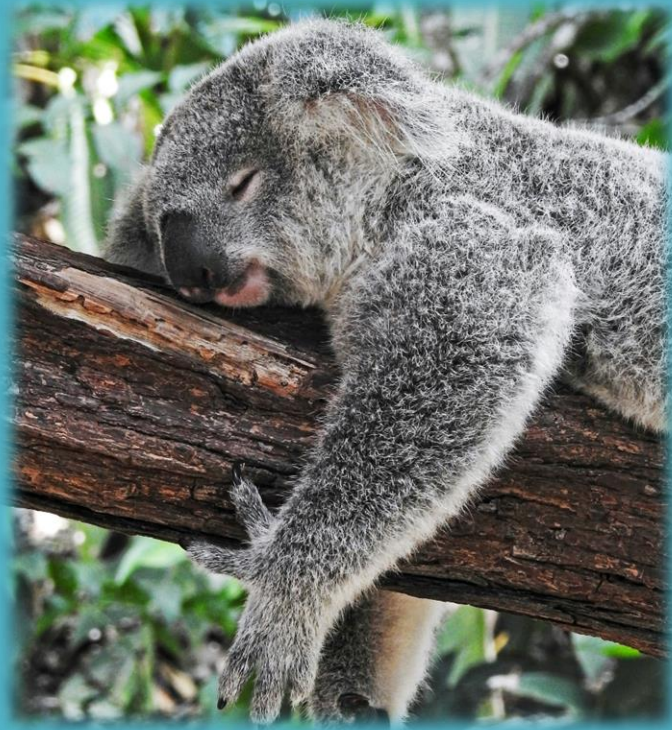




COGNITIVE BEHAVIORAL THERAPY FOR SLEEP DISORDERS

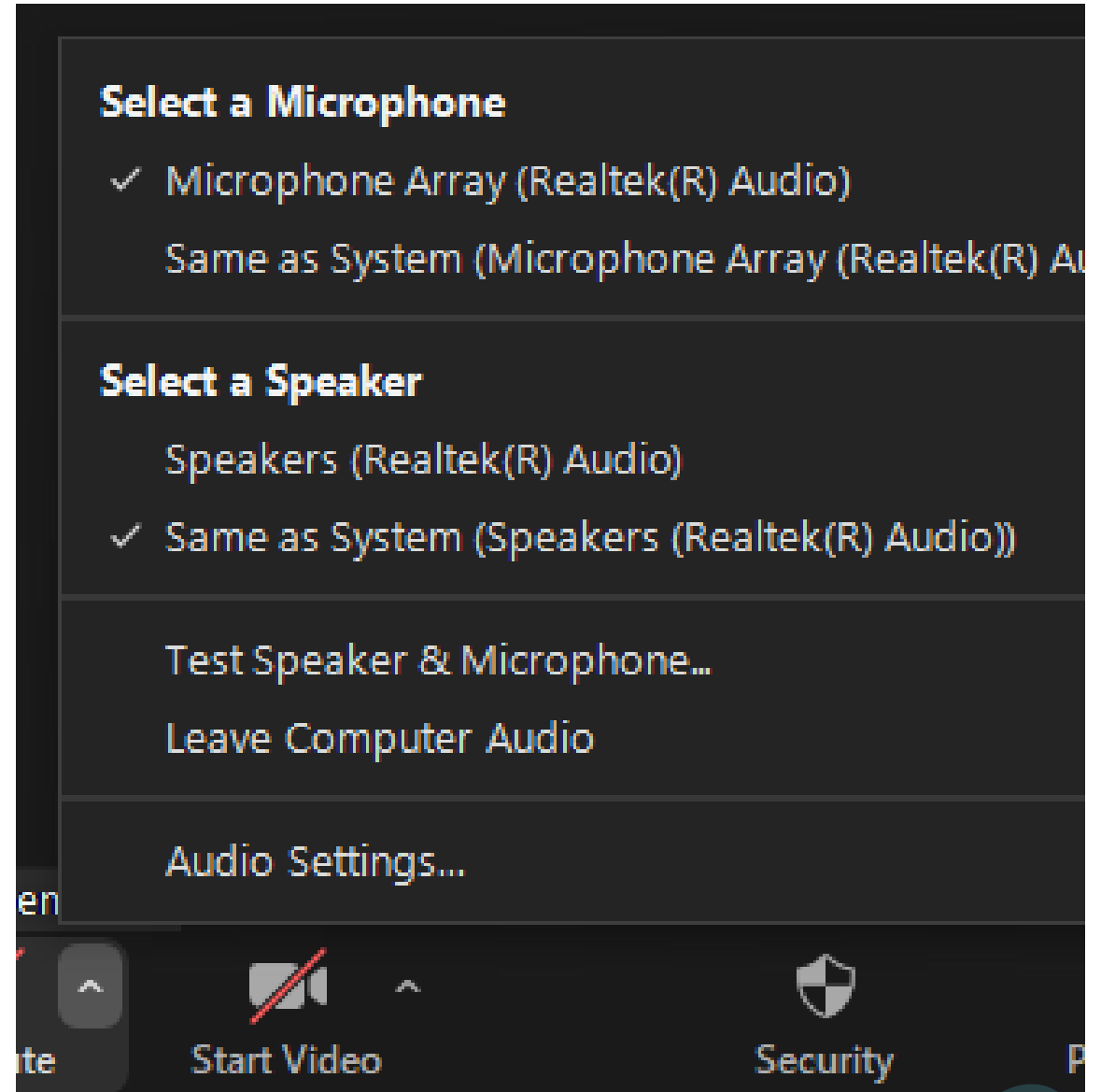
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