

CBT-I Patient: I've been having insomnia (not falling asleep or sleeping at all) for 2 nights in a row, 3 nights over the last 7 days. Going to bed when I feel sleepy isn't working, I stay awake in bed. At what point should I see a medical doctor if I'm unable to get any sleep in the night?

CBT-I Clinician: Having significant difficulty sleeping 3 of 7 nights can happen when insomnia first begins. Typically, this acute phase of significant insomnia decreases after a week or so. If not, you should consider seeing your PCP since CBT-I is a five-week program and does not improve sleep immediately. For significant acute insomnia, a sleep medication every other night for a week or two may be warranted if anxiety is high to break the cycle of significant insomnia and anxiety.