

## 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.  
*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](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.

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:

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