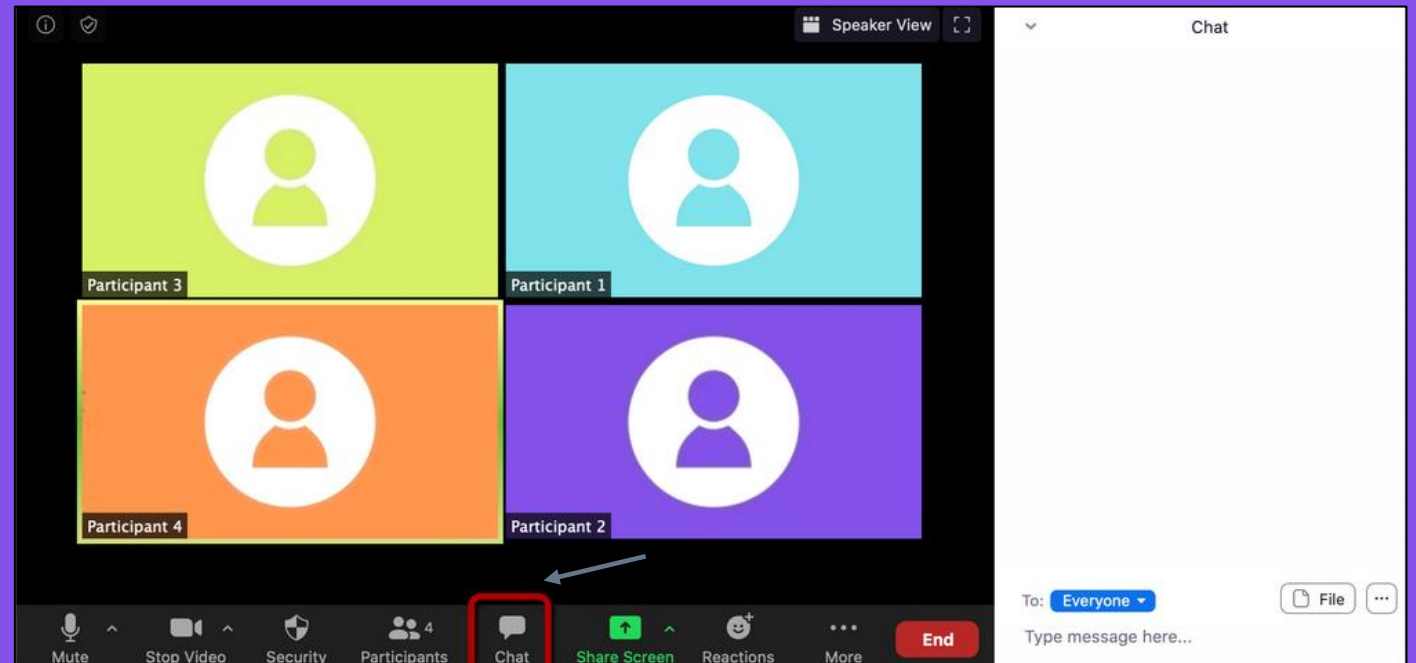
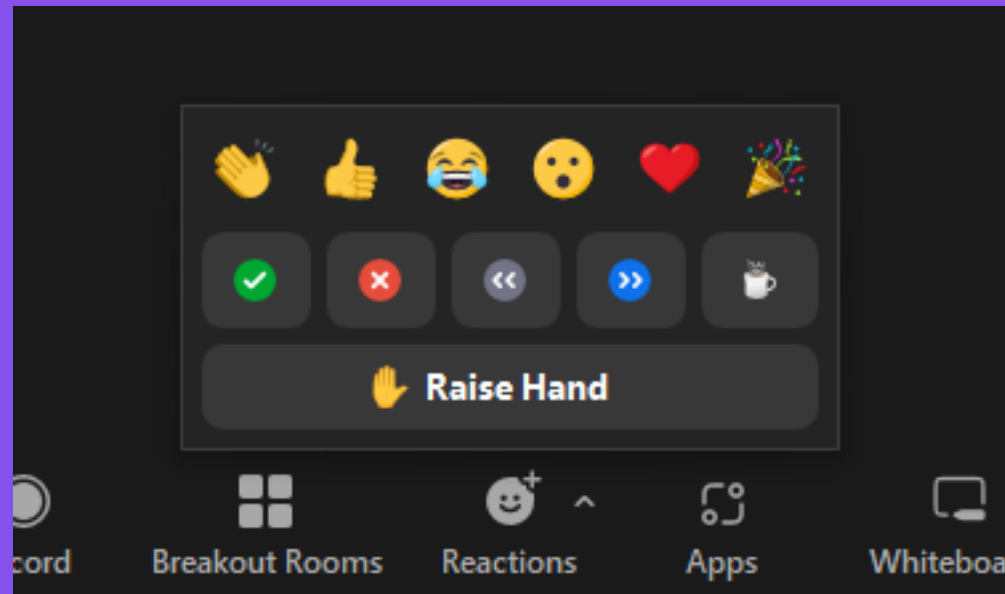
**Hospital System Addictions Care
Community of Practice**

