Western Washington Medical Group

Cognitive Behavioral Therapy for Insomnia

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Western Washington
Medical Group

Greetings!

You are invited to return to our clinic to discuss Cognitive Behavioral Therapy for Insomnia (CBT-I). Prior to your return, I would like to give you a bit more information about what is involved and to ask you to complete some questionnaires that will make our first visit more efficient.

CBT-I is a type of therapy designed specifically to help people who have difficulty falling and/or staying asleep. Most people experience acute (or short-lived) episodes of difficulty sleeping. However, for some people, those acute episodes of sleeplessness can turn into an ongoing problem (or chronic problem). CBT-I is based on the premise that behavioral and physical factors play a role in continuing insomnia. This is where we aim our efforts. We will work together to identify changes you can make which will help promote better quality sleep.

Typically, I will meet with you 6-8 times over 2-3 months while we work to improve your sleep. At each visit, you will bring me data, in the form of sleep diaries, which we use to tailor a plan specific to you. We will try to accomplish our goals without the use of medication. Sleep research shows the benefits of sleep medication are not long lasting and CBT-I offers more benefit to people in the long run.

Attached you will find a packet of questionnaires, aimed to find out more about your sleep and behaviors. I would greatly appreciate it if you brought this to our first visit. We will review them together and discuss your responses. You will also have the opportunity to ask any questions you have about the questionnaires and CBT-I.

I look forward to meeting you and am excited about your interest in CBT-I.

Sincerely,

Jessica Webb, ARNP

Insomnia History Form

Subject ID# _____ Date: _____

1.) How old were you when you first starting experiencing insomnia? _____

2.) How many years ago did you start experiencing insomnia? _____

3.) How old were you when the insomnia became chronic? _____

4.) How long have you had insomnia? _____

5.) Since you have been experiencing insomnia have there been any periods of time that you have not had insomnia for 2 or more weeks at a time?

_____

_____

_____

Insomnia Severity Index

The Insomnia Severity Index has seven questions. The seven answers are added up to get a total score. When you have your total score, look at the 'Guidelines for Scoring/Interpretation' below to see where your sleep difficulty fits.

For each question, please CIRCLE the number that best describes your answer.

Please rate the CURRENT (i.e. LAST 2 WEEKS) SEVERITY of your insomnia problem(s).

Insomnia Problem	None	Mild	Moderate	Severe	Very Severe
1. Difficulty falling asleep	0	1	2	3	4
2. Difficulty staying asleep	0	1	2	3	4
3. Problems waking up too early	0	1	2	3	4

4. How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

Very Satisfied	Satisfied	Moderately Satisfied	Dissatisfied	Very Dissatisfied
0	1	2	3	4

5. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

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

6. How WORRIED/DISTRESSED are you about your current sleep problem?

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

7. To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?

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

Guidelines for Scoring/Interpretation:

Add the scores for all seven items (questions 1 + 2 + 3 + 4 + 5 +6 + 7) = _____ your total score

Total score categories:
0–7 = No clinically significant insomnia
8–14 = Subthreshold insomnia
15–21 = Clinical insomnia (moderate severity)
22–28 = Clinical insomnia (severe)

Sleep Environment Questionnaire

1. **I use an alarm clock five or more days a week.**

____True ____ False ____ Not Applicable

2. **I keep the temperature in the bedroom so cold that I have 2 or more blankets on the bed to stay warm at night.**

____True ____ False ____ Not Applicable

3. **The blinds and curtains in the bedroom are so effective that at sunrise the room is so dark its hard to tell that the sun came up.**

____True ____ False ____ Not Applicable

4. **I have spent real time and money making sure that my mattress and pillow are perfect for me.**

____True ____ False ____ Not Applicable

5. **During the night, my bedroom is insulated so well that I rarely if ever hear outside noise from the road, neighbors, etc.**

____True ____ False ____ Not Applicable

6. **House noise from the radiators, floor boards, etc. is so minimal that I am rarely aware of such sounds.**

____True ____ False ____ Not Applicable

7. **My home is a safe place. My partner and/or pet and/or the locks and alarm system and/or concern and support of my neighbors provide me a level of comfort such that I rarely if ever worry about being safe at night.**

____True ____ False ____ Not Applicable

8. **On three or more nights per week, I engage in two or more of the following behaviors in the bedroom: watch TV, read, plan, worry, work, clean, or eat.**

____True ____ False ____ Not Applicable

9. **My pets rarely, if ever, keep me from falling asleep or wake me up during the night.**

____True ____ False ____ Not Applicable

10. **My bed partner's sleep schedule or habits while in bed (reading, moving about, stealing the covers, snoring, etc.) rarely, if ever, disturb my sleep.**

____True ____ False ____ Not Applicable

11. **My child's/children's sleep schedule or habits while in bed or during the night rarely if ever disturb my sleep.**

____True ____ False ____ Not Applicable

SDS-CL-25 (V4)

