



### Understanding Insomnia:

CBT-I starts with educating individuals about insomnia and helping them understand the factors that contribute to their sleep difficulties.

### Sleep Hygiene:

CBT-I often includes recommendations for improving sleep hygiene, which involves adopting healthy sleep habits and creating a conducive sleep environment.

### Stimulus Control:

This component helps individuals associate the bed with sleep by encouraging them to use the bed only for sleep and intimate activities. It involves avoiding stimulating activities in bed, such as watching TV or using electronic devices.

### Sleep Restriction:

Sleep restriction involves limiting the time spent in bed to match the individual's actual sleep time. This helps build a strong association between the bed and sleep, gradually increasing sleep efficiency.

### Cognitive Therapy:

CBT-I addresses dysfunctional thoughts and beliefs about sleep. Individuals learn to identify and change negative thought patterns that contribute to anxiety and stress about sleep.

### Relaxation Techniques:

Techniques such as progressive muscle relaxation or deep breathing exercises may be included to help individuals relax and manage stress, making it easier to fall asleep.

### Biofeedback:

Some CBT-I programs incorporate biofeedback to help individuals gain awareness and control over physiological factors that may impact sleep, such as muscle tension.

### Mindfulness and Meditation:

Mindfulness-based interventions may be included to promote relaxation and awareness. Mindfulness meditation can help individuals develop a non-judgmental awareness of the present moment, reducing anxiety and promoting better sleep.

### Sleep Diary:

Keeping a sleep diary is often a part of CBT-I. It helps individuals and therapists track sleep patterns, identify trends, and make informed adjustments to the treatment plan.

### Duration of Treatment:

CBT-I is typically a short-term treatment, often spanning six to eight sessions. However, the duration can vary based on individual needs and progress.

