

CBT-I Patient: I am having a hard time falling asleep due to anticipatory anxiety over having a nocturnal panic attack, which right now is bothering me for almost the entire day. What do you recommend I do to reduce this anticipatory anxiety? Thank you!

CBT-I Clinician: Anticipatory anxiety over nocturnal panic attacks, and nocturnal panic attacks, are not common amongst insomnia patients, and CBT-I is not a treatment for anticipatory anxiety or nocturnal panic attacks. Because you are describing co-morbid anxiety, you will need to have your anxiety evaluated and treated by your PCP or a mental health professional. Just as insomnia is considered an independent disorder from anxiety that must be treated separately from anxiety, anxiety is also considered independent of insomnia and must be treated separately.