Date: ___/___/___ ID/Initials ____ Age: ___ Sex: __ Height _____ Weight _____ Work Shift: __ n/a __ First (9-5pm) __ Second (4-12am) __ Third (12to 8am) Work Hours: __ 0 __ 10-20 __ 20-40 or ___ > 40 Hours per week Do you regularly have a bed partner? (3 or more days/week) ___ (Yes/No) How much sleep do you typically get per night? ____ hours (e.g., 8.5 hours) How much time to you typically spend in bed per night? ___ hours (e.g., 9.5 hours) **Answer all questions for what has been typical for you for the last 3 months.**	NEVER	ONCE A MONTH	1-3 TIMES A WEEK	3-5 TIMES A WEEK	>5 TIMES A WEEK
1. My work or other activities prevent me from getting at least 6hrs of sleep					
2. My bedtime or waketime varies by more than 3 hours					
3. It takes me 30 minutes or more to fall asleep					
4. I am awake for 30 minutes or more during the night					
5. I wake up 30 or more minutes before I have to and can't fall back asleep					
6. I am tired, fatigued, or sleepy during the day					
7. I sleep better if I go to bed before 9pm and wake up before 430am					
8. I sleep better if I go to bed late (after 1am) and wakeup late (after 9am)					
9. I am prone to fall asleep at inappropriate times or places					
10. I snore					
11. I wake up with a dry mouth in the morning (cotton mouth)					
12. My snoring is so loud, that my bed partner complains					
13. I have been told that that I stop breathing in my sleep					
14. I wake up choking or gasping for air					
15. I feel uncomfortable sensations in my legs, especially when sitting or lying down, that are relieved by moving them					
16. I have an urge to move my legs that is worse in the evenings and nights					
17. I wake up frequently during the night for no reason					
18. When angered, humored, frightened, I experience sudden muscle weakness					
19. When falling asleep or waking up, I experience scary dream like images					
20. When I am first awakening, I feel like I can't move					
21. I have nightmares					
22. For no reason, I awaken suddenly, feeling startled and afraid					
23. I have been told that I walk, talk, eat, act strangely or violently while asleep					
24. I grind my teeth or clench my jaw while I sleep					
25. My sleep difficulties interfere with my daily activities					

Epworth Sleepiness Scale

Name: _____ Today's date: _____

Your age (Yrs): _____ Your sex (Male = M, Female = F): _____

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently try to work out how they would have affected you.

Use the following scale to choose the **most appropriate number** for each situation:

0 = would **never** doze
1 = **slight chance** of dozing
2 = **moderate chance** of dozing
3 = **high chance** of dozing

It is important that you answer each question as best you can.

Situation	**Chance of Dozing (0-3)**
Sitting and reading	
Watching TV	
Sitting, inactive in a public place (e.g. a theatre or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in the traffic	

THANK YOU FOR YOUR COOPERATION

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME:_____ DATE:_____

Over the last *2 weeks*, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so figety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3
add columns		+	+	
TOTAL:				

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card).

10. If you checked off *any problems*, how *difficult* have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all _____ Somewhat difficult _____ Very difficult _____ Extremely difficult _____

Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
Add the score for each column		+	+	+
Total Score *(add your column scores)* =				

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____
Somewhat difficult _____
Very difficult _____
Extremely difficult _____

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Inern Med.* 2006;166:1092-1097.

Consensus Sleep Diary-Core

ID/Name:________________________

Today's date	Sample 4/5/11							
1. What time did you get into bed?	10:15 p.m							
2. What time did you try to go to sleep?	11:30 p.m							
3. How long did it take you to fall asleep?	55 min.							
4. How many times did you wake up, not counting your final awakening?	3 times							
5. In total, how long did these awakenings last?	1 hour 10 min.							
6. What time was your final awakening?	6:35 a.m.							
7. What time did you get out of bed for the day?	7:20 a.m							
8. How would you rate the quality of your sleep?	☐ Very poor ☒ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good
9. Comments (if applicable)	I have a cold							

Figure 1 *(continued)*—Sleep Diary Instructions: Core

General Instructions

What is a Sleep Diary? A sleep diary is designed to gather information about your daily sleep pattern.

How often and when do I fill out the sleep diary? It is necessary for you to complete your sleep diary every day. If possible, the sleep diary should be completed within one hour of getting out of bed in the morning.

What should I do if I miss a day? If you forget to fill in the diary or are unable to finish it, leave the diary blank for that day.

What if something unusual affects my sleep or how I feel in the daytime? If your sleep or daytime functioning is affected by some unusual event (such as an illness, or an emergency) you may make brief notes on your diary.

What do the words "bed" and "day" mean on the diary? This diary can be used for people who are awake or asleep at unusual times. In the sleep diary, the word "day" is the time when you choose or are required to be awake. The term "bed" means the place where you usually sleep.

Will answering these questions about my sleep keep me awake? This is not usually a problem. You should not worry about giving exact times, and you should not watch the clock. Just give your best estimate.

Sleep Diary Item Instructions

Use the guide below to clarify what is being asked for each item of the Sleep Diary.

Date.: Write the date of the morning you are filling out the diary.

1. What time did you get into bed? Write the time that you got into bed. This may not be the time you began "trying" to fall asleep.

2. What time did you try to go to sleep? Record the time that you began "trying" to fall asleep.

3. How long did it take you to fall asleep? Beginning at the time you wrote in question 2, how long did it take you to fall asleep.

4. How many times did you wake up, not counting your final awakening? How many times did you wake up between the time you first fell asleep and your final awakening?

5. In total, how long did these awakenings last? What was the total time you were awake between the time you first fell asleep and your final awakening. For example, if you woke 3 times for 20 minutes, 35 minutes, and 15 minutes, add them all up (20+35+15= 70 min or 1 hr and 10 min).

6a. What time was your final awakening? Record the last time you woke up in the morning.

6b. After your final awakening, how long did you spend in bed trying to sleep? After the last time you woke-up (Item #6a), how many minutes did you spend in bed trying to sleep? For example, if you woke up at 8 am but continued to try and sleep until 9 am, record 1 hour.

6c. Did you wake up earlier than you planned? If you woke up or were awakened earlier than you planned, check yes. If you woke up at your planned time, check no.

6d. If yes, how much earlier? If you answered "yes" to question 6c, write the number of minutes you woke up earlier than you had planned on waking up. For example, if you woke up 15 minutes before

Figure 2 continues on the following page

Figure 2—Sleep Diary Instructions (CSD-M)