

CBT-I Related Abbreviation V2

Societies and/or TXs

AASM	American Academy of Sleep Medicine
SBSM	Society of Behavioral Sleep Medicine
BSM	Behavioral Sleep Medicine
CBT	Cognitive Behavioral Treatment
BBTI	Brief Behavioral Treatment of Insomnia
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
EBT	Evidence-based psychological treatments

Instruments and Classification Systems

ISI	Insomnia Severity Index
ESS	Epworth Sleepiness Scale
RSCAQ	Retrospective Sleep Continuity Assessment Questionnaire
DBAS	Dysfunctional Beliefs and Attitudes about Sleep
SASS	Self-Assessment of Sleep Survey
STQ	Sleep timing questionnaire
SHI	Sleep Hygiene Index
GSES	Glasgow Sleep Effort Scale
SAMI	Sleep Associated Monitoring Index
ICSD-2	International Classification of Sleep Disorders, 2 nd edition
SRBQ	Sleep-Related Behaviors Questionnaire
PSQI	Pittsburgh Sleep Quality Index
SSS	Stanford Sleepiness Scale

Sleep Diary and CBT-I related Acronyms

SL	Sleep Latency
NWAK	Number of awakenings
WASO-In	Wake after sleep onset (in bed)
WASO-Out	Wake after sleep onset (out of bed)
EMA	Early Morning Awakening (minutes awake continuously before “alarm”)
TST	Total Sleep Time (TIB-[SL+WASO+EMA])
SE	Sleep Efficiency ([TST/TIB]*100 or [TST/SO]*100)
TTB	Time to Bed
TTS	Time to Sleep (lights off, intending to sleep)
TFA	Time of final awakening
TOB	Time out of bed
TIB	Time in Bed
EEG	Electroencephalography
SOL	Sleep Onset Latency (please don't use this one)
T _{min}	Core body temperature rhythm minimum
PK	Pharmacokinetics
T _{max}	Time to peak blood concentration
T _{1/2}	Time to ½ blood concentration

Medical and Psychology Acronyms

Ax	Assessment
Dx	Diagnoses
Tx	Treatment
Rx	Prescription (usually for medication or a medical device)
PRN, QHS	As needed, hour of sleep
BZRA	Benzodiazepine Receptor Agonist (e.g., Zolpidem)
BZ	Benzodiazepines (proper; e.g., Temazepam)