

COMMON CHALLENGES

ROLE PAYS



ROLE PLAYS



ROLE PLAYS



**“I HAVE ALREADY TRIED THE
BEHAVIORAL STUFF AND IT
DOESN'T WORK !”**

ROLE PLAYS



**“WHY AREN’T I SEEING A
REAL DOCTOR? I HAVE A
SLEEP DISORDER !”**

ROLE PLAYS



**“WHY AM I SEEING A PSYCHOLOGIST.
THIS IS NOT ALL IN MY HEAD? ”**

ROLE PLAYS



**“WHY CAN’T I CONTINUE TO
TAKE MY MED DURING TX”**

ROLE PLAYS



**WHY DO I NEED TO FILL OUT THESE
SLEEP DIARIES? I CAN JUST TELL
YOU HOW I SLEPT.**

ROLE PLAYS



**DO I HAVE TO DO THE DIARIES, I AM
WORRIED THIS MAY MAKE ME WORSE !**

ROLE PLAYS



**"I CAN'T DO THIS SLEEP DIARY
WITHOUT LOOKING AT THE CLOCK"**

ROLE PLAYS



**“IF I USE AN ALARM CLOCK, IT
WILL WAKE UP MY WIFE,
AND I CAN’T DO THAT.”**

ROLE PLAYS



**“I DON’T NEED AN ALARM
CLOCK – I’M ALREADY AWAKE
AT 6AM ANYWAY.”**

ROLE PLAYS



**“I HATE ALARMS. I WANT TO
AWAKEN NATURALLY**

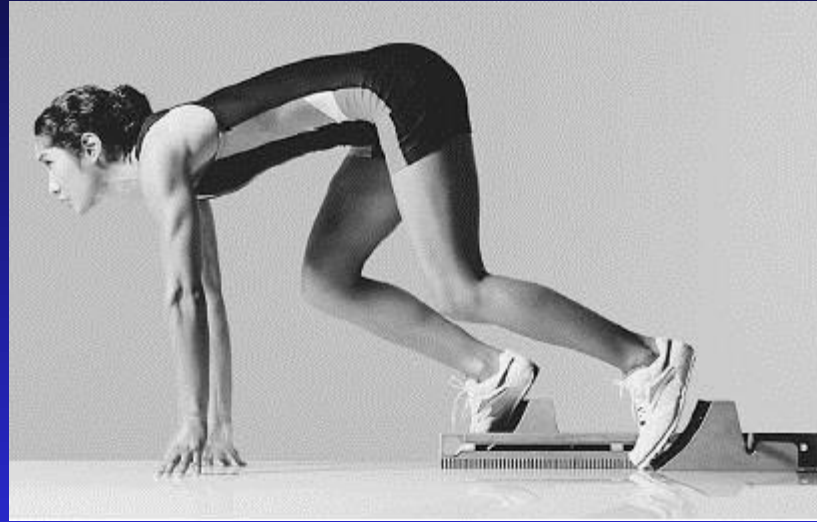


ROLE PLAYS



**CAN I USE EAR PLUGS? EYE COVERS?
A WHITE NOISE GENERATOR ?**

ROLE PLAYS



**“WHY CAN’T I START TX
THIS WEEK?”**

ROLE PLAYS



**"WHY SHOULD I DO SOMETHING ENJOYABLE IN
THE EVENING WHEN I CAN'T SLEEP
- IT WILL JUST WAKE ME MORE?"**

ROLE PLAYS



**“THERE IS NO WAY I CAN
STAY UP THAT LATE !”**

ROLE PLAYS



“SURE I FALL ASLEEP AND STAY ASLEEP BUT I AM A WRECK DURING THE DAY...”

