

QUIET YOUR MIND AND GET TO SLEEP

**SOLUTIONS TO INSOMNIA FOR THOSE WITH DEPRESSION,
ANXIETY, OR CHRONIC PAIN**

**BY COLLEEN E. CARNEY, PHD, AND
RACHEL MANBER, PHD**

Contents

The Insomnia Severity Index	3
Sleep Apnea Quiz	5
Restless Legs Syndrome Quiz	6
Periodic Limb Movement Disorder Quiz	7
Sleep Log	8
Figure 3.1	9
Figure 3.2	10
Figure 3.3	11
Your Wakeful Activities	12
Worksheet 4.1 Example	13
Worksheet 4.1	14
Worksheet 4.2	15
Worksheet 5.1 Example	17
Worksheet 5.1	18
Worksheet 5.2 Example	19
Worksheet 5.3 Example	20
Worksheet 5.3	22
Worksheet 5.4	24
Worksheet 6.1 Example	25
Worksheet 6.1	26
Worksheet 6.2	27
Worksheet 7.1 Example	28
Safety Behavior Checklist	30
Helen's Worries About Sleep	31
My Worries About Sleep	31
Worksheet 7.1	32
Worksheet 7.2	33
Worksheet 7.3	34
Worksheet 8.1 Example	35
Worksheet 8.1	36
Worksheet 8.2	37
Worksheet 9.1 Example	38
Worksheet 9.1	39
Worksheet 9.2	40
Worksheet 9.3	41
Appendix	42
References	48

The Insomnia Severity Index

1. Rate the current severity of your insomnia problem(s):

	None	Mild	Mod.	Severe	Very Severe
Difficulty falling asleep	0	1	2	3	4
Difficulty staying asleep	0	1	2	3	4
Problem waking up too early*	0	1	2	3	4

*“Waking up too early” means that you are waking up before you intend and cannot fall back asleep. “Difficulty staying asleep” means that after you initially fall asleep, you wake up in the middle of the night and have trouble returning to sleep, but eventually you do fall asleep.

2. How satisfied/dissatisfied are you with your current sleep pattern?

Very Satisfied		Moderately Satisfied		Very Dissatisfied
0	1	2	3	4

3. To what extent do you consider your sleep problem to *interfere* with your daily functioning (for example, daytime functioning, ability to function at work/daily chores, concentration, memory, mood, and so on)?

Not at All	A Little	Somewhat	Much	Very Much
0	1	2	3	4

4. How *noticeable* to others do you think your sleep problem is in terms of impairing the quality of your life?

Not at All	A Little	Somewhat	Much	Very Much
0	1	2	3	4

5. How *worried*/distressed are you about your current sleep problem?

Not at All	A Little	Somewhat	Much	Very Much
0	1	2	3	4

Add up the circled numbers to obtain your insomnia severity score. The table below allows you to see how your score compares with other people with insomnia:

(© Charles M. Morin, Ph.D. 1993)

Score Significance

0–7 People without insomnia tend to score in this range.

8–14 People with relatively mild insomnia symptoms score in this range.

15–21 People with moderately severe insomnia tend to score in this range.

22–28 People with severe insomnia symptoms score in this range.

The majority of people meeting criteria for an insomnia diagnosis score 15 or more.

Write down your score below. When you've finished working through this book and have been using the strategies presented, take this test again and compare your scores.

Before starting the program in the book:

My insomnia score was _____. Date: _____

After completing the program in the book:

My insomnia score is _____. Date: _____

Sleep Apnea Quiz

Answer the following questions by circling “Y” for yes or “N” for no.

1. Y or N Has anyone complained that you snore?
2. Y or N Has anyone ever told you that you gasp, snort, or stop breathing during your sleep? Or, have you ever been awakened by your own snorting or gasping noises?
3. Y or N Are you prone to falling asleep unintentionally while sitting quietly, watching television, or performing other activities? If you're not sure, are there any clues that this might be happening? Clues might include difficulty following a plot on television or having to reread pages of a book (for instance, feeling as though you *missed* something), finding drool (excess saliva) on your face or pillow, or experiencing *lost* amounts of time.
4. Y or N Are you tired when you wake up, even after a good night's sleep?
5. Y or N Do you frequently wake up with a headache?
6. Y or N Do you have to use the restroom more than twice per night?
7. Y or N Is your sleepiness or sleep problem associated with weight gain?

Restless Legs Syndrome Quiz

Answer the following questions by circling “Y” for yes or “N” for no.

1. Y or N Do you have an irresistible urge to move your legs when at rest? If so, is this symptom worse in the evening or while you’re in bed?
2. Y or N Do you experience a creepy-crawly or pulling sensation under your skin in your lower legs? (This is different from a calf-muscle cramp.)
3. Y or N If you answered yes to either of the above questions, do these sensations improve if you move or rub your legs?

Periodic Limb Movement Disorder Quiz

Answer the following questions by circling “Y” for yes or “N” for no.

1. Y or N Has anyone told you that your legs or feet twitch, or jerk repeatedly during the night? If you live alone, do you often wake up and notice that your bedding is tangled, even though you don't recall having had restless sleep?
2. Y or N Do you awaken feeling unrested, feel very tired during the day, or both?

SLEEP LOG **Date Range:** _____

Please complete this form each morning when you wake up.

Day of the Week	Example: Mon	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1. Yesterday I napped from ___ to ___ (time range of all naps). If you didn't nap, write "No nap."	2:30–3:15 p.m.							
2. Last night I took ___ mg. of ___ or ___ ounces of alcohol as a sleep aid.	5 mg. Ambien							
3a. Last night I got into bed at ___ (a.m. or p.m.).	11:00 p.m.							
3b. Last night I turned off the lights and tried to fall asleep at ___ (a.m. or p.m.).	11:40 p.m.							
4. After I turned off the lights, it took me about ___ minutes to fall sleep.	75 min.							
5. I woke from sleep ___ times. (Do not count when you finally woke up here.)	2 times							
6. My arousals lasted ___ minutes. (List each arousal separately.)	25 min. 40 min.							
7. Today I woke up at ___ (a.m. or p.m.). (Note: this is when you finally woke up.)	6:30 a.m.							
8. Today I got out of bed for the day at ___ (a.m. or p.m.).	6:45 a.m.							
9. Today I woke up ___ minutes earlier than I wanted to.	0							
10. I would rate the quality of last night's sleep as 1 = very poor, 2 = poor, 3 = fair, 4 = good, or 5 = excellent.	3							

