

Treatment Map Checklist for Insomnia

Draft 10-9-2017

A. Initial Discussion

1. Nature of problem
2. Short-term vs chronic
3. Prior treatment attempts
4. Sleep education

B. Broad First Issues (40)

38. Organization of daily life

- 35. Sunday night insomnia
- 26. Night shift
- 31. Variable shift
- 28. Sleep phase disorder

C. General Issues (40)

- 6. Medical disorders
- 7. Medications
- 8. Caffeine, alcohol, and other drugs
- 5. Sleep environment
- 33. Life stresses and responsibilities
- 9. Diet and weight
- 23. Exercise
- 12. Movement
- 32. Naps

10 Psychological Issues
14 Sleep State Misperception

D. Direct Treatment of Insomnia (11)

D1: Problems Falling Asleep (17)

D2: Waking Too Early (47)

- 25. Adjust schedule
- 20. Limit use of the bedroom
- 27. Deal with morning light
- 36. Stop sleep medications
- 21. Find ways to unwind
- 23. Exercise regularly
- 24. Try relaxation techniques
- 39. Try yoga
- 5. Check bedroom conditions
- 28. Deal with any sleep phase issues

D3: Interrupted sleep (48)

- Re-consider Part C issues
- 41. Try passive observation
- 30. Interruption management
- 29. Use sleep restriction
- 34. Stimulus control

Being anxious and obsessing (44)

- 20. Limit use of the bedroom
- 19. Set aside worry-time
- 37. Develop bedtime rituals
- 39. Try yoga
- 41. Try passive observation
- 18. Have a buffer period before bed
- 24. Use relaxation techniques
- 36. Consider temporary medication

Energized and Physiologically Restless (45)

- 18. Have a buffer period before bed
- 39. Use yoga
- 19. Set aside worry time
- 37. Develop bedtime rituals
- 24. Use relaxation techniques
- 21. Find ways to unwind
- 36. Avoid sleep medications

Just Not Sleepy (46)

- 20. Limit use of the bedroom
- 25. Have a consistent sleep time
- 27. Light management
- 34. Limit time lying awake
- 29. Sleep restriction
- 32. Avoid naps
- 23. Get regular exercise
- 22. Don't take melatonin
- 36. Avoid sleep medications

E. If All Else Fails

- 13. Conditioned insomnia
- 15. Idiopathic insomnia
- 16. Refer to a sleep specialist