

CBT-I Patient: Why am I not doing or feeling well on 6.5 hours of sleep?

CBT-I Clinician: The question is whether not doing/feeling well is due to your sleep or other health factors such as mood, depression, diet, etc., all of which affect how we feel.

You have averaged 7.5 hours of sleep over the past three weeks. Since this is above the adult average and is not insomnia, it would not be insomnia or the amount of sleep that is the issue. Instead, it would more likely be other health factors or an underlying sleep disorder that impair sleep quality.

If it is due to the amount of sleep, then you would have seen a consistent relationship between how much sleep you average each week and how you were doing/feeling. If you don't see a change in your functioning when you average more or less sleep, that is more evidence for another health or sleep issue.

If there was a direct relationship between how you were feeling/doing over the past three weeks and how much you slept each week, you will need to be much more consistent in your CBT-I goals that are not being met, particularly your maximum time allotted for sleep goal. Until they are met, sleep will not improve consistently.