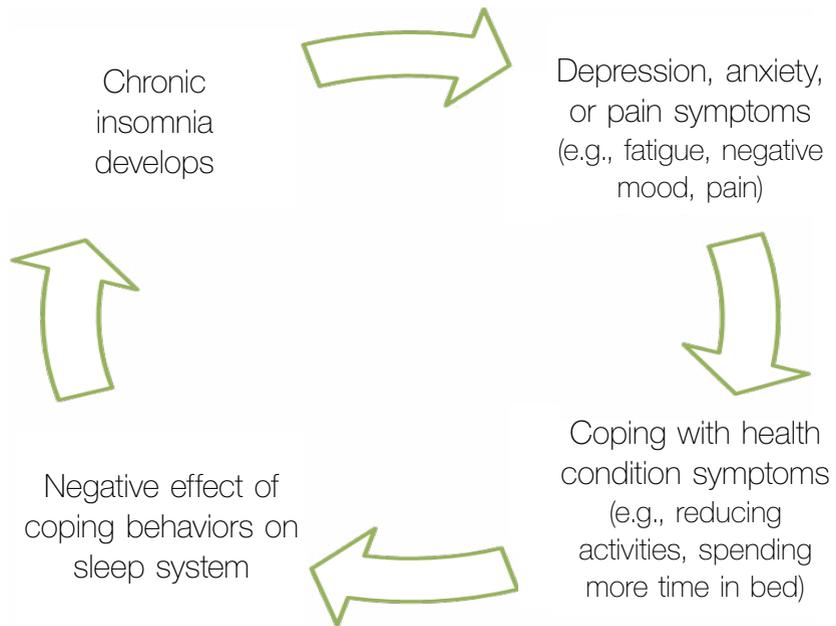
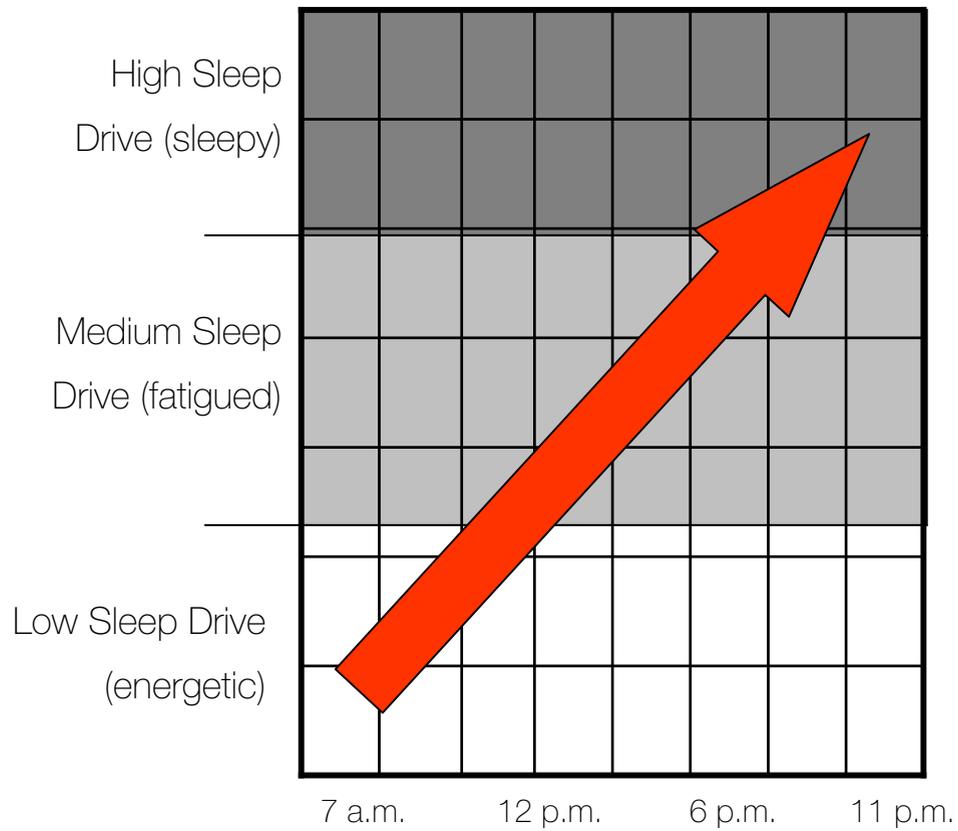
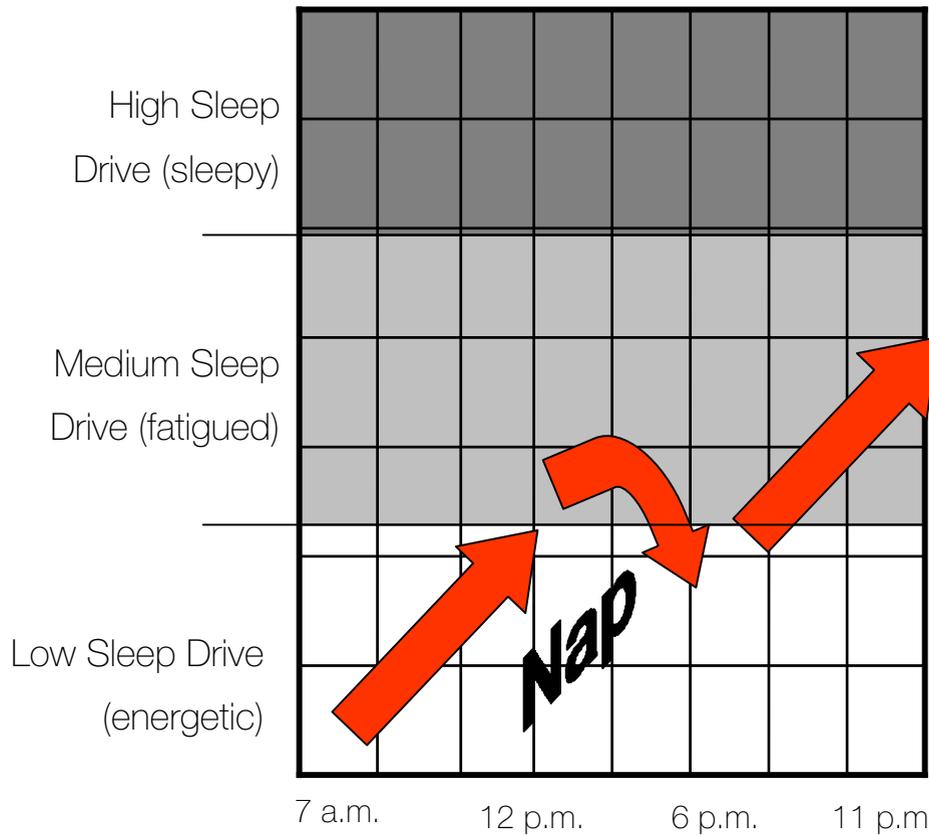


Figure 3.1 How insomnia and other disorders may influence each other



Under normal circumstances, the drive for sleep builds throughout the day until the drive is strong enough at bedtime to produce sleep.

Figure 3.2 Building adequate sleep drive throughout the day



Sleep drive builds as the day goes on; however, napping reduces sleep drive significantly, such that there's not enough time to rebuild enough of a sleep drive before bedtime.

Figure 3.3 Decreased sleep drive at bedtime after napping

Your Wakeful Activities

How often do you do the following wakeful activities in bed?

1. Listen to music:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

2. Talk or text on the phone:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

3. Smoke cigarettes:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

4. Eat:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

5. Worry:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

6. Watch television:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

7. Plan your day:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

8. Use the computer:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

9. Do some work:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

10. Pay bills:

<i>Never</i>										<i>Every night</i>
0	1	2	3	4	5	6	7	8	9	10

worksheet 4.1 example: Gayle's Behavioral Plan for Improving Her Sleep

Goals for the Week of <u>5/4–5/10</u> Check if you met your goal. ✓	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. <i>I'll leave my bedroom if I'm awake for 30 minutes or more.</i>	✓	n/a	✓	✓	n/a	✓	✓
2. <i>I'll use my bedroom for sleeping only (no Internet in my bedroom).</i>	✓	✓	✓	✓		✓	✓
3. <i>I won't attempt to nap unless it's necessary for my safety.</i>		✓	✓	✓	✓	✓	✓
4.							
5.							
6.							
7.							

worksheet 4.1: Your Behavioral Plan for Improving Your Sleep

Goals for the Week of _____ Check if you met your goal. √	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.							
2.							
3.							
4.							
5.							
6.							
7.							

worksheet 4.2: Coping Self-Statements

Some people find this treatment challenging at first. In the beginning, you may notice an increase in daytime fatigue and may spend more time outside your bedroom at night. This is temporary, but it may help to use a strategy to deal with the distress while sticking to the treatment recommendations. Many find it helpful to write coping statements, which they recite to themselves if they encounter difficulty. Because our minds can be pretty unhelpful when we're distressed, making a list of coping statements when we're calm can help diffuse the stressful situation next time it arises. Now, make a list of statements that would be helpful to hear when you're upset about your sleep problems.

