

CBT-I Patient: Will CBT-I be effective, if my sleep problems pertain to REM, specifically decreased REM latency, excessive REM density and duration? Or, is this a problem that is best treated with REM-suppressing medication like SSRI's?

Insomnia is not associated with reduced REM latency or excessive REM density and duration. Depression, however, is associated with these REM-related changes. The primary treatment for depression and its REM-related changes is anti-depressant medication. However, CBT-I in depressed patients produces greater improvements in sleep and depression compared to anti-depressant medication alone. This suggests that CBT-I in combination with anti-depressant medication may produce corresponding improvements in REM-related changes from depression, although this has not been tested yet.