

The Magic Pill for Insomnia Disorder: an introduction to CBT-I

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Insomnia is a chronic condition for 10% of the adult population and is considered a global health care problem associated with numerous consequences for both the individual as well as society. Recent guidelines have been published by numerous organizations including the American College of Physicians recommending that all adult patients be provided cognitive behavioral therapy for insomnia (CBT-I) as the initial treatment for chronic insomnia disorder. However, in practice this rarely happens. Instead patients either self-medicate with alcohol or OTC sleep aids, or started on prescription medication for sleep by their health care provider CBT-I is a treatment package that consists of numerous different components that are tailored to the patient's individual presentation. This symposium will give a brief introduction to the behavioral components of CBT-I including stimulus control and sleep restriction, as well as the cognitive strategies for reducing sleep interfering thoughts and worries and calming an active mind that doesn't turn off at night. In addition, population health management strategies for addressing insomnia will be introduced to expand the availability and access to this efficacious treatment for Insomnia Disorder.