Coping self-statement: "I know I'm upset right now, but I must remember..."

Examples:

1. "I'm planning to do something enjoyable tonight, so it's fine if I wake up."
2. "I'll be rewarded tomorrow with deeper sleep if I can be sure to get out of bed no later than my scheduled rise time."
3. "If I nap, I may or may not feel better, and I will have worse sleep tonight."

4.

5.

6.

7.

8.

9.

10.

worksheet 5.1 example: Gayle's Behavioral Plan for Improving Her Sleep

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Goals for the Week of <u>5/11-5/17</u> Check if you met your goal. ✓							
1. I'll leave my bedroom if I'm awake for thirty minutes or more.	✓	n/a	✓	✓	n/a	✓	✓
2. I'll use my bedroom for sleeping only (no Internet in my bedroom).	✓	✓	✓	✓		✓	✓
3. I won't attempt to nap unless it's necessary for my safety.		✓	✓	✓	✓	✓	✓
4. I'll get out of bed by 6:30 a.m.	✓	✓	✓	✓	✓	✓	
5. I'll get into bed no earlier than midnight.	✓		✓	✓	✓	✓	✓
6.							
7.							

worksheet 5.1: Your Behavioral Plan for Improving Your Sleep

Goals for the Week of _____ Check if you met your goal. ✓	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. I'll get out of bed by _____ a.m.							
2. I'll get into bed no earlier than _____ p.m.							
3.							
4.							
5.							
6.							
7.							

Be sure to add your plan from the previous chapter to the one in this chapter. The best chance for success is combining all of the strategies.

worksheet 5.2 example: Sleep Log Date range: 5/11–5/17

Info from Your Sleep Log	Mon	Tue	Wed	Thur	Fri	Sat	Sun
What time you got into bed	11:30	11:45	10:15	11:00	12:15	12:00	11:00
Number of minutes it took to fall asleep	30	90	120	15	30	45	30
Number of minutes spent awake during the night	45	60	90	15	45	30	15
What time you finally woke up for the day	4:45	6:00	7:00	5:00	6:15	5:45	6:30
What time you got out of bed	8:00	7:30	7:15	7:45	8:00	8:30	8:30

worksheet 5.3 example: How Much Sleep Is Your Body Currently Producing?

Sample calculation sheet (please see worksheet 5.2, “Example: Sleep Log,” on previous page)

Calculations	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1. Total time in bed (difference between time you got into bed and time you got out of bed) x 60	8.5 x 60 — 510	7.75 x 60 — 465	9 x 60 — 540	8.75 x 60 — 525	7.75 x 60 — 465	8.5 x 60 — 510	9.5 x 60 — 570
Calculate the average amount of time in bed by adding the numbers above and dividing them by the number of nights: $(510 + 465 + 540 + 525 + 465 + 510 + 570) \div 7 = 512$. Divide by 60 to convert to hours: $512 \div 60 = 8.5$ hours							
2a. Total time spent awake during the night (time to fall asleep + time awake during the night)	30 + 45 — 75	90 + 60 — 150	120 + 90 — 210	15 + 15 — 30	30 + 45 — 75	45 + 30 — 75	30 + 15 — 45
2b. Time awake in the morning (difference between time got out of bed and time woke up) x 60	3.25 x 60 — 195	1.5 x 60 — 90	.25 x 60 — 15	2.75 x 60 — 165	1.75 x 60 — 105	2.75 x 60 — 165	2 x 60 — 120

2c. Total time awake in bed (2a + 2b)	75 + 195 — 270	150 + 90 — 240	210 + 15 — 225	30 + 165 — 195	75 + 105 — 180	75 + 165 — 240	45 + 120 — 165
3. Total sleep time (total time in bed [1.] - total time awake in bed [2c.])	510 -270 — 240	465 -240 — 225	540 -225 — 315	525 -195 — 330	465 -180 — 285	510 -240 — 270	570 -165 — 405
4. Total average sleep time (total sleep time for all days ÷ number of days Example: $(240 + 225 + 315 + 330 + 285 + 270 + 405) \div 7 \text{ days} = 296 \text{ minutes}$. Divide by 60 to convert to hours: just under 5 hours (4.93).							

- i. My body regularly produces about 5 hours of sleep.
- ii. I spend around 8.5 hours in bed each night.
- iii. My target should be 5.5 hours in bed each night (take i and add 30 minutes).

worksheet 5.3: How Much Sleep Is Your Body Currently Producing?

Use your sleep log values over the past week to make the following calculations.

Calculations	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1. Total time in bed (difference between time you got in bed and time you got out of bed) x 60	x 60 _____						
Calculate the average amount of time in bed by adding the numbers above and dividing them by the number of nights: _____							
Divide by 60 to convert to hours: _____							
2a. Total time spent awake during the night (time to fall asleep + time awake during the night)	+ _____						
2b. Time awake in the morning (difference between time got out of bed and time woke up) x 60	x 60 _____						
2c. Total time awake in bed (2a + 2b)	+ _____						

3. Total sleep time (total time in bed [1.] - total time awake in bed [2c.])	—	—	—	—	—	—	—
4. Total average sleep time (total sleep time for all days ÷ number of days Divide by 60 to convert to hours.)							

- i. My body regularly produces about _____ hours of sleep.
- ii. I spend around _____ hours in bed each night.
- iii. My target should be _____ hours in bed each night (take i and add 30 minutes).

worksheet 6.1 example: Constructive Worrying

Concerns	Solutions
I need to get the car fixed now, but I won't have money until I get paid in two more weeks.	<ul style="list-style-type: none">• I can call my friend tomorrow morning and see if I can borrow some money.• I don't actually know how much it will cost, so I may have enough credit on my credit card.• I'll talk to the garage tomorrow about the cost and possible payment options. Maybe they'll accept a later payment?• I can look at the public transit schedule after I finish this exercise.• I can phone the payroll department and ask if there's a way to receive an advance.

worksheet 6.1: Constructive Worrying

Concerns	Solutions

worksheet 6.2: Relaxation Log

My goal this week is to practice _____ times for _____ minutes each.

Day of the Week	Did You Practice? Y = Yes N = No	Tension Before Practice Rate on a scale from 0 to 5 in which 0 = no tension, and 5 = extremely tense.	Tension After Practice Rate on a scale from 0 to 5 in which 0 = no tension, and 5 = extremely tense.

worksheet 7.1 example: Helen's Thought Worksheet

Situation	Mood	Distressing Thoughts or Images	Evidence the Most Distressing Thought Is True	Evidence the Most Distressing Thought May Not Be True	Balanced Alternative Thoughts	Current Mood Rating
Describe the situation in which the distressing thought arose.	Describe mood in one word and rate its intensity (0–100%).	Write any thoughts or images going through your mind. Does the thought activate fears about your well-being or how others may view you?	Circle the most distressing thought in the previous column. Write factual evidence for this distressing thought. Stay away from evidence that's not factual; for example, a thought that "feels" true is not factually true.	Write evidence that does not support this thought (have you had experiences showing that this thought isn't always true?).	Write a thought that better summarizes the evidence for the distressing thought.	Copy your feelings from column 2 and rerate their intensity.
Sitting on the couch alone, close to bedtime	Upset and anxious 90%	If I don't get my 8 hours of sleep, I'm useless.	I feel terrible after a bad night, so I might not be able to do my work.	I don't even know whether I'll get good sleep tonight.	Despite feeling bad at work, I do a good job 99.9% of the time.	Upset and anxious 50%
	Angry 80%	If I'm useless, I'll never be able to function at my meeting.	There was this one time when I got caught laying my head down on my desk.	I'm well-prepared for the meeting.	I've been to dozens of meetings after a bad night, and nothing bad ever happens.	Angry 40%

