Number of awakenings
TST	Total Sleep Time
SE	Sleep Efficiency
TTB	Time to Bed
TOB	Time out of bed
TIB	Time in Bed
TTOB	Total Time Out of Bed (during the night)
EEG	electroencephalography
SOL	Sleep Onset Latency
T_{min}	core body temperature rhythm minimum

Medical and Psychology Acronyms

Tx	Treatment
Rx	Medication

WORDS OF WISDOM VERSION 2

Perlisisms (MP)

- **Can't stay awake ?…you're cured !**
- **Remember the clippers**
- **Look for the check mark**
- **The price of therapy is sleep diaries**
  The price of supervision is graphs
- **Align sleep opportunity with sleep ability**
- **When in treatment, expect things to get worse before they get better**
- **Sleep hygiene is not the ten commandments**
- **Nothing is certain in this world but death, taxes, and stimulus control**
- **In the beginning you're a therapist by the end you're a personal trainer**
- **Doing CBT-I is like dieting, it seldom works when attempted alone**
- **If insomnia returns, restrict and control (This is really Mark Aloia)**
- **Never give insomnia a function (e.g., use it as an alarm clock)**
- **What is insomnia but the gift of more time**
- **It's a bad thing to be awake when reason sleeps**
- **If not tonight, then tomorrow night, if not then, then almost certainly the next night**
- **As the therapist you need to send a message and the message is:**
  "you are in the right place with the right person".

Posnerisms (DP)

- **Insomnia develops a life of it's own**
- **First sleep efficiency then focus on how you feel**
- **Sleep drive is like silly putty…roll together and then kneed out**
- **Sleep will come get you when it's ready…that may not be tonight**
- **This torture is not a lifetime sentence**
- **You can under sleep your sleep drive forever but you can't oversleep your drive forever**
- **If you go into the dark tunnel go all the way through to the light and don't turn back. If you think you won't then don't start**
- **Engaging in poor sleep hygiene is like adding rungs to a ladder of vulnerability**
- **Tonight is sacrificed… don't ever fear adding to your sleep bank**
- **Never spend banked sleep except between bed and wake time**
- **Expansion is never smooth.. it's two steps up one step back**
- **If you are sitting there 3am awake and wanting to kill me, everything is going beautifully**
- **Your bedroom should be dark enough for me to develop film**
- **Just b/c you can't feel something affecting your sleep doesn't mean it isn't**