

### **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, 2 <sup>nd</sup> 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 <sub>min</sub>	core body temperature rhythm minimum

### **Medical and Psychology Acronyms**

Tx	Treatment
Rx	Medication