Situation	Mood	Distressing Thoughts or Images	Evidence the Most Distressing Thought Is True	Evidence the Most Distressing Thought May Not Be True	Balanced Alternative Thoughts	Current Mood Rating
		I'm going to look unprepared at my meeting.	It's hard to concentrate after a bad night.	Sometimes I get 8 hours of sleep and still am not at my best.	Predicting poor sleep may increase my chances of sleeping poorly.	
		I can see a humiliating image of me at my meeting.		I can usually "pull it together" for a meeting.	I would never tell someone I love, "You better get 8 hours of sleep or you'll be useless," because I know this wouldn't be helpful.	
		I see myself tossing and turning in bed.		I get good performance reviews at work even though I have insomnia.		

Safety Behavior Checklist

People with insomnia tend to engage in a variety of safety behaviors. Do you recognize any of these?

- Canceling appointments after a poor night's sleep
 - Trying to suppress or avoid certain thoughts
 - Trying to keep images from appearing in your mind as you try to sleep
 - Drinking alcohol when something upsetting comes to mind
 - Taking a sleeping pill if you notice tension or physical sensations associated with being unable to sleep
 - Avoiding interacting with people after a poor night's sleep
 - Engaging in any behavior aimed at reducing an unpleasant thought or feeling related to insomnia
-

HELEN'S WORRIES ABOUT SLEEP

1. *If I don't get eight hours, I'll be useless.*
And then what?
2. *I won't be able to get my work done.*
And then what?
3. *I could get into trouble at work.*
And then what?
4. *I would feel humiliated. Plus, I could potentially get fired.*
And then what?
5. *I wouldn't be able to pay my bills.*
And then what?
6. *I could get evicted.*
And then what?
7. *I could wind up homeless.*
And then what?

MY WORRIES ABOUT SLEEP

1. _____
And then what?
2. _____
And then what?
3. _____
And then what?
4. _____
And then what?
5. _____
And then what?
6. _____
And then what?
7. _____
And then what?

worksheet 7.1: Thought Worksheet

Complete this worksheet whenever you experience a distressing sleep-related thought.

Situation	Mood	Distressing Thoughts or Images	Evidence the Most Distressing Thought Is True	Evidence the Most Distressing Thought May Not Be True	Balanced Alternative Thoughts	Current Mood Rating
Describe the situation in which the distressing thought arose.	Describe mood in one word and rate its intensity (0–100%).	Write any thoughts or images going through your mind. Does the thought activate fears about your well-being or how others may view you?	Circle the most distressing thought in the previous column. Write factual evidence for this distressing thought. Stay away from evidence that's not factual; for example, a thought that “feels” true is not factually true.	Write evidence that does not support this thought (have you had experiences showing that this thought isn't always true?).	Write a thought that better summarizes the evidence for the distressing thought.	Copy your feelings from column 2 and re-rate their intensity.

worksheet 7.2: Changing Safety Behaviors

Safety Behavior	What Message Are You Sending Yourself by Engaging in This Behavior?	What Will You Do to Show That It's Not True?	Result of the Experiment
<p><i>Example:</i> I take a sleeping pill in the middle of the night when I notice I'm worked up.</p>	<p>It sends a message that I've lost all confidence in my ability to sleep.</p> <p>It also says that I don't think I can cope with feeling worked up.</p>	<p>I'll refrain from taking the pill in the middle of the night and see what happens.</p>	<p>I felt better during the day and less groggy on the days I didn't take the pill.</p> <p>Even though it was initially frightening not to take the pill, I noticed that if I took the pill, I tended to fall back to sleep only a few minutes sooner than on the nights when I just waited it out.</p>
1.			
2.			
3.			
4.			

worksheet 7.3: Alternative Reasons for Fatigue

Rate the probability that the following reasons account for some of your fatigue.

Likelihood 0–100%	Reasons for Fatigue
	Taking medications that have fatigue or drowsiness as a side effect
	Boredom or low stimulation
	Dehydration
	Caffeine rebound
	Spending too much time in bed
	Negative mood
	Diet
	Chronic stress
	Depression
	Pain
	Anxiety
	Inactivity
	Overactivity or physical exertion
	Lack of physical conditioning, excess weight, or both
	Cardiovascular disease
	Eye strain
	Constipation
	Low iron levels (anemia)
	Candida
	Infections
	Medical conditions, such as hypothyroidism
	Post-lunch dip in body temperature
	Other reasons: _____

worksheet 8.1 example: Gayle's Behavioral Plan for Improving Her Sleep

Goals for the Week of <u>5/18-5/24</u> Check if you met your goal. ✓	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. I'll leave my bedroom if I'm awake for thirty minutes or more.	✓	n/a	✓	✓	n/a	✓	✓
2. I'll use my bedroom for sleeping only (no Internet in my bedroom).	✓	✓	✓	✓		✓	✓
3. I won't attempt to nap unless it's necessary for my safety.	✓	✓	✓	✓	✓	✓	✓
4. I won't cancel appointments after a poor night's sleep.	✓	✓	✓		✓	✓	✓
5. I'll restrict my caffeine consumption to one cup a day and never after 4:00 p.m.	✓	✓	✓	✓	✓	✓	✓
6.							
7.							

worksheet 8.1: Your Behavioral Plan for Improving Your Sleep

Goals for the Week of _____ Check if you met your goal. ✓	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.							
2.							
3.							
4.							
5.							
6.							
7.							

worksheet 8.2: Changing Safety Behaviors

Safety Behavior	What Message Are You Sending Yourself by Engaging in This Behavior?	What Will You Do to Show That It's Not True?	Result of the Experiment
<p><i>Example:</i> I take a sleeping pill in the middle of the night when I notice I'm worked up.</p>	<p>It sends a message that I've lost all confidence in my ability to sleep.</p> <p>It also says that I don't think I can cope with feeling worked up.</p>	<p>I'll refrain from taking the pill in the middle of the night and see what happens.</p>	<p>I felt better during the day and less groggy on days I didn't take the pill.</p> <p>Even though it was initially frightening not to take the pill, I noticed that if I took the pill, I tended to fall back to sleep only a few minutes sooner than on nights when I just waited it out.</p>
1.			
2.			
3.			
4.			

worksheet 9.1 example: Thought Worksheet

Situation	Mood	Distressing Thoughts or Images	Evidence the Most Distressing Thought Is True	Evidence the Most Distressing Thought May Not Be True	Balanced Alternative Thoughts	Current Mood Rating
Describe the situation in which the distressing thought arose.	Describe mood in one word and rate its intensity (0–100%)	Write any thoughts or images going through your mind. Does this thought activate fears about your well-being or how others may view you?	Circle the most distressing thought in the previous column. Write factual evidence for this distressing thought. Stay away from evidence that's not factual; for example, a thought that "feels" true is not factually true.	Write evidence that doesn't support this thought; have you had experiences that show that this thought isn't true 100% of the time?	Write a thought that better summarizes the evidence for the distressing thought.	Copy your feelings from column 2. Rerate the intensity of the feelings.
Slept in again today.	Angry with self (90%)	I'm useless.	I haven't been able to follow the rise-time recommendation at all.	I followed the recommendation three times during the first week.	Although I've had trouble following one of the recommendations this week, this doesn't mean I'm useless.	Angry with self (40%)
	Depressed (80%)	I can't even get out of bed.	I napped one day last week.	I've followed other recommendations this week.	I'll feel more motivated if I refrain from harsh self-criticism.	Depressed (20%)
		Got an image of my dad yelling at me when I was a little kid for screwing up.	It seems that whenever I put my mind to something, I can only stick to it for a week.	My daughter doesn't think I'm useless. I do a pretty good job of taking care of her on my own.		
		Why can't I follow these simple rules?		Not following a treatment probably doesn't mean that I'm completely useless.		
		I'll always have sleep problems.		I wouldn't think my friend was useless if he had trouble getting out of bed in the morning.		

