

CBT-I Patient: My insomnia is worst during my premenstrual period. Is there any help for this?

CBT-I Clinician: Women with PMS are twice as likely to experience insomnia. Despite the hormonal changes from PMS being a likely cause of insomnia, cognitive and behavioral factors play a significant role in chronic insomnia, no matter what the cause. Therefore, CBT-I is likely to lessen PMS-related insomnia.