

CBT-I Patient: What is the best way to stay asleep when someone else in the room is restless and wakes you every night by getting up?

CBT-I Clinician: Since CBT-I increases sleep drive, it should reduce your sensitivity to someone else getting up or being restless. Additionally, white noise can block noise so consider a fan, sound conditioner, etc. Finally, just as a snorer may make it difficult for a partner to sleep in the same room, a restless partner who gets up a lot may need to sleep in another room since that person is disturbing someone's sleep.