worksheet 9.1: Activity Log Week of _____

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
	Activity/ Mood (0–100%)	Activity/ Mood (0–100%)	Activity/ Mood (0–100%)	Activity/ Mood (0–100%)	Activity/ Mood (0–100%)	Activity/ Mood (0–100%)	Activity/ Mood (0–100%)
Example: 8:00 a.m.	Drove kids to school (80% happy)	Slept in (30% depressed)	Canceled lunch with friends (60% anxious)	Drove kids to school (60% happy)	Watched TV (90% tired)	Watched TV (90% tired)	Went to church (40% nervous)
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
noon							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
9:00 p.m.							
10:00 p.m.							
11:00 p.m.							
midnight							

worksheet 9.2: Enjoying Your Morning

Are you having trouble getting out of bed in the morning? If so, it may help to identify what you see as the barrier. For example:

- Don't want to face the day?
- Too comfy in bed?
- Hate mornings?
- Not a morning person?
- Believe you have nothing to look forward to?
- Are you convinced that you may be able to fall asleep again?

These are all common problems. Coming up with a good solution will improve your ability to follow through with getting out of bed in the morning. Following are some solutions that our clients have found helpful. The best solution is one that comes from you, so we hope this list inspires you to come up with your own solution. Many of these solutions involve scheduling something pleasurable in the morning.

Possible Solutions:

- Go directly into the shower to increase alertness.
- Make yourself a special breakfast.
- Treat yourself by buying or brewing your favorite coffee or tea.
- Go out for breakfast; think about making it a weekly ritual.
- Take your dog for a walk, or if you don't have a dog, go by yourself. Fresh air will make you feel less groggy, and the sun exposure is good for your body clock. (Your dog will thank you!)
- If you enjoy a fancy coffee, treat yourself to an espresso machine or a deluxe coffee maker to make mornings more special.
- Schedule a visit with a friend.
- Put the comforter or quilt from your bed in your favorite chair in the house. Moving from a cozy bed to a comfy chair will ease the transition.
- Remind yourself that if you get any more sleep, it will be light sleep at best, because for most of us, extra sleep in the morning tends to be light.

- _____

worksheet 9.3: Nightmare Log

Day of the Week: (When you woke from a nightmare)	Example: <i>Monday</i>								
Calendar Date:	3/25/05								
I had ____ total nightmares last night.	4								
Rate the intensity of each nightmare on a 10-point scale, in which 1 = not at all disturbing, 5 = moderately disturbing, and 10 = extremely disturbing.									
Nightmare 1	2								
Nightmare 2	5								
Nightmare 3	1								
Nightmare 4	8								
Nightmare 5									
Nightmare 6									
Sum of Nightmare Ratings:	16								
I was awakened from sleep by nightmares ____ times.	2								
My awakenings due to nightmares lasted ____ minutes (list each awakening separately).	20 min. 45 min.								
I would rate the quality of last night's sleep as:	2								
1 = very poor, 2 = poor, 3 = fair, 4 = good, or 5 = excellent.									

appendix: resources

Many different resources are available for those who have insomnia along with depression, anxiety, and pain. We've compiled a list that may help you find good resources, including some general websites that are aligned with the therapy described in this book (cognitive behavioral therapy). Such sites may provide information and referrals.

Association for Behavioral and Cognitive Therapies (ABCT): ABCT (www.abct.org) is a group dedicated to promoting scientifically supported therapies. At their website, selecting the tab labeled "The Public" gives you access to information about various conditions, including insomnia, depression, anxiety, and pain; information about effective therapies; and a cognitive behavioral therapist locator.

Academy of Cognitive Therapy (ACT): ACT (info@academyofct.org) provides referrals to certified therapists.

American Academy of Cognitive and Behavioral Psychology: AACBP (www.americanacademyofbehavioralpsychology.org/AABP/FellowDirectory.htm) can provide referrals to board-certified psychologists who specialize in cognitive behavioral therapy.

resources for insomnia

A variety of resources are available for insomnia, including self-help books, support groups, and websites. Following is a list of some popular insomnia resources.

Self-Help Books for Insomnia

- Edinger, J. D., and C. E. Carney. 2008. *Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach Workbook*. New York: Oxford University Press.
- Glovinsky, P., and A. Spielman. 2006. *The Insomnia Answer: A Personalized Program for Identifying and Overcoming the Three Types of Insomnia*. New York: Perigee Books.
- Hauri, P. J., and S. Linde. 1996. *No More Sleepless Nights*. New York: John Wiley and Sons.
- Jacobs, G. D. 1998. *Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed at Harvard Medical School*. New York: Henry Holt and Company.
- Morin, C. M. 1996. *Relief from Insomnia: Getting the Sleep of Your Dreams*. New York: Doubleday.

Books About Sleep

- Dement, W. C., and Vaughan, C. 2000. *The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep*. New York: Dell Publishing.
- Lavie, P. 1998. *The Enchanted World of Sleep*. Trans. A. Berris. New Haven, CT: Yale University Press.

Web Resources for Insomnia

National Institutes of Health (NIH): Find the NIH State-of-the-Science Conference Statement on Manifestations and Management of Chronic Insomnia in Adults, June 13 to 15, 2005, at their website consensus.nih.gov/2005/2005InsomniaSOS026html.htm.

National Heart, Lung, and Blood Institute: At their website select “Diseases & Conditions Index” and look for “Insomnia,” then select “Sleep Information” and look for “Your Guide to Healthy Sleep” (www.nhlbi.nih.gov/health).

National Sleep Foundation: www.sleepfoundation.org.

Journal of the American Medical Association (JAMA): jama.ama-assn.org/cgi/content/full/295/24/2952.

American Academy of Sleep Medicine: www.aasmnet.org.

Knol on Insomnia: <http://knol.google.com/k/rachel-manber/insomnia>

self-help books for depression

Bieling, P. J., and M. M. Antony. 2003. *Ending the Depression Cycle: A Step-by-Step Guide for Preventing Relapse*. Oakland, CA: New Harbinger Publications.

Burns, D. D. 1999. *Feeling Good: The New Mood Therapy*. Revised ed. New York: Avon Books.

Greenberger, D., and C. A. Padesky. 1995. *Mind Over Mood: Change How You Feel by Changing the Way You Think*. New York: The Guilford Press.

Strosahl, K. D., and P. J. Robinson. 2008. *The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living*. Oakland, CA: New Harbinger Publications.

Web Resources for Depression

Depression and Bipolar Support Alliance: www.dbsalliance.org.

National Alliance on Mental Illness: www.nami.org.

Mood Disorders Society of Canada: www.mooddisorderscanada.ca.

self-help books for anxiety

Antony, M. M., and R. E. McCabe. 2004. *10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, and Reclaim Your Life*. Oakland, CA: New Harbinger Publications.

