



PROVIDER TIP SHEET

SPOTTING INSOMNIA

WHO WE ARE

Ayama Psychotherapy LLC is dedicated to helping overwhelmed adults get relief from stress, anxiety and insomnia. We value intentional living, compassion and appreciation for overall health.

All are welcome.

WHAT WE OFFER

- Knowledgeable and warm therapists who are highly trained
- Ability to understand clients quickly and take clients to the next level of functioning
- Specialized treatments focused around health, including CBT-I for insomnia
- General psychotherapy for adults with a variety of presenting issues

GET IN TOUCH

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WHAT DO KNOW & DO

People with severe insomnia and associated worries will voice their concerns; people with mild-to-moderate insomnia do not necessarily speak up.

A person can have chronic insomnia and be appropriate for our interventions while NOT HAVING significant anxiety, depression or personality issues. Insomnia does not have to be driven by mental health diagnoses.

As a provider, routinely inquire about people's sleep. You can say, "Tell me about your sleep" rather than, "Do you have sleep problems?" (because many will say "no").

Learn to spot mild-to-moderate sleep problems: People with chronic sleep problems often have decently good sleep hygiene; don't spontaneously mention sleep problems; are health-conscious; and sometimes (or nightly) rely upon some kind of sleep medication, nighttime anxiety medication or supplement like Melatonin.

Please know that people with chronic sleep problems are often already fairly knowledgeable. They have already tried a lot of approaches and have done their own problem-solving. They are understandably skeptical because chances are high that they are already practicing at least moderately good sleep hygiene.

As such, provide kind education that there is a difference between sleep hygiene and structured behavioral approaches needed to successfully address chronic sleep problems.

In order to be successful, an appropriate referral for CBT-I must be well enough to consistently follow moderately strict guidelines.

WHAT IS CBT-I?

- CBT-I stands for "cognitive-behavioral therapy for insomnia." It is a step-by-step procedure of behavior changes designed to restore the body's ability to get restful sleep and proven repeatedly to be highly effective.
- Symptoms which can be improved include: decreasing time to fall asleep, decreasing middle-of-the-night awakening, improving ability to fall back asleep quickly and quality of sleep, poor quality or restless sleep
- CBT-I is not reliant upon complete relaxation or medications.