

# COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA (CBTi)

## WHAT IS CBTi?

- A multi-component approach to treating sleep disturbances.
- A structured programme that guides patients through a series of changes in sleep-related behaviours and cognitions (e.g., thoughts), with a focus on addressing the underlying factors that contribute to persistence of insomnia.
- CBTi is the preferred first line therapy for chronic insomnia. It is the most effective non-drug approach for improving long-term sleep problems.
- Most CBT therapies for sleep disorders are short/brief, involving an evaluation and a limited number of treatment visits.
- Besides insomnia, CBTi can be used to treat patients with sleep-breathing disorders (e.g., Obstructive Sleep Apnoea), particularly to help them maintain consistent use of Continuous Positive Airway Pressure (CPAP) machine.
- The cognitive approaches in CBTi may be similar to standard CBT. However, the behavioural approaches in CBTi are specific and focus on sleep restriction therapy and stimulus control therapy.

## MAIN COMPONENTS

To improve sleep knowledge (e.g., sleep hygiene psychoeducation)	 Education	 Behavioural Interventions	To establish a new sleep pattern (e.g., stimulus control therapy, sleep restriction therapy)
Dealing with racing mind, maladaptive unhelpful thoughts (e.g., cognitive restructuring, cognitive control)	 Cognitive Interventions	 Relaxation Training	To reduce arousal and to unwind after a long day (e.g., deep breathing, relaxation exercises, mindfulness practice)



## MODE OF DELIVERY

- Sessions are conducted 1-to-1 with a sleep psychologist
- Face to face or virtual, as appropriate
- Duration of each session can be 45 minutes or 1 hour, as required



Scan the QR code to access more health information on our TTSH Health Library

DEPARTMENT OF PSYCHOLOGY  
PECC-PSS-ED-2024-1969-v1