- Antony, M. M., and R. P. Swinson. 2008. *The Shyness and Social Anxiety Workbook: Proven Step-by-Step Techniques for Overcoming Your Fear*. 2nd ed. Oakland, CA: New Harbinger Publications.
- . 2009. *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism*. 2nd ed. Oakland, CA: New Harbinger Publications.
- Asmundson, G. J. G., and S. Taylor. 2005. *It's Not All in Your Head: How Worrying About Your Health Could Be Making You Sick—And What You Can Do About It*. New York: The Guilford Press.
- Barlow, D. H., and M. G. Craske. 2007. *Mastery of Your Anxiety and Panic Workbook*. 4th ed. New York: Oxford University Press.
- Bourne, E. J. 2005. *The Anxiety and Phobia Workbook*. 4th ed. Oakland, CA: New Harbinger Publications.
- Bourne, E. J., and L. Garano. 2003. *Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear, and Worry*. Oakland, CA: New Harbinger Publications.
- Gyoerkoe, K. L., and P. S. Wiegartz. 2006. *10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life*. Oakland, CA: New Harbinger Publications.
- Hope, D. A., R. G. Heimberg, H. R. Juster, and C. L. Turk. 2000. *Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach—Client Workbook*. New York: Oxford University Press.
- Kabat-Zinn, J. 1990. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Dell Publishing.
- Purdon, C., and D. A. Clark. 2005. *Overcoming Obsessive Thoughts: How to Gain Control of Your OCD*. Oakland, CA: New Harbinger Publications.
- Rothbaum, B. O., E. B. Foa, and E. A. Hembree. 2007. *Reclaiming Your Life from a Traumatic Experience: Workbook*. New York: Oxford University Press.

Web Resources for Anxiety

Anxiety Disorders Association of America: www.adaa.org.

Anxiety Disorders Association of Canada: www.anxietycanada.ca.

NIMH Anxiety Disorders brochure: www.nimh.nih.gov/health/publications/anxiety-disorders/summary.shtml.

Anxieties.com: www.anxieties.com.

Freedom From Fear: www.freedomfromfear.org.

self-help books for chronic pain

Currie, S., and K. Wilson. 2002. *60 Second Sleep-Ease: Quick Tips to Get a Good Night's Rest*. Far Hills, NJ: New Horizon Press.

Friedberg, F. 2006. *Fibromyalgia and Chronic Fatigue Syndrome: 7 Proven Steps to Less Pain and More Energy*. Oakland, CA: New Harbinger Publications.

Gardner-Nix, J. 2009. *The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management*. Oakland, CA: New Harbinger Publications.

Lewandowski, M. J. 2006. *The Chronic Pain Care Workbook: A Self-Treatment Approach to Pain Relief Using the Behavioral Assessment of Pain Questionnaire*. Oakland, CA: New Harbinger Publications.

Web Resources for Chronic Pain

Pain Connection: www.painconnection.org.

American Pain Foundation: www.painfoundation.org.

American Chronic Pain Association: www.theacpa.org.

National Institute of Arthritis and Musculoskeletal and Skin Diseases: www.niams.nih.gov.

Exercise: A Guide from the National Institute on Aging: weboflife.nasa.gov/exerciseandaging/toc.html.

American Pain Society: www.ampainsoc.org.

International Association for the Study of Pain: www.iasp-pain.org.

American College of Rheumatology: www.rheumatology.org.

The American Fibromyalgia Syndrome Association: www.afsafund.org.

resources for quitting smoking

Many effective treatments are available to help you stop smoking, and your family doctor may be a good resource for additional info or for finding a local support group. Here's an online support group to try: www.quitsmokingsupport.com. Following is a helpful publication.

Antonuccio, D. O. 1992. *Butt Out: The Smoker's Book: A Compassionate Guide to Helping Yourself Quit Smoking, With or Without a Partner*. Saratoga, CA: R & E Publishing.

resources for communicating needs in a relationship

Relationship issues can frequently play a role in your ability to stick to this treatment. In some cases relationship conflict creates stress and interferes with sleep. Sometimes a partner's habits (for example, leaving the television on throughout the night) or medical condition (such as snoring or sleep apnea) may directly affect your sleep. In other cases, your bed partner may object to the parts of this treatment that could potentially affect his or her sleep. Following are some helpful publications, but also consider enlisting the help of a therapist who has an expertise in relationship issues.

Christensen, A., and N. S. Jacobson. 2000. *Reconcilable Differences*. New York: The Guilford Press.

Davis, M., K. Paleg, and P. Fanning. 2004. *The Messages Workbook: Powerful Strategies for Effective Communication at Work and Home*. Oakland, CA: New Harbinger Publications.

Paterson, R. J. 2000. *The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships*. Oakland, CA: New Harbinger Publications.

references

- Adamson, J., and J. A. Burdick. 1973. Sleep of dry alcoholics. *Archives of General Psychiatry* 28 (1):146–49.
- Agargün, M. Y., H. Kara, and M. Solmaz. 1997. Sleep disturbances and suicidal behavior in patients with major depression. *Journal of Clinical Psychiatry* 58 (6):249–51.
- American Psychiatric Association (APA). 2000. Diagnostic and Statistical Manual of Mental Disorders, 4th ed., text rev. (DSM-IV-TR). Washington, DC: American Psychiatric Association.
- Aschoff, J., and R. Wever. 1981. The circadian system of man. In *Biological rhythms: Handbook of behavioral neurobiology*, ed. J. Aschoff, 311–31. New York: Plenum Press.
- Benloucif, S., L. Orbeta, R. Ortiz, I. Janssen, S. I. Finkel, J. Bleiberg, and P. C. Zee. 2004. Morning or evening activity improves neuropsychological performance and subjective sleep quality in older adults. *Sleep* 27 (8):1542–51.
- Bonnet, M. B. 2005. Burden of chronic insomnia on the individual. Paper presented at National Institutes of Health State-of-the-Science Conference Statement: Manifestations and Management of Chronic Insomnia in Adults the National Institutes of Health, June 13, Bethesda, MD.

- Bonnet, M. H., and D. L. Arand. 1995. 24-hour metabolic rate in insomniacs and matched normal sleepers. *Sleep* 18 (7):581–88.
- . 1996. Insomnia, nocturnal sleep disruption, daytime fatigue: The consequences of a week of insomnia. *Sleep* 19 (6):453–61.
- . 2007. EEG arousal norms by age. *Journal of Clinical Sleep Medicine* 3 (3):271–74.
- Bootzin, R. R. 1972. Stimulus control treatment for insomnia. *Proceedings of the 80th Annual Meeting of the American Psychological Association* 7:395–96.
- Bootzin, R. R., and P. M. Nicassio. 1978. Behavioral treatments for insomnia. In *Progress in behavior modification*, vol. 6, ed. M. Hersen, R. Eissler, and P. Miller, 1–45. New York: Academic Press.
- Borbély, A. A. 1982. A two-process model of sleep regulation. *Human Neurobiology* 1 (3):195–204.
- Borkovec, T. D., and B. L. Hennings. 1978. The role of physiological attention-focusing in the relaxation treatment of sleep disturbance, general tension, and specific stress reaction. *Behaviour Research and Therapy* 16 (1):7–19.
- Buscemi, N., B. Vandermeer, R. Pandya, N. Hooton, L. Tjosvold, L. Hartling, G. Baker, S. Vohra, and T. Klassen. 2004. Melatonin for treatment of sleep disorders. *Evidence Report: Technology Assessment* 108:1–7.
- Buysse, D. J., C. F. Reynolds III, D. J. Kupfer, M. J. Thorpy, E. Bixler, R. Manfredi, A. Kales, A. Vgontzas, E. Stepanski, T. Roth, P. Hauri, and D. Mesiano. 1994. Clinical diagnoses in 216 insomnia patients using the International Classification of Sleep Disorders (ICSD), DSM-IV, and ICD-10 categories: A report from the APA/NIMH DSM-IV Field Trial. *Sleep* 17 (7):630–7.
- Buysse, D. J., X. M. Tu, C. R. Cherry, A. E. Begley, J. Kowalski, D. J. Kupfer, and E. Frank. 1999. Pretreatment REM sleep and subjective sleep quality distinguish depressed psychotherapy remitters and nonremitters. *Biological Psychiatry* 45 (2):205–13.
- Canals, J., E. Domènech, G. Carbajo, and J. Bladè. 1997. Prevalence of DSM-III-R and ICD-10 psychiatric disorders in a Spanish population of 18-year-olds. *Acta psychiatrica Scandinavica* 96 (4):287–94.
- Carney, C. E., and J. D. Edinger. 2006. Identifying critical beliefs about sleep in primary insomnia. *Sleep* 29 (4):444–53.
- Carney, C. E., J. D. Edinger, B. Meyer, L. Lindman, and T. Istre. 2006. Daily activities and sleep quality in college students. *Chronobiology International* 23 (3):623–37.

