

BENEFITS OF CBT-I

- CBT-I is the National Institutes of Health (NIH) Treatment Consensus recommended treatment for insomnia
- Insomnia-specific treatment is of benefit even among those whose insomnia is associated with co-morbid conditions such as cancer, pain, substance abuse and most psychiatric conditions.
- Treatment is often short-term (often 3 - 5 sessions)
- Minimal side effects
- Research has shown improvements in sleep are as good and in some case better than the best sleeping pills
- Treatment benefits are long lasting
- Can be successfully used to treat insomnia occurring with many other medical or psychiatric disorders and the same gains are found.
- Utilizing CBT-I while withdrawing from hypnotic medications results in significantly greater success in staying medication free.