

# Brief Behavioral Treatment for Insomnia

## UPMC Sleep Medicine Center

**UPMC** LIFE  
CHANGING  
MEDICINE

This copyright in this form is owned by the University of Pittsburgh and may be reprinted without charge only for non-commercial research and educational purposes. You may not make changes or modifications of this form without prior written permission from the University of Pittsburgh. If you would like to use this instrument for commercial purposes or for commercially sponsored research, please contact the Office of Technology Management at the University of Pittsburgh at 412-648-2206 for licensing information.



Copyright 2007 University of Pittsburgh. All rights reserved.

# Brief Behavioral Treatment for Insomnia

- Healthy Sleep Practices
- What Controls Sleep
- Brief Behavioral Treatment
- Action Plan



# Practices that help sleep

- Exercise
- Daily routines
- Treating medical problems
- A comfortable sleep environment
- Keeping your bed for sleep (and sex)

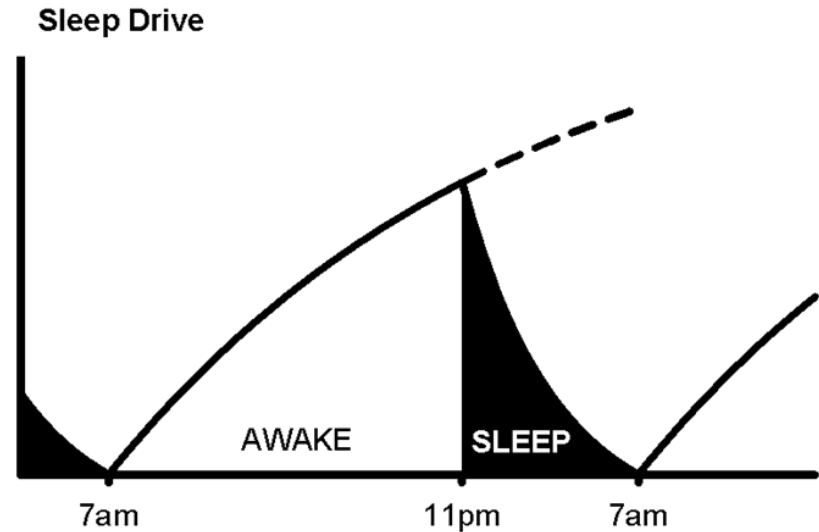


## Practices that hurt sleep

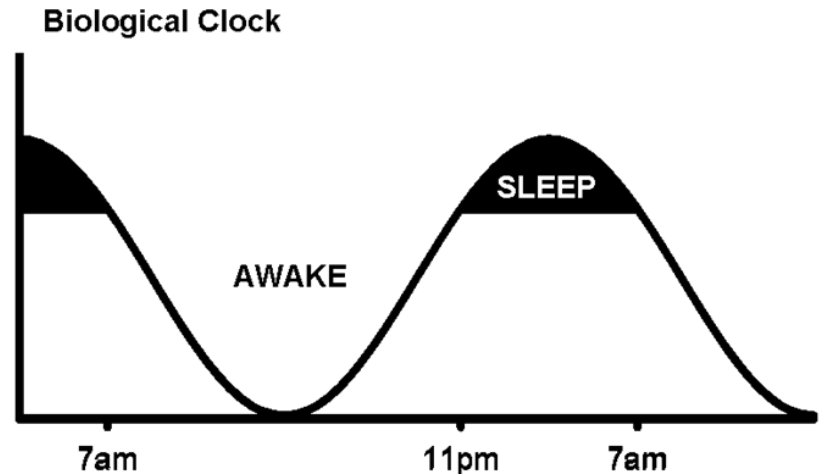
- Alcohol
- Caffeine
- Worries
- A poor sleep environment
- Using your bed for things other than sleep (or sex)

