

## Activity Preview

# The Magic Pill for Insomnia Disorder: An Introduction to CBT-I

## Activity Type

On-Demand Enduring Material

## Overview

Insomnia is a chronic condition for 10% of the adult population and is considered a global health care problem associated with numerous consequences for both the individual as well as society. Recent guidelines have been published by numerous organizations including the American College of Physicians recommending that all adult patients be provided cognitive behavioral therapy for insomnia (CBT-I) as the initial treatment for chronic insomnia disorder. However, in practice this rarely happens.

Instead patients either self-medicate with alcohol or OTC sleep aids, or started on prescription medication for sleep by their health care provider CBT-I is a treatment package that consists of numerous different components that are tailored to the patient's individual presentation. This session will give a brief introduction to the behavioral components of CBT-I including stimulus control and sleep restriction, as well as the cognitive strategies for reducing sleep interfering thoughts and worries and calming an active mind that doesn't turn off at night. In addition, population health management strategies for addressing insomnia will be introduced to expand the availability and access to this efficacious treatment for Insomnia Disorder

## Learning Objectives

- 1) Review the prevalence rates and economic and health consequences of Insomnia Disorder.
- 2) Explain and improve knowledge on the different components of CBT-I (cognitive behavioral therapy for insomnia).
- 3) Identify novel strategies to increase availability of this treatment and provide population health management of Insomnia Disorder.

## Resources

Qaseem A, Kansagara D, Forciea MA, Cooke M, Denberg TD; Clinical Guidelines Committee of the American College of Physicians. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians. *Ann Intern Med.* 2016;165(2):125-133. doi:10.7326/M15-2175.

Schutte-Rodin S, Broch L, Buysse D, Dorsey C, Sateia M. Clinical Guideline for the Evaluation and Management of Chronic Insomnia in Adults. *J Clin Sleep Med.* 2008;04(05):487-504. doi:10.5664/jcsm.27286

Siebern AT, Manber R. Insomnia and Its Effective Non-pharmacologic Treatment. *Med Clin North Am.* 2010;94(3):581-591. doi:10.1016/j.mcna.2010.02.005

## Faculty

**Michelle Drerup, PsyD, DBSM** is Director of Behavioral Sleep Medicine at the Cleveland Clinic Sleep Disorders Center. She currently serves as Secretary/Treasurer of the Board of Behavioral Sleep Medicine. She is passionate about education and training and directs the Behavioral Sleep Medicine training program. In conjunction with the Wellness Institute, she developed a six week CBT-I based web program for individuals with insomnia and her current research focuses on exploring the efficacy of web based interventions for sleep in complex medical populations with symptoms of insomnia and implementation of population health management strategies for insomnia.

## Disclosure

Dr. Drerup reported that she does not have any financial relationships with any commercial interests. Additionally, she will not discuss unapproved or investigational use of any product.

## Target Audience

This activity is designed for psychiatrists and residents/fellows. Other groups may find this educational activity of interest including medical students, other non-psychiatrist physicians including primary care, as well as psychologists, nurses, social workers, counselors and other mental health care professionals.

## Estimated Time to Complete

Estimated Duration: 1 hour  
Begin Date: October 5, 2020  
End Date: October 5, 2021

## Continuing Medical Education Credit

This activity has been planned and implemented in accordance with the accreditation and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA) and the Ohio Psychiatric Physicians Association (OPPA). The APA is accredited by the ACCME to provide continuing education for physicians.

The American Psychiatric Association designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## How to Earn Credit

Participants who wish to earn *AMA PRA Category 1 Credit*™ or a certificate of participation may do so by completing all sections of the course including the evaluation. After evaluating the program, course participants will be provided with an opportunity to claim hours of participation and print an official CME certificate (physicians) or certificate of participation (non-physicians) showing the completion date and hours earned.

## Planner Disclosures

- Karen Jacobs, DO, Cleveland Clinic Foundation  
*Reports no financial relationships with commercial interests.*
- Victoria Kelly, MD, University of Toledo  
*Reports no financial relationships with commercial interests.*
- William Resch, DO, The Ohio State University Medical Center, Columbus  
*Reports no financial relationships with commercial interests.*
- Suzanne Sampang, MD, University of Cincinnati  
*Reports no financial relationships with commercial interests.*
- Janet Shaw, MBA, Ohio Psychiatric Physicians Association, Columbus  
*Reports no financial relationships with commercial interests.*
- Kristi Williams, MD, University of Toledo  
*Reports no financial relationships with commercial interests.*
- Elizabeth Yoder, MD, Private Practice, Columbus  
*Reports no financial relationships with commercial interests.*

## Technical Requirements

This internet-based CME activity is best experienced using any of the following:

- The latest and 2nd latest public versions of Google Chrome, Mozilla Firefox, or Safari
- Internet Explorer 11+

This Web site requires that JavaScript and session cookies be enabled. Certain activities may require additional software to view multimedia, presentation, or printable versions of the content. These activities will be marked as such and will provide links to the required software. That software may be: Adobe Flash, Adobe Acrobat Reader, Microsoft PowerPoint, and Windows Media Player.

Optimal System Configuration:

- Browser: Google Chrome (latest and 2nd latest version), Safari (latest and 2nd latest version), Internet Explorer 11.0+, Firefox (latest and 2nd latest version), or Microsoft Edge (latest and 2nd latest version)
- Operating System: Windows versions 8.1+, Mac OS X 10.5 (Leopard) +, Android (latest and 2nd latest version), or iOS/iPad OS (latest and 2nd latest version)
- Internet Connection: 1 Mbps or higher

Minimum Requirements:

- *Windows PC:* Windows 8.1 or higher; 1 GB (for 32-bit)/2 GB (for 64-bit) or higher RAM; Microsoft DirectX 9 graphics device with WDDM driver; audio playback with speakers for programs with video content
- *Macintosh:* Mac OS X 10.5 or higher with latest updates installed; Intel, PowerPC G5, or PowerPC G4 (867MHz or faster) processor; 512 MB or higher RAM; audio playback with speakers for programs with video content

For assistance: Contact [oppa@oppa.org](mailto:oppa@oppa.org) for questions about this activity | Contact [learningcenter@psych.org](mailto:learningcenter@psych.org) for technical assistance.