

Cognitive Behavioural Therapy for Insomnia (CBTi)

What is CBTi?

CBTi is an evidence-based behavioural intervention for insomnia. Insomnia is defined as difficulty falling asleep or staying asleep, and not feeling rested after sleeping.

Topics covered in CBTi intervention include:

- **Sleep and Insomnia Psychoeducation**

Learning about the main drivers of sleep: the Body Clock, Sleep Drive, and Arousal/Hyperarousal system

- **Cognitive Restructuring**

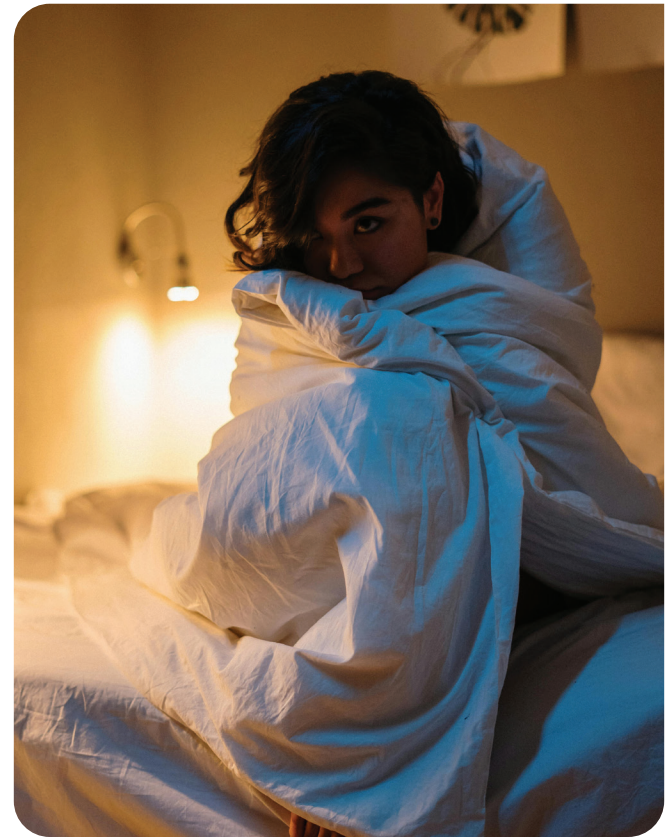
Changing the way we think about sleep to be more adaptive and helpful, and decrease anxiety about sleep (as anxiety about sleep can prevent sleep!)

- **Sleep scheduling techniques**

These strategies are about temporarily decreasing time spent in bed to improve sleep efficiency, and then gradually increasing time spent in bed to increase total sleep

- **Stimulus control**

Training the brain to associate the bed with sleep, not wakefulness, worry, anxiety or stress



- **Strategies to relax the body and quiet the mind to allow the sleep drive to take over**

- **Sleep hygiene**

Environmental and habit tweaks to promote better sleep

How is CBTi treatment structured?

At BBT, clients will participate in 5 weekly sessions focused on the topics of CBTi. For clients struggling with nightmares, a 6th session can be added to focus on evidence-based treatment for nightmares, such as Nightmare Rescripting and developing nightmare coping plans.

Why CBTi at BBT?

Occupational Therapists competent in CBTi understand the relationship between person, activity, and environmental factors and how they impact sleep. OT's are also particularly good at supporting clients in making changes to their routines to promote better sleep, such as increasing and intelligently timing exercise, developing helpful bedtime rituals, and structuring routines and schedules to support better sleep.



Who is appropriate?

Clients may benefit from doing CBTi treatment at BBT if they have prolonged issues with sleep (either falling asleep or staying asleep) due to diagnoses including: anxiety, depression, PTSD, chronic pain, or other diagnosis that may be evaluated on a case by case basis. To ensure clients will get most benefit from CBTi, it is best to ensure that other causes of sleep disruption have been ruled out.

For further assessment, therapy, consultation and/or education on Cognitive Behavioural Therapy for Insomnia (CBTi), contact Block Building Therapies at:

204-231-0785
info@blockbuilding.ca

Referral forms for new assessments are also available online at our website: www.blockbuilding.ca