INSOMNIA

SESSION 4, 6, 7 – TREATMENT
“WHAT ARE WE GOING TO DO TODAY?”
THE SAME THING AS EVERY DAY ... !
<table>
<thead>
<tr>
<th>Tasks</th>
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<tr>
<td>Summarize &amp; Graph Sleep Diary</td>
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<tr>
<td>Assess Treatment Gains and Compliance</td>
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<td>Determine if upward Titration is warranted</td>
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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 MISPERSPECTION
SLEEP STATE MISPERCEPTION
AKA
PARADOXICAL INSOMNIA

WHAT IS THIS ?!

AND

WHAT ARE THE IMPLICATIONS FOR CBT-I ?!
"SLEEP STATE MISPERCEPTION"

SUBJECTIVE-OBJECTIVE DISCREPANCY

(S-O) SLEEP LATENCY

(S-O) WAKE AFTER SLEEP ONSET
“SLEEP STATE MISPERCEPTION”

SUBJECTIVE-OBJECTIVE DISCREPANCY

You're just crazy!

Your machine is broken!
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 BZRAss)
SLEEP LAB BASED - FEEDBACK
20% REDUCTION OF TST REVERSES DISCREPANCY BETWEEN SUBJECTIVE AND EEG BASED TIMES TO FALL ASLEEP

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
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
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