

CBT-I Patient: Why am I tired 2-3 hours after I wake up?

CBT-I Clinician: Fatigue at 8:30-9:30 am after your final wake-up at 6:30 am is not typical since body temperature is rising to promote increased alertness. This atypical fatigue can be due to a variety of factors including insufficient sleep duration, underlying sleep disorder such as sleep apnea, or mental health problems such as depression. If your sleep and fatigue do not improve with CBT-I, you will need to consider an evaluation for depression or underlying sleep disorder.