# What controls sleep?

1. How long you've been awake



2. The Biological Clock

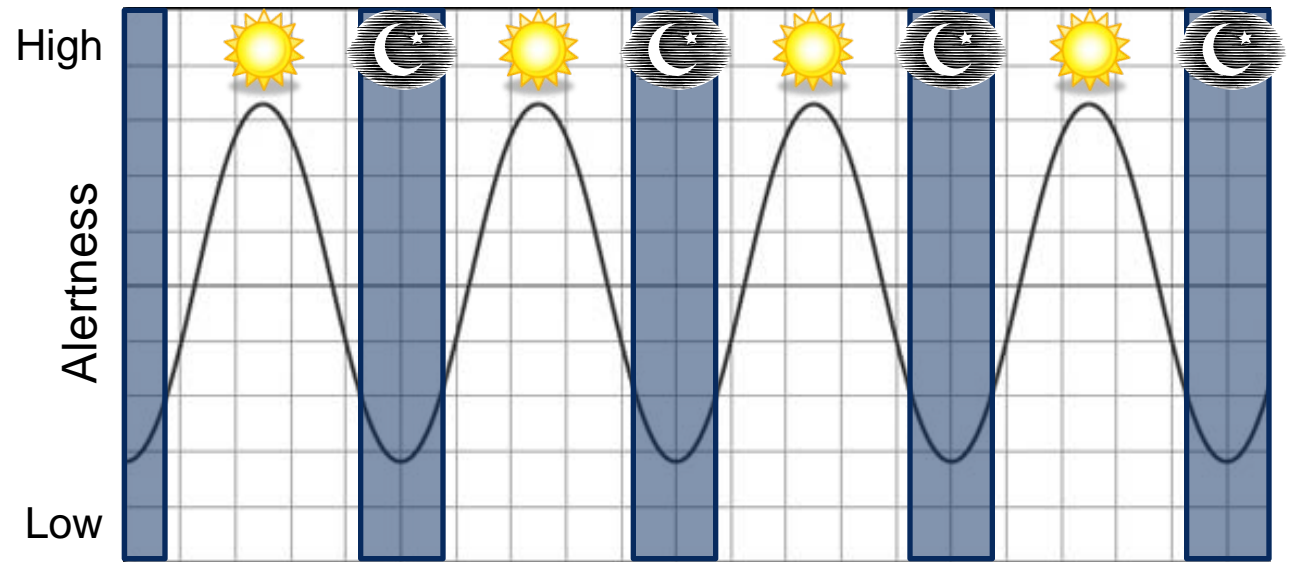


# What controls sleep?

1. How long you've been awake



2. Time of Day  
(The Biological Clock)





# Brief behavioral treatment of insomnia:

## Four steps

- Reduce your time in bed
- Get up at the same time every day of the week, no matter how much you slept the night before
- Don't go to bed unless you're sleepy
- Don't stay in bed unless you're asleep

# Getting started: What are your AVERAGE sleep times?

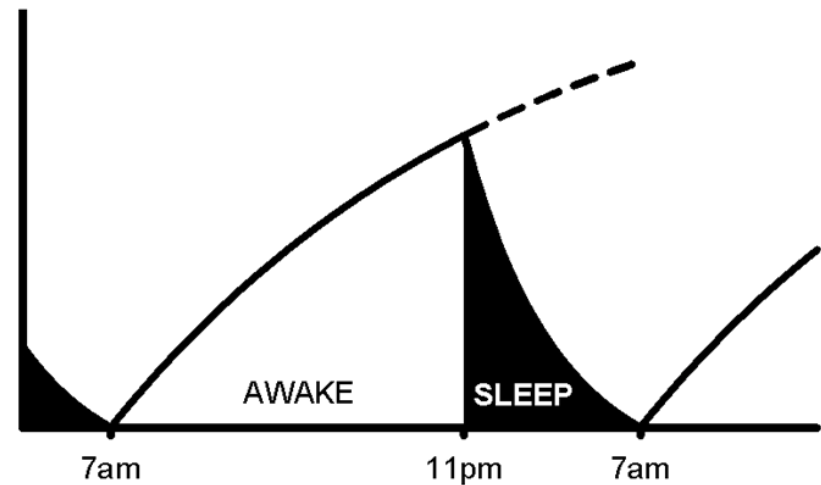
Bed time	
Time out of bed (morning)	
<i>Total time in bed</i>	
Time to fall asleep	
Awake during the night	
<i>Total awake during the night</i>	
<b>Total sleep time (Time in bed – Awake time)</b>	



