

INSOMNIA

SESSION 5 – TREATMENT



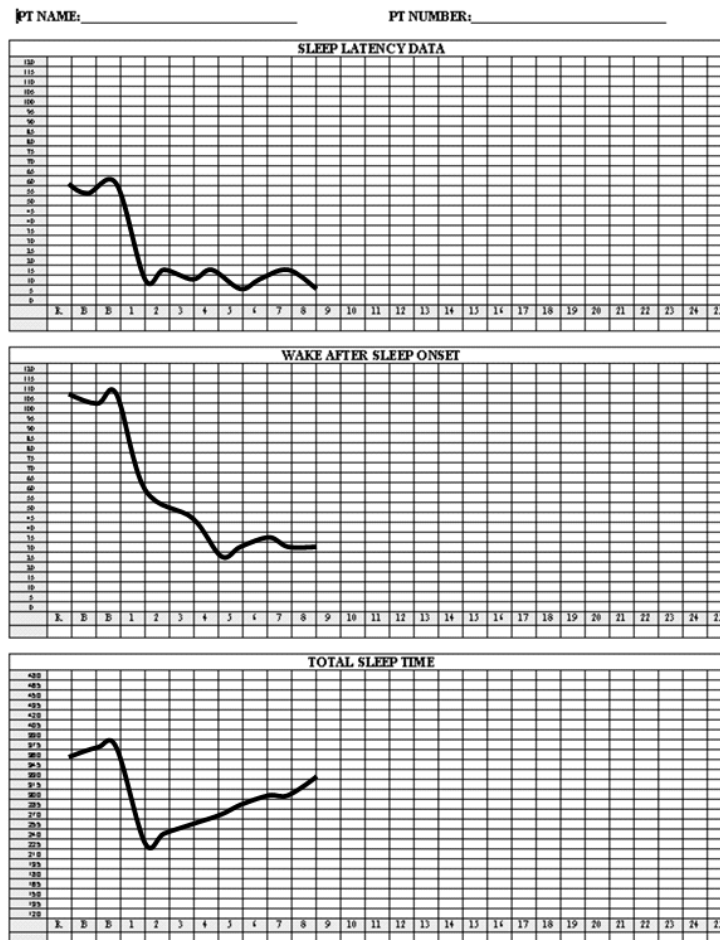
COGNITIVE THERAPY - DECATASTROHIZATION



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

Tasks
Summarize & Graph Sleep Diary
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 for Negative Sleep Beliefs



Cognitive therapy

COGNITIVE THERAPY – TARGETED



TYPES

DEBUNKING DYSFUNCTIONAL BELIEFS

- MORIN

DECATASTROPHIZATION

- PERLIS

**COGNITIVE RESTRUCTURING
TARGETING**

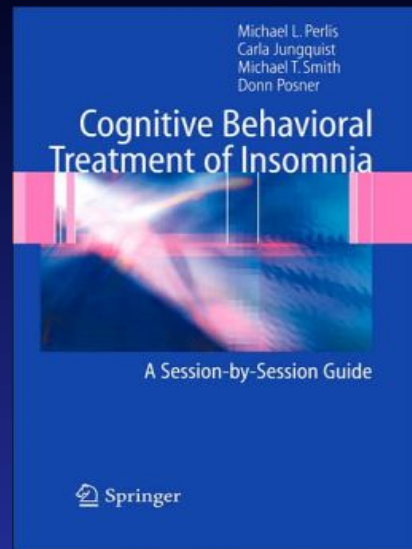
- HARVEY

**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

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

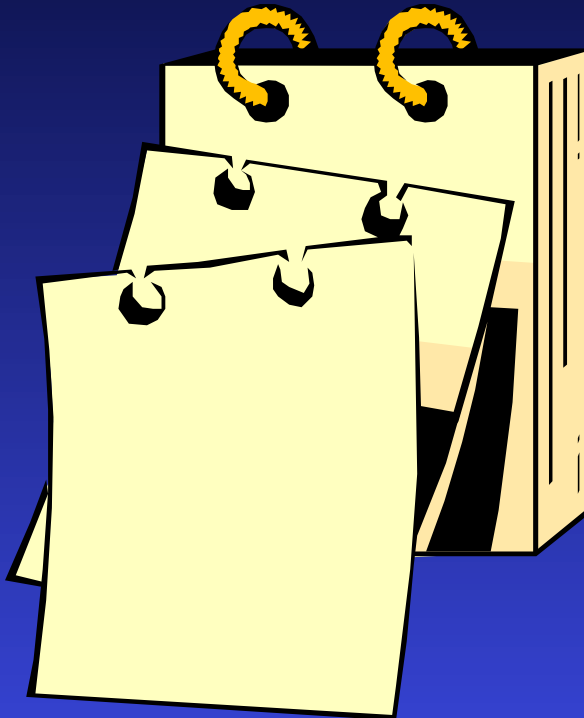
SET THE STAGE



JUST AN EXERCISE
DEGREE OF FIT TO THE PATIENT

SESSION – 5

CALCULATE THE NUMBER OF DAYS WITH INSOMNIA ?



