

QUIZ

Which is the most effective treatment for insomnia?*

(*URGENT QUESTION POSTED IN THE EARLY HOURS)

- 1 Warm milk and melatonin
- 2 80 burpees + 100 red-hot nuclear-apocalypse ab things
- 3 Talking about sleep with a counselor
- 4 *The Dirty Lowdown History of Gravel 1754–1760*

Correct answer: 3—talking about sleep with a counselor

- Cognitive behavioral therapy (CBT) is the first-line treatment for adults with chronic insomnia, says the American College of Physicians: 75–80 percent of people improve with this treatment.
- In CBT-I, your specialist clinician helps you identify unhelpful thought patterns and behaviors that are messing with your sleep, reframe those thoughts, and substitute more effective behaviors.
- CBT is used to address many emotional and behavioral issues. To treat insomnia, you need CBT-I specifically. That's cognitive behavioral therapy for insomnia with a trained health care provider or online program.
- “This is a simple approach that works. People say they've slept the best they ever have in their life.” —Dr. Gregg Jacobs, insomnia specialist, UMass Memorial Medical Center/University of Massachusetts Medical School

For more on CBT for insomnia and where to get it, see *Student Health 101*, October 2016.