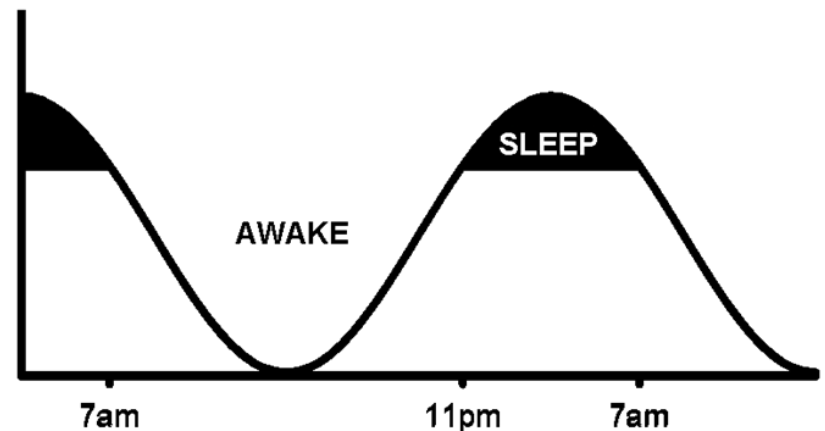
# 1. Reduce your time in bed

- Cutting down your time in bed = increasing how long you've been awake
- Being awake longer leads to quicker, deeper, more solid sleep
- Not decreasing the amount of SLEEP you get, just the amount of AWAKE time in bed
- How long in bed? Sleep time + 30 minutes

Sleep Drive

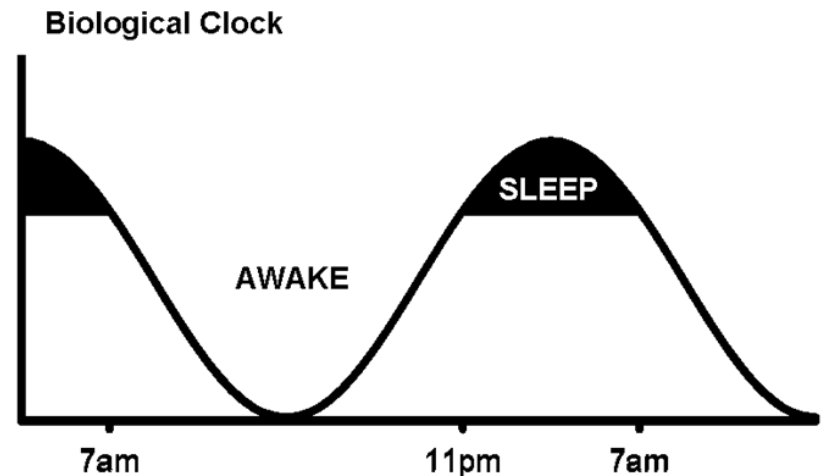
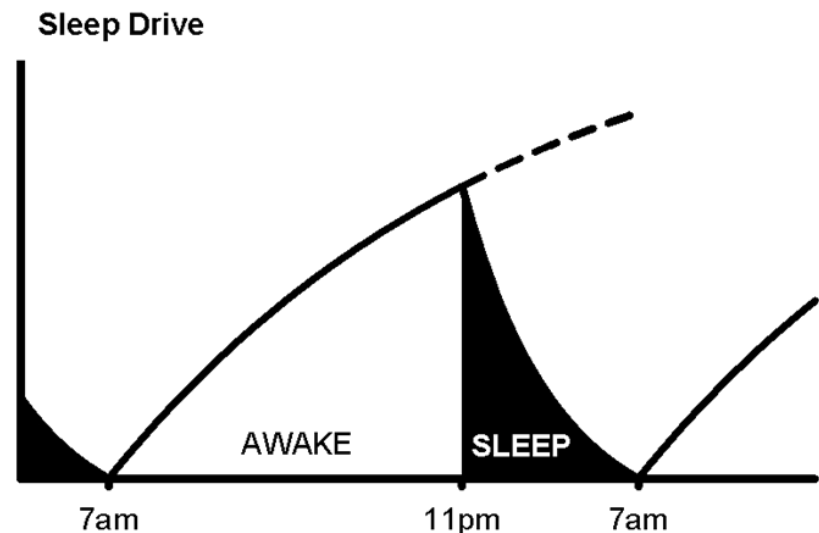


