FAQS AND REFERENCES

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

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

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

4. **Does the NIH have a position on what’s the best for the treatment of insomnia? – Yup.**
   
   
   This is available on web cast: [http://videocast.nih.gov/PastEvents.asp?c=1&s=81](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.**
   
   
   
   

6. **How does one know who is an appropriate candidate for CBT-I? – See for example.**
   

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

8. **Are there training courses available on CBT-I? - Yup.**
   
   General: [www.aasmnet.org/SleepEdSeries.aspx](http://www.aasmnet.org/SleepEdSeries.aspx)
   
   Specific: [www.med.upenn.edu/cbti/](http://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.
   

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

11. **How does reimbursement work for CBT-I. Ask:**
    
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