SESSION – 5

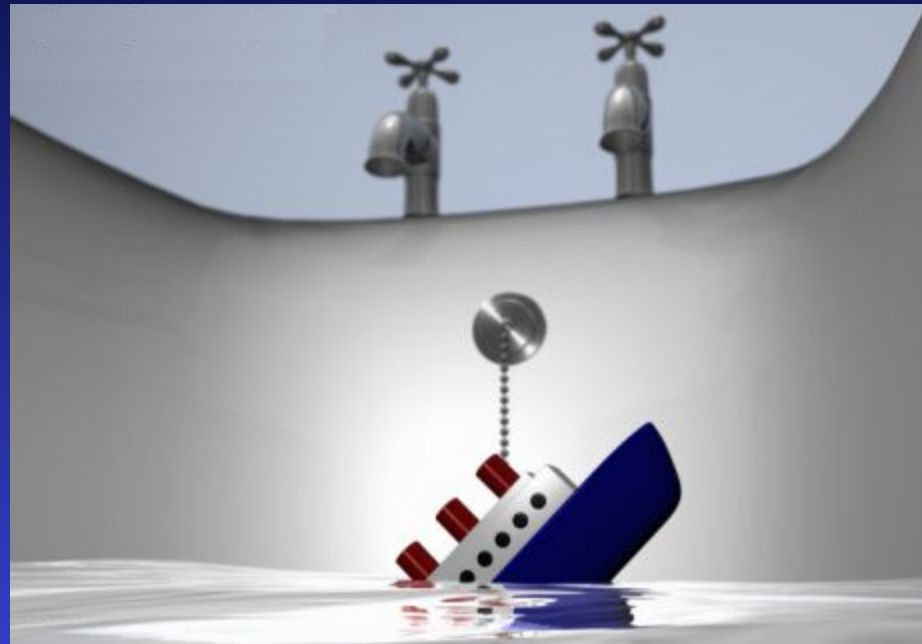
SET THE FRAME OF MIND



**“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

[illegible]

SESSION – 5

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.

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	2
EVENT	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