Biological Clock



## 2. Get up at the same time every day of the week

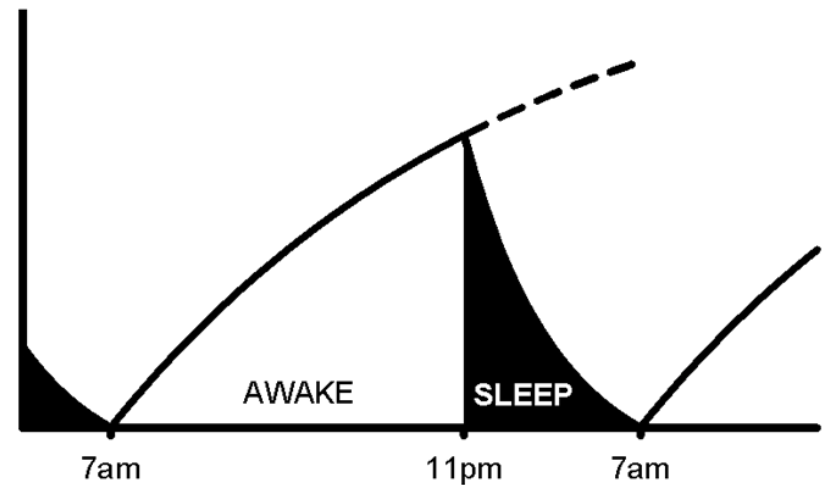
- Getting up at the same time helps to set the biological clock
- Wake-up time is the most important cue for the biological clock
- Getting up at the same time helps you get morning light, which also sets the biological clock
- If you've slept poorly, getting up at the same time helps you to sleep better the next night



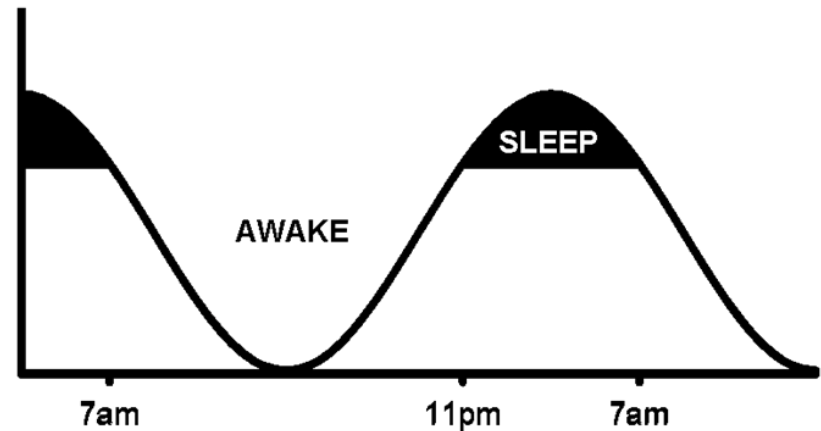
### 3. Don't go to bed unless you're sleepy

- This also helps to increase sleep drive by keeping you awake longer
- Going to bed when you're not sleepy can lead to frustration
- Going to bed when you're not sleepy gives your brain the wrong message

