

Treating Insomnia with Cognitive-Behavioral Therapy and Relaxation Techniques

by

Heather Stone, Ph.D.
Clinical Psychologist, PSY 21112

Insomnia and other chronic sleep disorders affect more than 40 million people in this country, and studies have shown that anxiety and stress play a significant part in this problematic condition. Quality of life, general health, and performance at work or other areas of life are frequently impacted, and the effects of chronic sleep deprivation can be debilitating. Newer research indicates that there is a vicious cycle between anxiety and insomnia – while anxiety can certainly interfere with sleep, sleep deprivation can also lead to an anxiety disorder.

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2) Practice "sleep hygiene." Only use your bed for sleeping, sex or relaxation so that your mind knows what your bed is for and doesn't make any negative associations with going to bed. If you are lying in bed unable to sleep, get out of bed and don't go back until you

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