

OCTOBER 16-18, 2014
THE SENTINEL HOTEL, PORTLAND, OR

SESSION DETAILS

Session #: 104

Title: Beyond Sleep Hygiene: Behavioral Approaches to Insomnia

Speaker: Rocky Garrison, PhD, CBSM and Damon Michael Williams, RN, PMHNP-BC

Date: Thursday, October 16

Time: 11:10 a.m. - 12:25 p.m.

CE Contact Hours: 1.25

Pharmacology Hours: 0

SESSION DESCRIPTION

Insomnia is highly prevalent as an independent disorder and as a co-occurring disorder, and there is strong empirical support for cognitive-behavioral treatments for these difficulties initiating sleep, sustaining sleep, and/or nonrestorative sleep. One component of CBT-I is prescribing a sleep schedule based on the biology of sleep and designed to improve sleep efficiency. Sleep compression is a sleep scheduling strategy that is generally presented to the patient as a behavioral experiment, trying out several different sleep schedules and evaluating quality of sleep associated with each schedule.

LEARNING OBJECTIVES

Upon completion of this session, the learner will be able to:

1. Describe the two process model of sleep
2. Discuss patient insomnia in a bio-behavioral model
3. Formulate a sleep compression schedule based on patient data
4. Develop a behavioral experiment regarding patient insomnia

DISCLOSURES

Conflict of Interest for Planners & Presenter:

- The planners of this CNE activity declare no conflicts of interest in the development and implementation of this educational activity.
- This presenter declares no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.