- Carney, C. E., Z. V. Segal, J. D. Edinger, and A. D. Krystal. 2007. A comparison of rates of residual insomnia symptoms following pharmacotherapy or cognitive behavioral therapy for major depressive disorder. *Journal of Clinical Psychiatry* 68 (2):254–60.
- Carney, C. E., and W. F. Waters. 2006. Effects of a structured problem-solving procedure on pre-sleep cognitive arousal in college students with insomnia. *Behavioral Sleep Medicine* 4 (1):13–28.
- Chambless, D. L., M. J. Baker, D. H. Baucom, L. E. Beutler, K. S. Calhoun, P. Crits-Christoph, A. Daiuto, R. DeRubeis, J. Detweiler, D. A. F. Haaga, S. B. Johnson, S. McCurry, K. T. Mueser, K. S. Pope, W. C. Sanderson, V. Shoham, T. Stickle, D. A. Williams, and S. R. Woody. 1998. Update on empirically validated therapies II. *The Clinical Psychologist* 51 (1):3–21.
- Clinical Practice Guideline Treating Tobacco Use and Dependence 2008 Update Panel, Liaisons, and Staff. 2008. A clinical practice guideline for treating tobacco use and dependence: 2008 Update—A U.S. Public Health Service report. *American Journal of Preventive Medicine* 35 (2):158–76.
- Craske, M. G., and S. Freed. 1995. Expectations about arousal and nocturnal panic. *Journal of Abnormal Psychology* 104 (4):567–75.
- Downey, III, R., and M. H. Bonnet. 1992. Training subjective insomniacs to accurately perceive sleep onset. *Sleep* 15 (1):58–63.
- Drummond, S. P., J. C. Gillin, and T. L. Smith, and A. DeModena. 1998. The sleep of abstinent pure primary alcoholic patients: Natural course and relationship to relapse. *Alcoholism: Clinical and Experimental Research* 22 (8):1796–1802.
- Edinger, J. D., W. K. Wohlgemuth, R. A. Radtke, G. R. Marsh, and R. E. Quillian. 2001. Cognitive behavioral therapy for treatment of chronic primary insomnia: A randomized controlled trial. *Journal of the American Medical Association* 285 (14):1856–64.
- España, R. A. and T. E. Scammell. 2004. Sleep neurobiology for the clinician. *Sleep* 27 (4):811–20.
- Espie, C. A., N. M. Broomfield, K. M. A. MacMahon, L. M. Macphee, and L. M. Taylor. 2006. The attention-intention-effort pathway in the development of psychophysiologic insomnia: A theoretical review. *Sleep Medicine Reviews* 10 (4):215–45.
- Foley, D. J., A. Monjan, S. L. Brown, E. M. Simonsick, R. B. Wallace, and D. G. Blazer. 1995. Sleep complaints among elderly persons: An epidemiologic study of three communities. *Sleep* 18 (6):425–32.
- Ford, D. E., and D. B. Kamerow. 1989. Epidemiologic study of sleep disturbances in psychiatric disorders: An opportunity for prevention? *Journal of the American Medical Association* 262 (11):1479–84.

- Foster, J. H., and T. J. Peters. 1999. Impaired sleep in alcohol misusers and dependent alcoholics, and the impact upon outcome. *Alcoholism: Clinical and Experimental Research* 23 (6):1044–51.
- Fulcher, K. Y., and P. D. White. 1997. Randomized controlled trial of graded exercise in patients with the chronic fatigue syndrome. *British Medical Journal* 314 (7095):1647–52.
- Goodman, J. D., C. Brodie, and G. A. Ayida. 1988. Restless leg syndrome in pregnancy. *British Medical Journal* 297 (6656):1101–02.
- Gortner, E. T., J. K. Gollan, K. S. Dobson, and N. S. Jacobson. 1998. Cognitive-behavioral treatment for depression: Relapse prevention. *Journal of Consulting and Clinical Psychology* 66 (2):377–84.
- Greenblatt, D. J. 1992. Pharmacology of benzodiazepine hypnotics. *Journal of Clinical Psychiatry* 53 (Suppl.):7–13.
- Harvey, A. G., and C. Farrell. 2003. The efficacy of a Pennebaker-like writing intervention for poor sleepers. *Behavioral Sleep Medicine* 1 (2):115–23.
- Horne, J. A., and O. Östberg. 1976. A self-assessment questionnaire to determine morningness-eveningness in human circadian rhythms. *International Journal of Chronobiology* 4 (2):97–110.
- Johnson, C. H. 1990. *An Atlas of Phase Response Curves for Circadian and Circatidal Rhythms*. Nashville, TN: Vanderbilt University Department of Biology.
- Levey, A. B., J. A. Aldaz, F. N. Watts, and K. Coyle. 1991. Articulatory suppression and the treatment of insomnia. *Behaviour Research and Therapy* 29 (1):85–89.
- Lewinsohn, P. M., and J. Libet. 1972. Pleasant events, activity schedules, and depressions. *Journal of Abnormal Psychology* 79 (3):291–95.
- Lichstein, K. L., and T. L. Rosenthal. 1980. Insomniacs' perceptions of cognitive versus somatic determinants of sleep disturbance. *Journal of Abnormal Psychology* 89 (1):105–07.
- Manber, R., J. D. Edinger, J. L. Gress, M. G. San Pedro-Salcedo, T. F. Kuo, and T. Kalista. 2008. Cognitive behavioral therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia. *Sleep* 31 (4):489–95.
- Matt, G. E., C. Vázquez, and W. K. Campbell. 1992. Mood-congruent recall of affectively toned stimuli: A meta-analytic review. *Clinical Psychology Review* 12 (2):227–55.
- Mendelson, W. B., T. Roth, J. Cassella, T. Roehrs, J. K. Walsh, J. H. Woods, D. J. Buysse, and R. E. Meyer. 2004. The treatment of chronic insomnia: Drug indications, chronic use, and abuse liability—Summary of a 2001 New Clinical Drug Evaluation Unit meeting symposium. *Sleep Medicine Reviews* 8 (1):7–17.

