

Brief Behavioral Treatment of Insomnia: Why do it?

1. Changing sleep habits (behaviors) can change sleep
2. Studies show that it works and that improvements last
3. Fewer possible side effects than medications

Brief Behavioral Treatment of Insomnia: How to do it?

- Provide information about your sleep using:
 - Sleep questionnaires
 - Weekly Sleep Log
- Then, make specific changes to your sleep habits to improve the quality of your sleep.
- The treatment requires a dedicated effort to the new recommended schedule and behavioral changes.

