

Insomnia Treatment Map Link List

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A. Initial Discussion of the Problem

- nature of problem. ([Section 1](#))
- short-term-chronic ([Section 2](#)).
- prior treatment attempts ([Section 3](#))
- sleep education_ ([Section 4](#))

B. Organization of Daily Life ([Section 40](#))

- Sunday Night Insomnia ([Section 35](#))
- Night Shift ([Section 26](#))
- variable shift ([Section 31](#))
- sleep phase disorder ([Section 28](#))

C. General Issues ([Section 40](#))

- medical disorders ([Section 6](#))
- medications ([Section 7](#))
- caffeine, alcohol, and other drugs ([Section 8](#))
- sleep Environment ([Section 5](#))
- life stresses and responsibilities ([Section 33](#))
- diet and weight ([Section 9](#))
- exercise ([Section 23](#))
- movement ([Section 12](#))
- naps ([Section 32](#))
- psychological issues ([Section 10](#))
- sleep state misperception ([Section 14](#))

D. Direct Treatment of Insomnia ([Section 11](#))

- problems falling asleep
- waking too early or too late
- interrupted sleep

D1. Problems Falling Asleep ([Section 17](#))

The three issues are

- Being anxious and obsessing. ([Section 44](#))
 - limit use of the bedroom ([Section 20](#))
 - set aside worry-time ([Section 19](#))
 - develop bedtime rituals ([Section 37](#))
 - try yoga ([Section 39](#))
 - try passive observation ([Section 41](#))
 - have a buffer period ([Section 18](#))
 - use relaxation techniques ([Section 24](#))
 - try temporary medication ([Section 36](#))

- energized and physiologically restless ([Section 45](#))
 - buffer period before bed ([Section 18](#))
 - use yoga ([Section 39](#))
 - develop bedtime rituals ([Section 37](#))
 - set aside worry-time ([Section 19](#))
 - relaxation techniques ([Section 24](#))
 - find ways to unwind ([Section 21](#))
 - avoid sleep medications ([Section 36](#))
- Just not being sleepy ([Section 46](#)).
 - limit use of the bedroom ([Section 20](#))
 - have consistent sleep time ([Section 25](#))
 - light management ([Section 27](#))
 - limit time lying awake ([Section 34](#))
 - sleep restriction ([Section 29](#))
 - avoid naps ([Section 32](#))
 - get regular exercise ([Section 23](#))
 - don't take melatonin ([Section 22](#))
 - avoid sleep medications ([Section 36](#))

D2. Waking Too Early ([Section 47](#))

- adjust schedule ([Section 25](#))
- limit use of the bedroom ([Section 20](#))
- deal with morning light ([Section 27](#))
- stop sleep medications ([Section 36](#))
- look at ways to unwind ([Section 21](#))
- exercise regularly ([Section 23](#))
- try relaxation techniques ([Section 24](#))
- try yoga ([Section 39](#))
- check bedroom conditions ([Section 5](#))
- look for sleep phase issues ([Section 28](#))

D3. Interrupted Sleep ([Section 48](#))

Re-consider Part C issues

- try passive observation ([Section 41](#))
- interruption management ([Section 30](#))
- sleep restriction ([Section 29](#))
- stimulus control ([Section 34](#))

E. If All Else Fails

- conditioned insomnia ([Section 13](#))
- idiopathic insomnia ([Section 15](#))
- refer to a sleep specialist ([Section 16](#))
- sleep state misperception ([Section 14](#))