

COGNITIVE-BEHAVIOURAL THERAPY FOR INSOMNIA (CBT-I) ACROSS THE LIFE SPAN

**GUIDELINES AND CLINICAL PROTOCOLS FOR
HEALTH PROFESSIONALS**

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Cognitive-Behavioural Therapy for Insomnia (CBT-I) Across the Life Span

Guidelines and Clinical Protocols for Health Professionals

Edited by Chiara Baglioni, Colin A. Espie and Dieter Riemann

*Endorsed by
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European Insomnia Network
European Academy for Cognitive Behavioural Therapy for
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Preface

This textbook on cognitive behavioural therapy for insomnia (CBT-I) would not have been possible without the support and endorsement of the European Sleep Research Society (ESRS). We have been closely involved in the work of the ESRS over several decades, and especially engaged in founding the European Insomnia Network and the European Academy for Cognitive Behavioural Therapy for Insomnia to promote sleep medicine and research related to insomnia in Europe.

Who would have guessed 20 years ago that Cognitive Behavioural Therapy for Insomnia (CBT-I) would be considered as the first-line treatment for the disorder? As of now, practically all published guidelines from the last six years support that point of view. Medication still plays a certain role in the treatment of insomnia, especially short-term, but CBT-I, as we teach and practice it, has attained the highest level of evidence, especially with respect to long-term sustainability. In order to support clinical guideline implementation in practice we decided two years ago to put together a state of the science textbook of CBT-I. With the invaluable help of more than 30 experienced colleagues, we have been able to compile this comprehensive textbook encompassing 24 chapters divided into six sections, which cover all important aspects of insomnia and its treatment with CBT. Each chapter aims at providing clinical recommendations based on the most updated research evidence on specific issues related to CBT-I. Our aim is to encourage a closer link between research and clinical practice with respect to the psychological treatment of the disorder of insomnia.

We sincerely hope that our work will help researchers and clinicians world-wide to understand that CBT-I is not just one homogenous treatment, but a family of evidence-based treatments. We also hope that our endeavour will help professionals involved in providing insomnia treatment to devise personalized solutions for each individual patient suffering from this widespread sleep disorder.

Chiara Baglioni (Rome)

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1

Introduction to Insomnia Disorder

*Dieter Riemann, Kai Spiegelhalder, Colin A. Espie,
Dimitri Gavriloff, Lukas Frase and Chiara Baglioni*

Key points

- Insomnia, encompassing day- and night-time symptoms, is a frequent health complaint with manifold negative consequences for somatic and mental health and for quality of life.
- The evaluation of insomnia includes a clinical interview, a physical and psychiatric examination, sleep diaries and questionnaires. Technical procedures like actigraphy or polysomnography may be used in certain circumstances and differential-diagnosis needs to evaluate medical and psychiatric co-morbidities, as well as other sleep disorders.
- Etiological and pathophysiological insomnia concepts range from genetic and neurobiological to cognitive-behavioural models.
- Cognitive-behavioural therapy for insomnia (CBT-I) is presently considered world-wide as first line treatment.

Learning objectives

- To understand the importance of insomnia for somatic and mental health and quality of life.
- To be able to conduct an appropriate clinical evaluation including differential-diagnosis of patients with insomnia.
- To understand the present illness concepts of insomnia ranging from neurobiology to cognitive-behavioural concepts.
- To be familiar with the ingredients of CBT-I and to understand why CBT-I is presently the first line of treatment for insomnia.