

CBT-I Patient: How do I stop the heavy-duty thoughts that seem to surface just as I lay my head down to sleep?

CBT-I Clinician: You have a wake system that is too strong and a sleep system that is too weak. When the wake system is too strong, you are more likely to have intrusive thoughts at bedtime or during the night. By strengthening your sleep system, you will dampen the wake system and negative thoughts. You accomplish this by implementing all the techniques in the program over five weeks. If, after the program, you still have heavy-duty thoughts at bedtime, you will need to be evaluated by a mental health professional for cognitive therapy for those thoughts.