Sleep Drive



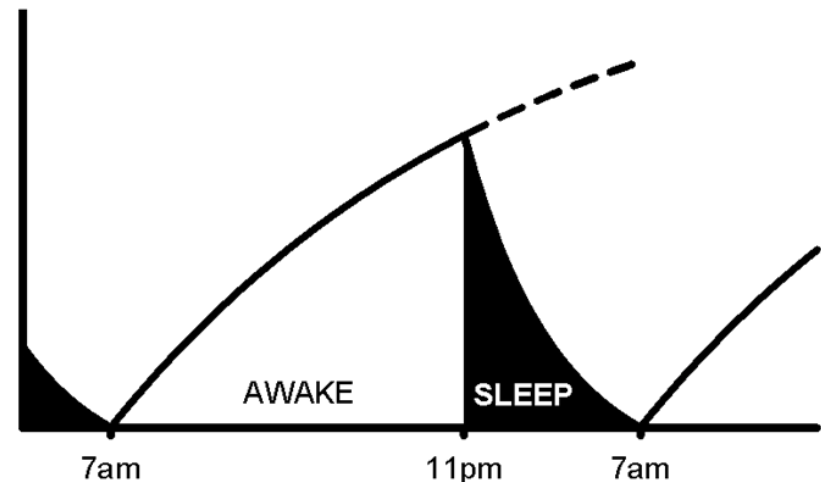
Biological Clock



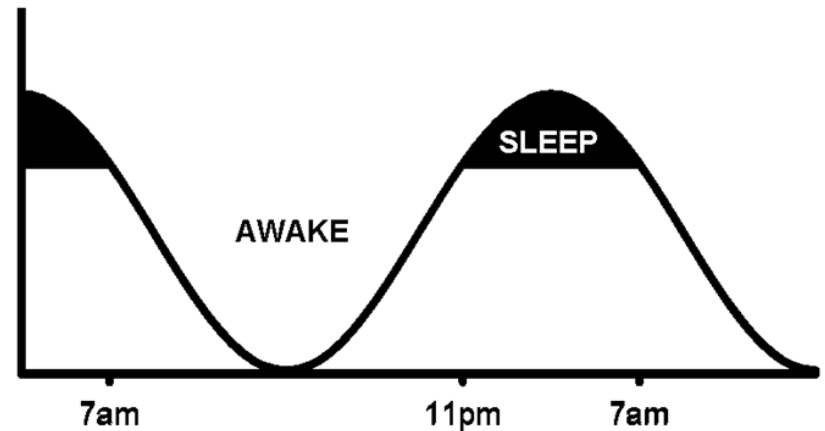
## 4. Don't stay in bed unless you're asleep

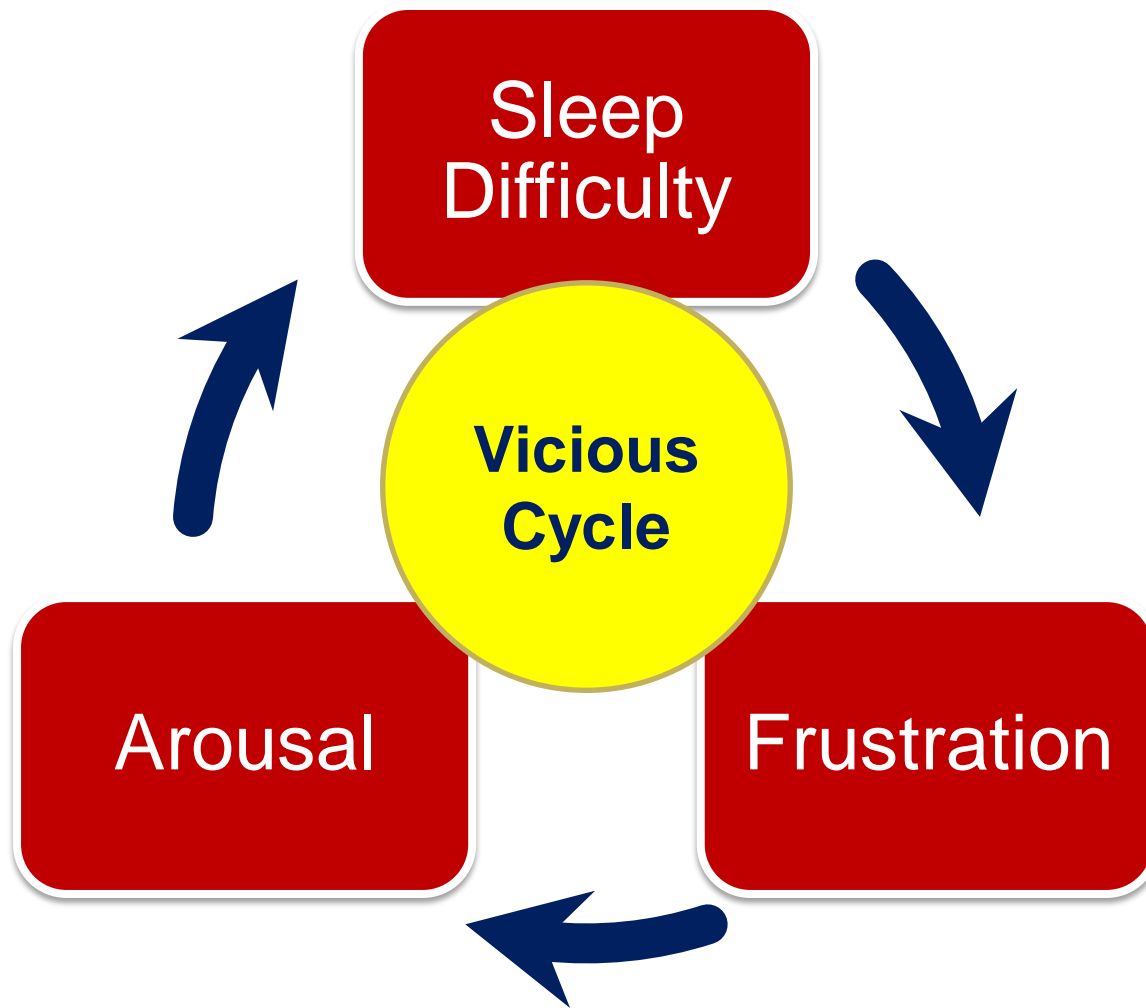
- If you're awake for a long time (a half hour or more), get out of bed
- Helps to train your brain: Bed = Sleep
- Reduces frustration
- Plan in advance activities that you can do when you get out of bed

