

# HEALTH PSYCHOLOGISTS NEED INSOMNIA TRAINING

Assessment and treatment of insomnia and related sleep disorders is an essential competency for behavioral medicine providers.

## INSOMNIA DISORDER



includes:

- difficulty falling or staying asleep
- at least 3 nights/week
- daytime functioning impairment
- for at least 3 months

# 50%

of patients presenting to primary care report occasional insomnia

and an additional

# 19%

report chronic insomnia



# 30-50%

of people in the general population experience insomnia symptoms; 5-15% meet criteria for insomnia disorder

## INSOMNIA CO-OCCURS

with medical and psychiatric disorders like depression, PTSD, and cardiovascular disease

## COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBTI)



is the **first line evidence-based** treatment for insomnia

- **recommended by:**
- American Academy of Sleep Medicine
- American College of Physicians
- European Sleep Research Society
- NIH Consensus State-of-the-Science Conference
- VA/DoD clinical practice guidelines and more!

## CLINICAL PSYCHOLOGISTS DON'T RECEIVE ENOUGH TRAINING IN SLEEP

# 95%

report no clinical sleep training during grad school, internship, or postdoc



# 99%

desire additional training in sleep

**FREE OR  
LOW-COST  
TRAINING IN  
CBTI  
IS AVAILABLE**  
at [cbtiweb.org](http://cbtiweb.org)

## TRAINING RESOURCES

**ASSESSMENT & TREATMENT**  
[insomnia.arizona.edu/SCISD](http://insomnia.arizona.edu/SCISD)  
[cbtiweb.org](http://cbtiweb.org)  
[insomnia.arizona.edu/cbti-m](http://insomnia.arizona.edu/cbti-m)

**CONSULTATION**  
[insomnia.arizona.edu/content/21](http://insomnia.arizona.edu/content/21)

**FIND PROVIDERS FOR REFERRAL**  
[behavioralsleep.org](http://behavioralsleep.org)