

CBT-I Patient question: Do you have any suggestions for cognitive restructuring if the negative thinking in the middle of the night has nothing to do with sleep but with stressful events from the day?

CBT-I clinician answer:

Lying awake and having stressful thoughts about issues other than sleep is common in insomnia. For this reason, CBT-I contains the techniques you need to minimize being awake during the night and having stressful thoughts daily events:

1. Sleep scheduling techniques to increase sleep drive and reduce the likelihood of lying awake during the night.
2. Stimulus control techniques to associate the bed with sleep instead of wakefulness.
3. Relaxation techniques to fall back to sleep more easily.