Sleep Drive



Biological Clock





# Medications for sleep

- Types of sleeping pills
- Effects of sleeping pills
- Side effects of sleeping pills
- Proper dose
- Proper timing

## SLEEP DIARY

Name: \_\_\_\_\_

		Noon	p.m.											Midnight	a.m.											Sleep Quality	
			Afternoon						Evening						Morning												
Date		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11		
M																											
T																											
W																											
Th																											
F																											
Sa																											
Su																											
M																											
T																											
W																											
Th																											
F																											
Sa																											
Su																											

**Instructions:** Use the symbols below to indicate your sleep times in the grid. Rate your sleep quality each night from 0 (poor) to 10 (excellent).

↓ = Go to bed  
 ↑ = Get out of bed  
 - = Actual sleep  
 Blank = Awake

Comments

---

---

---

---

---

---

# Review and action plan

Rules for better sleep

Wake-up time every day no LATER than...

Bed time every day no EARLIER than...

Total time in bed at night

Sleep medication instructions

Fill out sleep diary

Return visit

Contact information



# Increasing your sleep time: Part 1

- IF, during the previous week, you are...
  - Falling asleep in less than 30 minutes AND
  - Spending less than 30 minutes awake during the middle of the night...
- ...THEN
  - Increase your time in bed by 15 MINUTES during the next week

## Increasing your sleep time: Part 2

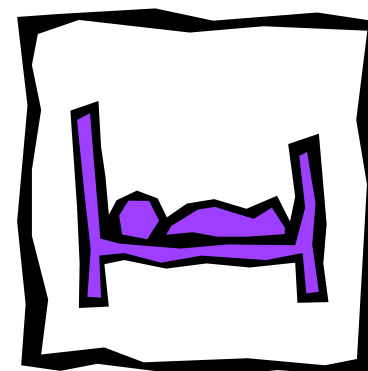
- IF, during the previous week, you notice more trouble with sleep...
  - Taking longer than 30 minutes to fall asleep OR
  - Spending more than 30 minutes awake during the middle of the night)...
- ...THEN
  - Reduce your time in bed by 15 MINUTES during the next week

# Increasing your sleep time: Part 3

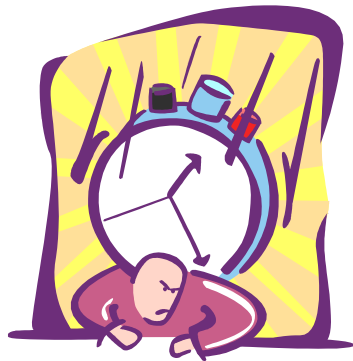
If you ARE sleeping soundly...



...INCREASE your time in bed



If you are NOT sleeping well...



...DECREASE your time in bed