- Moldofsky, H., P. Scarisbrick, R. England, and H. Smythe. 1975. Musculoskeletal symptoms and non-REM sleep disturbance in patients with “fibrositis syndrome” and healthy subjects. *Psychosomatic Medicine* 37 (4):341–51.
- Moore, R. Y. 1994. Organization of the mammalian circadian system. In *Circadian clocks and their adjustment*, ed. J. M. Waterhouse, 88–99. Chichester, West Sussex, UK: John Wiley and Sons.
- Morin, C. M. 1993. *Insomnia: Psychological Assessment and Management*. New York: The Guilford Press.
- Morin, C. M., R. R. Bootzin, D. J. Buysse, J. D. Edinger, C. A. Espie, and K. L. Lichstein. 2006. Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998–2004). *Sleep* 29 (11):1398–1414.
- Morin, C. M., C. Colecchi, J. Stone, R. Sood, and D. Brink. 1999. Behavioral and pharmacological therapies for late-life insomnia: A randomized controlled trial. *Journal of the American Medical Association* 281 (11):991–99.
- Morin, C. M., U. Koetter, C. Bastien, J. C. Ware, and V. Wooten. 2005. Valerian-hops combination and diphenhydramine for treating insomnia: A randomized placebo-controlled clinical trial. *Sleep* 28 (11):1465–71.
- National Institutes of Health. 2005. State of the Science Conference statement: Manifestations and management of chronic insomnia in adults. *Sleep* 28 (9):1049–57.
- National Safety Council. 2001. *Injury Facts*. Itasca, IL: National Safety Council.
- Nofzinger, E. A., C. Nissen, A. Germain, D. Moul, M. Hall, J. C. Price, and J. M. Miewald, and D. J. Buysse. 2006. Regional cerebral metabolic correlates of WASO during NREM sleep in insomnia. *Journal of Clinical Sleep Medicine* 2 (3):316–22.
- Ohayon, M. M. 2002. Epidemiology of insomnia: What we know and what we still need to learn. *Sleep Medicine Reviews* 6 (2):97–111.
- Perlis, M. L., D. E. Giles, D. J. Buysse, X. Tu, and D. J. Kupfer. 1997. Self-reported sleep disturbance as a prodromal symptom in recurrent depression. *Journal of Affective Disorders* 42 (2–3):209–12.
- Philips, H. C. 1987. Avoidance behaviour and its role in sustaining chronic pain. *Behaviour Research and Therapy* 25: 273–79.
- Rains, J. C. 2008. Chronic headache and potentially modifiable risk factors: Screening and behavioral management of sleep disorders. *Headache* 48 (1):32–39.
- Ree, M. J., A. G. Harvey, R. Blake, N. K. Tang, and M. Shawe-Taylor. 2005. Attempts to control unwanted thoughts in the night: Development of the thought control questionnaire-insomnia revised (TCQI-R). *Behaviour Research and Therapy* 43 (8):985–98.

- Reynolds III, C. F., and D. J. Kupfer. 1987. Sleep research in affective illness: State of the art circa 1987. *Sleep* 10 (3):199–215.
- Roehrs, T., M. Hyde, B. Blaisdell, M. Greenwald, and T. Roth. 2006. Sleep loss and REM sleep loss are hyperalgesic. *Sleep* 29 (2):145–51.
- Roehrs, T., and T. Roth. 2001. Sleep, sleepiness, sleep disorders, and alcohol use and abuse. *Sleep Medicine Reviews* 5 (4):287–97.
- Roy-Byrne, P. P., T. W. Uhde, and R. M. Post. 1986. Effects of one night's sleep deprivation on mood and behavior in panic disorder: Patients with panic disorder compared with depressed patients and normal controls. *Archives of General Psychiatry* 43 (9):895–99.
- Sachs, G. S. 2003. Unmet clinical needs in bipolar disorder. *Journal of Clinical Psychopharmacology* 23 (3, Suppl. 1):2–8.
- Salkovskis, P. M. 1991. The importance of behaviour in the maintenance of anxiety and panic: A cognitive account. *Behavioural Psychotherapy* 19:6–19.
- Schulz, H., C. Stolz, and J. Müller. 1994. The effect of valerian extract on sleep polygraphy in poor sleepers: A pilot study. *Pharmacopsychiatry* 27 (4):147–51.
- Smith, M. T., M. L. Perlis, A. Park, M. S. Smith, J. Pennington, D. E. Giles, and D. J. Buysse. 2002. Comparative meta-analysis of pharmacotherapy and behavior therapy for persistent insomnia. *American Journal of Psychiatry* 159 (1):5–11.
- Spielman, A. J., P. Saskin, and M. J. Thorpy. 1987. Treatment of chronic insomnia by restriction of time in bed. *Sleep* 10 (1):45–55.
- Sun, E. R., C. A. Chen, G. Ho, C. J. Earley, and R. P. Allen. 1998. Iron and the restless legs syndrome. *Sleep* 21 (4):371–77.
- Tang, N. K., and C. Crane. 2006. Suicidality in chronic pain: A review of the prevalence, risk factors, and psychological links. *Psychological Medicine* 36 (5):575–86.
- Thase, M. E. 1998. Depression, sleep, and antidepressants. *Journal of Clinical Psychiatry* 59 (Suppl. 4):55–65.
- Thase, M. E., A. D. Simons, and C. F. Reynolds III. 1996. Abnormal electroencephalographic sleep profiles in major depression: Association with response to cognitive behavior therapy. *Archives of General Psychiatry* 53 (2):99–108.
- U.S. Food and Drug Administration (FDA). 2007. FDA Requests Label Change For All Sleep Disorder Drug Products. www.fda.gov/bbs/topics/NEWS/2007/NEW01587.html. Accessed May 21, 2009.
- Van Cauter, E., and F. W. Turek. 1995. Endocrine and other biological rhythms. In *Endocrinology*, 3rd ed., ed. L. J. DeGroot, 2487–548. Philadelphia, PA: WB Saunders.

- Verbeek, I., K. Schreuder, and G. Declerck. 1999. Evaluation of short-term nonpharmacological treatment of insomnia in a clinical setting. *Journal of Psychosomatic Research* 47 (4):369–83.
- Vitiello, M. V. 1997. Sleep, alcohol, and alcohol abuse. *Addiction Biology* 2:151–58.
- Wahlstrom, K. L. 2002. Accommodating the sleep patterns of adolescents within current educational structures: An uncharted path. In *Adolescent sleep patterns: Biological, sociological, and psychological influences*, ed. M. L. Carskadon, 172–197. Cambridge, UK: Cambridge University Press.
- Waters, W. F., M. J. Hurry, P. G. Binks, C. E. Carney, L. E. Lajos, K. H. Fuller, B. Betz, J. Johnson, T. Anderson, and J. M. Tucci. 2003. Behavioral and hypnotic treatments for insomnia subtypes. *Behavioral Sleep Medicine* 1 (2):81–101.
- Watson, N. F., J. Goldberg, L. Arguelles, and D. Buchwald. 2006. Genetic and environmental influences on insomnia, daytime sleepiness, and obesity in twins. *Sleep* 29 (5):645–49.
- Weissman, M. M., S. Greenwald, G. Niño-Murcia, and W. C. Dement. 1997. The morbidity of insomnia uncomplicated by psychiatric disorders. *General Hospital Psychiatry* 19 (4):245–50.
- Winkelmann, J., B. Muller-Myhsok, H.-U. Wittchen, B. Hock, M. Prager, H. Pfister, A. Strohle, I. Eisensehr, M. Dichgans, T. Gasser, and C. Trenkwalder. 2002. Complex segregation analysis of restless legs syndrome provides evidence for an autosomal dominant mode of inheritance in early age at onset families. *Annals of Neurology* 52 (3):297–302.
- Zayfert, C., and J. C. DeViva. 2004. Residual insomnia following cognitive behavioral therapy for PTSD. *Journal of Traumatic Stress* 17 (1):69–73.