

CBT-I Patient: If someone is waking up early and getting 6-6.5 hours of sleep but still having to fight off nodding off in the early evening, would evening light therapy be advisable and if so for how long each night?

CBT-I Clinician: Adults average 7 hours of sleep. Therefore, most people who sleep 6-6.5 hours are only .5-1 hour below the average and, in most cases, would not be drowsy particularly in the early evening when most people are most alert due to the peak of body temperature. Further, insomnia patients are typically not drowsy. You can try a light for 30 minutes when you feel drowsy in the early evening to increase alertness but you may need an evaluation at a sleep center for underlying sleep disorder due to atypical drowsiness.