ROLE PLAYS



**SLEEP RESTRICTION MAKES
MY [COMORBID DX] WORSE.**

ROLE PLAYS



**“HOW ABOUT, IF I HIT 90% SLEEP
EFFICIENCY, WE INCREASE MY
TIME IN BED BY 30 MIN”**

ROLE PLAYS



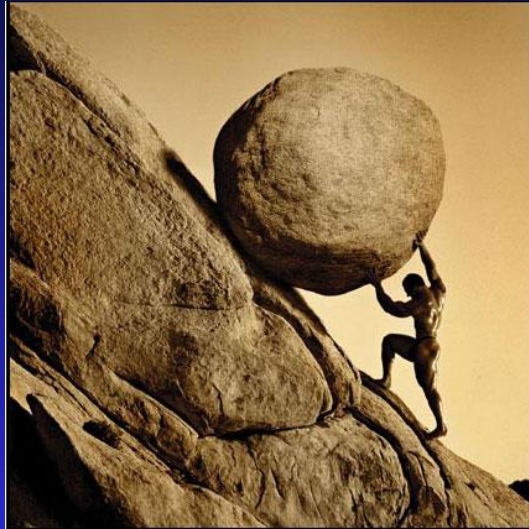
**“I AM SLEEPING BETTER, WHY
CAN’T WE DISCONTINUE
THERAPY ?**

ROLE PLAYS



**“WHAT DO I DO IF THE
INSOMNIA COMES
BACK?!”**

ROLE PLAYS



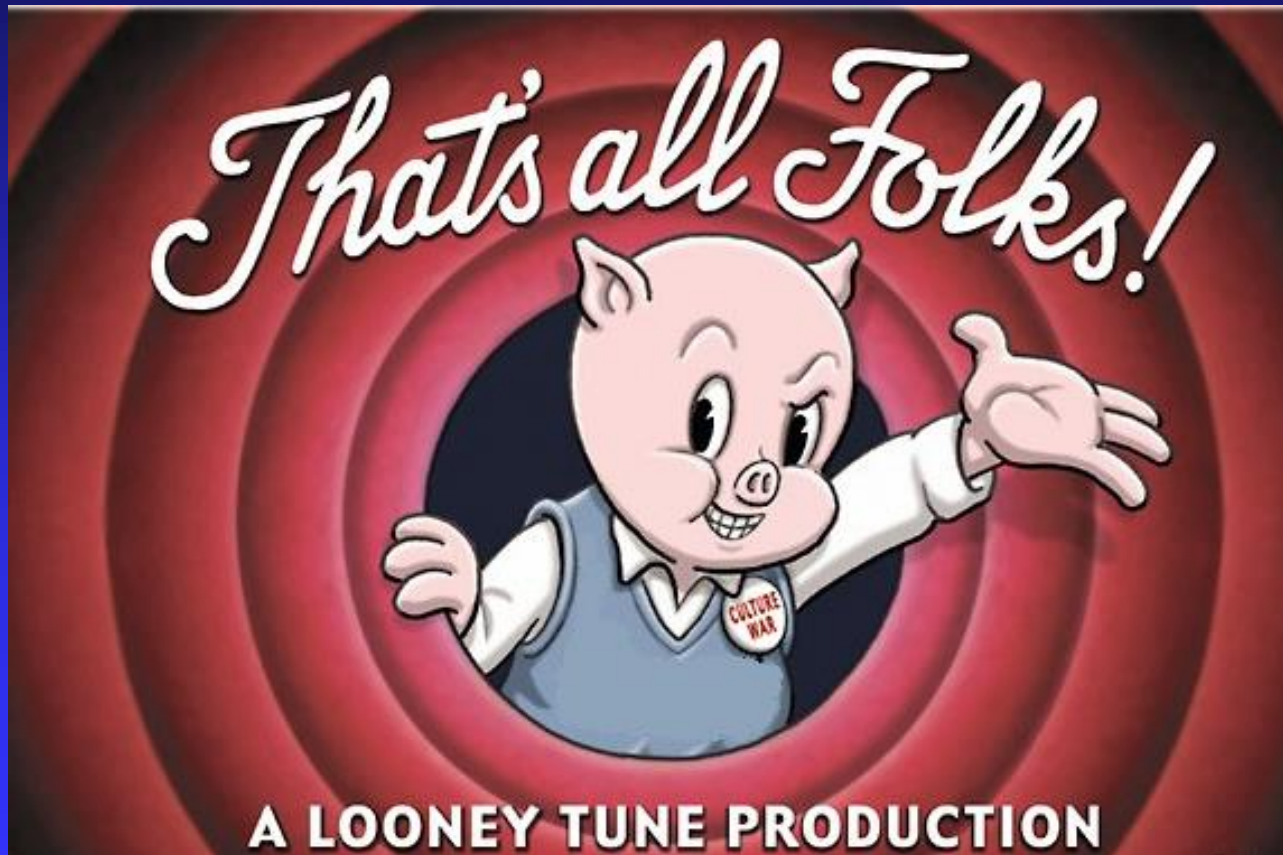
**I KNOW I AM BETTER BUT WHAT IF I
RELAPSE, I'LL BE BACK TO
WHERE I STARTED.**

ROLE PLAYS



**“I AM BETTER. NOW I NEED TO BE
REALLY CAREFUL NOT TO MESS
UP THESE GAINS.”**

WITHOUT FURTHER ADO





The University of Pennsylvania



Michael Perlis PhD

Director, Upenn Behavioral Sleep Medicine Program

mperlis@upenn.edu