

Treatment of Sleep Disorders: Additional Acknowledgement

I understand that the cognitive-behavioral treatment of insomnia or other sleep disorders may require me to change my sleep schedule in some way. This change might lead to a period of sleep deprivation which may adversely affect my daytime functioning and may require me to temporarily discontinue any potentially dangerous activities such as driving, operating machinery, or any activity where excessive sleepiness or fatigue could undermine my motor abilities and judgment. This sleep deprivation may come in the form of going to sleep later than usual, getting out of bed during the night during an awakening, or discontinuing naps. This is all in service of creating an environment where your sleep is as deep and as efficient as possible.

I understand that during such treatment I will not be asked to limit my sleep opportunity/window to less than 5.5 hours per night and that the sleep I get may be less than the window of time allowed. As sleep efficiency improves that window of sleep will expand so the 5.5 hour minimum usually does not last more than a week or two. Dr. Young will follow you closely during this process and advise modifications as needed. However, I understand that it is ultimately my responsibility to determine my capability to perform any activity safely. Often, I advise my patients to expect some increase in sleepiness and/or fatigue and to have countermeasures readily available to them such as having rides available to work, or discontinuing certain activities, etc.

When it comes to these interventions, I always preach “safety first”. For example, if you know that you must make a long drive (perhaps unexpected), feel free to nap, and/or abandon the “rules” in service of staying safe. A couple of days off the treatment plan will not be problematic.

Other Considerations

Exposure to sunlight: Getting into bright light, such as sunlight, may be advisable as part of your treatment because it helps strengthen your sleep/wake clock. You do not need to be in direct sunlight. Taking a walk with a hat and sunglasses or sitting by a bright window or under shade are all good strategies. Do not sacrifice eye or skin safety to get a higher dose of light. Avoid sun or bright light per your physician’s recommendation particularly if you have any vulnerable eye or skin disease, or if you have been prescribed any photosensitizing internal or topical medications where sun exposure or bright light exposure is to be avoided. We will work around any restrictions you may have.

Exercise: Same idea here. You may be asked to include some exercise in your routine. Exercise taken 4-5 hours before your usual bedtime can improve sleep. However, the exercise you choose should be in line with your regular ability and congruent with your physician’s advice.

Use of Herbals, Supplements, Natural Compounds, Over the Counter, Marijauna, Light Boxes: I do not directly recommend use of these products. Even though, I might have extensive scientific knowledge in these areas and can educate you accordingly, the formulations and dosing are generally not standardized or controlled. Some, clearly, can be effective but “natural” does not mean without potential harm or potential interaction with existing medical conditions or medications. I am happy to share what I know but direct advice should come from your internist or sleep medicine physician who might be in a better position to evaluate your complete medical status.

Discontinuation of Medications: Do not discontinue medications or alter dosing without the advice of your prescribing physician, other qualified prescriber, or pharmacist.

Patent Name (print)

Signature

Date