



# The Insomnia Solution

## Cognitive Behavioral Therapy for Insomnia

**The Six Week Drug-Free Solution to Getting a Better Night's Sleep**

### HAVING TROUBLE SLEEPING?

There are few experiences more miserable than being awake while the rest of the world sleeps. If you have insomnia, you are not alone. One in four experience occasional symptoms of insomnia and more than one in ten will develop chronic insomnia.

### THE FACTS

- Insomnia lasting more than one month is unlikely to “go away” on its own.
- Most home remedies are not effective (i.e., “will power,” “self-control,” warm milk, tea, “night caps” with alcohol, etc.).
- Allowing insomnia to go untreated may negatively impact your quality of life and work performance.
- Insomnia increases your risk for medical illnesses such as hypertension and also for accidents and injuries.
- Insomnia increases your risk for depression.

### THE GOOD NEWS

Cognitive Behavioral Therapy for Insomnia (CBT-I) has been endorsed by the National Institutes of Health as an effective and preferred method for treating insomnia. Research on CBT-I show the following\*:

- 75% of insomnia patients experience significantly improved sleep
- The majority become normal sleepers
- 85- 90% reduce or eliminate sleeping pills
- CBT-I is more effective than sleeping pills

CBT-I achieves these results because it is based on the idea that insomnia can only be treated effectively by addressing the underlying causes of insomnia.

**Ask your doctor if *The Insomnia Solution* may help you.**

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THE  
**University of Vermont**  
 HEALTH NETWORK

**Central Vermont Medical Center**

**The American Academy of Sleep Medicine recommends CBT-I interventions as part of standard care for insomnia.**

CBT-I improves sleep and reduces or eliminates sleeping pills in the vast majority of patients. CBT-I doubles the improvement rates of depression compared to anti-depressant medication alone in depressed patients with insomnia.

**WHO WOULD BENEFIT?**

- individuals with problems falling asleep or waking during the night
- individuals who wish to reduce or eliminate sleep medications

**TECHNIQUES TAUGHT IN CBT-I**

- changing sleep thoughts and behaviors
- lifestyle habits that improve sleep
- relaxation techniques

**CBT-I FOR INSOMNIA TREATMENT INCLUDES:**

- an initial individual behavioral medicine assessment
- 5 individual treatment sessions

**Cost**

The Insomnia Solution is considered a mental health service and is covered by most insurance except Medicare.

**FOR MORE INFORMATION AND TO SCHEDULE AN APPOINTMENT CONTACT**

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\* Jacobs G.D., et al (2004). Archives of Internal Medicine 164

