

# CBTi: Cognitive-Behavior Therapy for Insomnia



## What exactly is insomnia?

**Frequent or persistent difficulties falling asleep or staying asleep**, despite adequate opportunities and circumstances. It can occur in isolation or with other medical or mental health conditions, or substance use.



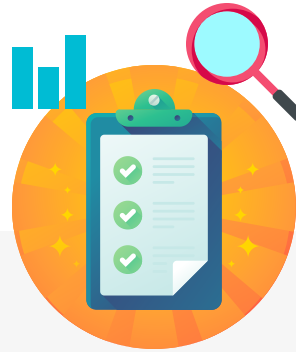
## Why CBTi?

Because it works! CBTi is recommended by the American College of Physicians as the **#1 treatment** for insomnia. It is more effective, with more lasting effects, than any medication. While there is no guarantee of a "cure," CBTi can help you sleep more and better.



## When can CBTi help?

When difficulties falling asleep and/or staying asleep **cause significant distress or impairment**. It can be very effective even when you have another condition or disorder affecting sleep, such as sleep apnea, nightmares, illness, chronic pain, anxiety, or depression. Treating sleep usually helps reduce other symptoms too.



## What does CBTi involve?

Initial consultation includes a review of **sleep history, sleep habits, and 10-14 day sleep log**.

Follow-up appointments involve education about the **science of sleep**, strategies to develop new **sleep-related habits**, and collaborative development of an evidence-based and individualized **sleep plan** tailored to your lifestyle.

Sleep routines are gradually adjusted over time until problems are resolved, typically over **4-8 sessions**. Referrals to related providers, including sleep medicine physicians, are provided as needed.



## How to get started

Visit **[www.brainhealthpllc.com](http://www.brainhealthpllc.com)** to learn more and to schedule initial telehealth consultation with **Dr. Marla Shapiro**, *Developmental and Sports Neuropsychologist and Board-Certified Behavioral Sleep Medicine provider. Licensed Psychologist in Georgia, Iowa, and Nebraska.*