

WORDS OF WISDOM VERSION 3
9-24-15

Perlisisms (MP)

- Can't stay awake? ...you're cured!
- Remember the clippers
- Look for the check mark
- The price of therapy is sleep diaries
The price of supervision is graphs
- Align sleep opportunity with sleep ability
- When in treatment, expect things to get worse before they get better
- Sleep hygiene is not the ten commandments
- Nothing is certain in this world but death, taxes, and stimulus control
- In the beginning you're a therapist by the end you're a personal trainer
- Doing CBT-I is like dieting, it seldom works when attempted alone
- Regarding sleep duration: Just because you can eat everything at the buffet doesn't mean you should. (i.e., just because you can sleep 8, 9, or 10 hours doesn't mean it's good for you).
- If insomnia returns, restrict and control (This is really Mark Aloia)
- What is insomnia but the gift of more time
- Never give insomnia a function (e.g., use it as an alarm clock)
Corollary: Making good use of the time when awake, doesn't mean you should bank on it.
- As the therapist you need to send a message and the message is: "you are in the right place with the right person".
- When co-plotting TIB and TST, initially the lines should be divergent, but over successive sessions the lines should be "cuddling".
- Before you take action (e.g., based on questionnaire data) make sure the data is actionable.
(Review the items of the questions on the instrument and make sure that the responses are what the patient meant to say/convey).
- When practicing stimulus control, don't chase sleep back to the bedroom.
- Re: prophylaxis, if you have a poor night, don't sleep-in, nap, or go to bed early... If you must (to sustain daytime function), pay the bank back with interest. If you "borrowed" 60 minutes, delay time to bed by 60 plus
- Is one awake during the night because they're worrying, or are they worrying because they're awake? Acute insomnia is probably the former and chronic insomnia the latter.
- Insomnia has a rhythm, it's usually 3-5 nights for every good night.
- If not tonight, then tomorrow night, if not then, then almost certainly the next night
- It's a bad thing to be awake when reason sleeps

Posnerisms (DP)

- Insomnia develops a life of its own
- First sleep efficiency then focus on how the patient feels
- Sleep drive is like silly putty...roll together and then kneed out
- Sleep will come get you when it's ready...that may not be tonight
- This torture is not a lifetime sentence
- You can under sleep your sleep drive forever but you can't oversleep your drive forever
- If you go into the dark tunnel go all the way through to the light and don't turn back. If you think you won't then don't start
- Engaging in poor sleep hygiene is like adding rungs to a ladder of vulnerability
- Tonight is sacrificed... don't ever fear adding to your sleep bank
- Never spend banked sleep except between bed and wake time
- Expansion is never smooth... it's two steps up one step back
- If you are sitting there 3am awake and wanting to kill me, everything is going beautifully
- Your bedroom should be dark enough for me to develop film
- Just b/c you can't feel something affecting your sleep doesn't mean it isn't
- Insomnia patients are wired but tired
- Each insomnia patient is like a snowflake
- Conducting CBT-I is like dentistry. The patient may well have a number of medical and/or psychiatric comorbidities, but the dentist's job is to drill the cavity
- Not all naps are created equal.
- Buddhist expression as applied to the experience of insomnia: Pain is inevitable, suffering is optional"