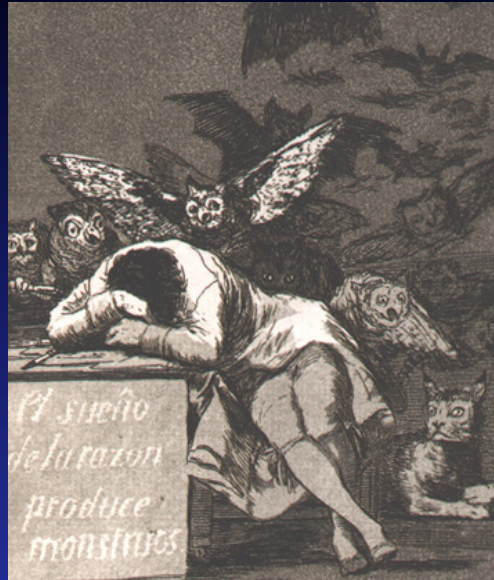
IDENTIFY MISMATCH BETWEEN ESTIMATES AND ACTUAL OCCURENCES

COGNITIVE RESTRUCTURING

Number of days with Insomnia 1500

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

SESSION – 5



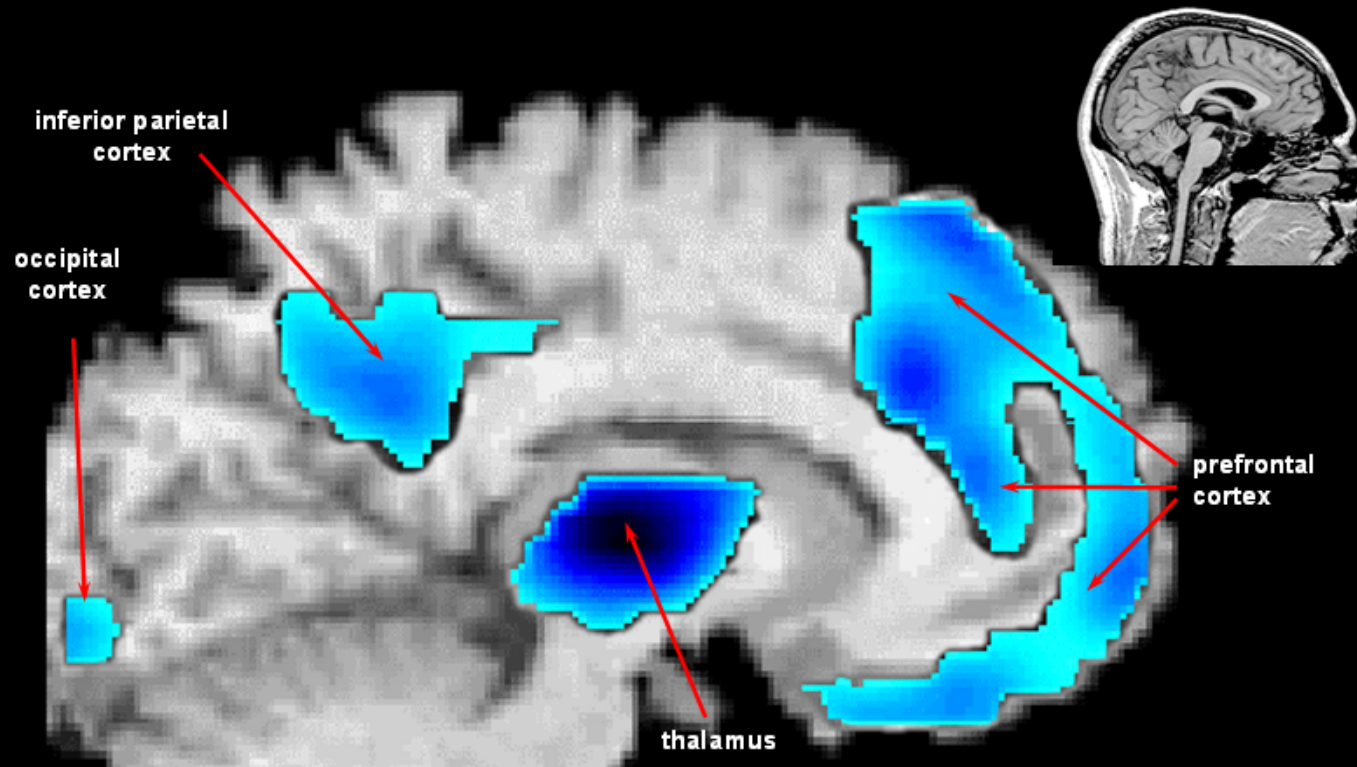
**TALK ABOUT “WHY IS IT THAT SUCH
PROBABILITIES SEEM SO REAL AT
THE TIME” ?!**

**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

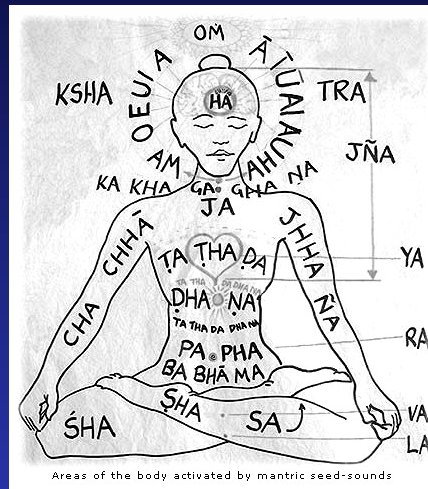
Sleep-deprived brain: hypometabolic



Slide courtesy of Tom Balkin, WRAIR

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

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

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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 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

SESSION – 5

PRACTICE



SESSION – 5

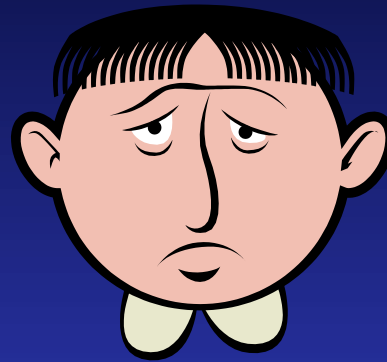
PRACTICE

There are 9-10 steps to the process

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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	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

CALCULATE PROBABILITY BASED ON OCCURRENCE

STAY AWAKE ALL NIGHT

$$1/1200 = 0.08\%$$

WRECK MY CAR

$$2/1200 = 0.16\%$$

GET FIRED

$$0/1200 = 0.0\%$$