

TEXAS SLEEP —MEDICINE—

Your Guide to CBTI

Cognitive Behavioral Therapy for Insomnia

Practical strategies for better sleep
and healthier sleep habits.

*Learn what to expect, how CBTI works,
and how to prepare for your treatment.*

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Understanding CBTI



What is CBTI?

CBTI is a structured, evidence-based treatment for insomnia. It helps you change the thoughts, behaviors, and habits that interfere with sleep.

Unlike sleeping pills, CBTI focuses on:

- ✓ Addressing factors that contribute to insomnia
- ✓ Building long-term sleep skills
- ✓ Improving sleep without relying on medication



Will CBTI cure my insomnia?

For many people, CBTI leads to lasting improvement.

If stress or life changes affect your sleep again later, the skills you learn during CBTI can help you get back on track.



How long does CBTI take?

Many people notice improvement within 3–4 sessions. Most CBTI programs last about 6–8 sessions.

Your progress depends on factors such as:

- ✓ Consistency
- ✓ Following your treatment plan
- ✓ Tracking your sleep



Is CBTI safe?

CBTI is safe for most people, including people with other medical conditions. Your treatment plan can be adjusted to fit your needs.

What to Expect



Does CBTI work for shift workers?

Yes. CBTI can be adapted for people who work shifts or have irregular schedules.



What happens during a CBTI session?

Your sessions may include:

01



Review

Reviewing your sleep diary and discussing your sleep patterns.

02



Learn

Learning new sleep strategies and techniques.

03



Adjust

Making small, step-by-step changes to improve your sleep.



Do I need to keep a sleep diary?

Yes.

Your sleep diary helps identify patterns and guides changes to your treatment plan.



Your Sleep Diary

Tracking your sleep is an important part of CBTI. Keep your diary consistently so your provider can see patterns and make informed adjustments.

Changes You May Make

This is an important section that the current draft could make more prominent.



Will I need to change my bedtime or wake-up time?

Possibly.

Adjusting your sleep schedule can help reset your body's natural sleep rhythm.



What if I can't follow the schedule exactly?

That's okay.

Your provider will work with you to make the plan realistic and effective.



Will I need to stop taking sleep medication?

Not immediately.

Any medication changes should be made with your prescribing provider.

What Results Should I Expect?



What if CBTI doesn't work for me?

CBTI works for most people. If you don't improve enough, your provider can discuss other treatment options.



Can CBTI help if anxiety or depression affects my sleep?

Improving sleep can help with mood, and CBTI can work alongside treatment for anxiety or depression.



Will I feel more tired at first?

Possibly.

Some people experience temporary sleepiness early in treatment. This can be a normal part of the process.



Temporary Sleepiness Is Common and Safe

Some people may feel sleepier at the beginning of CBTI. This usually improves as your body adjusts. If you feel this is affecting your daily life, talk with your provider.

Your Sleep Habits

Small changes in your daily habits can make a big difference in your sleep and overall well-being.



Do I need to stop napping?

Usually yes, at least during treatment, because naps can make it harder to sleep at night.



Safety comes first

If you feel too sleepy to drive, don't drive.

The current material recommends a short 20–30 minute safety nap before getting behind the wheel when you feel sleepy.



Can I use my phone or watch TV before bed?

It's best to reduce screen time 30–60 minutes before bed. If needed, use blue-light filters.



Do I need to change my diet or exercise?

Only if certain habits are affecting your sleep. Gentle exercise earlier in the day may help improve sleep.

When You Wake Up During the Night



**Can CBTI help with
waking up during the night?**

Yes.

CBTI teaches strategies that can help you:



Reduce nighttime awakenings



Return to sleep more easily



Improve overall sleep quality

Tracking Your Progress

Your progress matters. We'll track key areas to see how CBTI is helping you sleep better.



How is my progress measured?

Progress is usually tracked through:

01



Your sleep diary

What your sleep patterns show over time.

02



How rested you feel

Your perception of your sleep and daytime restfulness.

03



How quickly you fall asleep

Changes in how long it takes to fall asleep.

04



Nighttime awakenings

How often you wake during the night.

Final Section

Your CBTI Takeaway

Better Sleep Takes Practice

CBTI is a structured approach that helps you build healthier sleep habits and skills that can continue to benefit you beyond treatment.

Remember:



Be consistent.

Your participation matters.



Track your sleep.

Your sleep diary helps guide treatment.



Follow your plan.

Small changes can make a difference.



Be patient with the process.

Improving sleep takes time.



Have questions?

Talk with your CBTI provider.

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