June 20th, 2024, 1:00—2:30 PM

Housekeeping



Zoom Engagement Tools



Meeting Objectives

Understand	Participants will understand the value of CBT in treating persons with substance use disorder.
Address	Participants will understand specific techniques for addressing sleep disorders in persons with substance use disorder.
Experience	Participants will experience the effects of a progressive muscle relaxation exercise.

Carol Furlong, LCMHC, MAC, MBA

Carol Furlong retired from the Elliot Health System in December of 2023 after a distinguished career in the NH healthcare system advancing the treatment of substance use disorder. She continues to consult for a number of organizations and associations to share her expertise and to continue to promote compassionate patient centered care.



SLEEP DIFFICULTIES

CAROL J. FURLONG, LCMHC, MAC, MBA



OBJECTIVES:

- To understand the value of CBT in treating persons with substance use disorders
- To understand specific techniques for addressing sleep disorders in persons with substance use disorder.
- To experience the effects of a progressive muscle relaxation exercise.

FREQUENT CHARACTERISTICS OF THOSE WITH SUD

- Most have dual diagnoses
- They have lived chaotic lifestyles
- Most have experienced trauma
- They have learned that substances can relieve emotional and physical pain.

CULTURAL BELIEFS AND FACTORS

- Trauma is widespread and universal
- If you are uncomfortable, (emotionally, physically) “Take something.”
- In addictive thinking, especially –
 - “negative” emotions are out of their control
 - The only response is chemical.

ISSUES WITH PRESCRIBED MEDICATIONS

- Too often meds are readily prescribed before therapy is addressed- especially for anxiety, ADHD, sleep
- Why are those problematic for those with addictions?
 - Resale value
 - “numbing effects”
 - Relief of uncomfortable feelings
 - Belief of a lack of control of thoughts, emotions and behaviors.

CBT OR MEDICATIONS

- “As a general rule, findings suggest that CBT and medications are equally effective for many disorders including anxiety, OCD and depression. The effects of CBT may last longer overall.” (Associations for Behavioral and Cognitive Therapies)
- CBT instills a sense of control and resiliency
- No side effects

CBT OR MEDICATION

- Medications can work faster, but research has shown that patients who receive CBT are less likely to continue to experience symptoms. If they do, they are more likely to have the skills to address these.
- Medications are not a cure.
- Potential side effects and interactions from medications

ANXIETY

- Anxiety is characterized by excessive fear, worry, and apprehension.
- Approximately 18-30% of the general population have a diagnosis of an anxiety disorder.
- Anxiety is highly treatable.
- Pharmacotherapy does not cure anxiety – only helps to manage symptoms.

ANXIETY (CONT'D)

- Anxiety is a normal human reaction from time to time.
- How do you know when anxiety is not normal?
 - Reactions are out of proportion to the actual situation.
 - Symptoms interfere with daily living

ANXIETY AND CBT

- CBT provides normalization of human anxiety, resulting in quick results and has long lasting benefits.
- THOUGHTS lead to EMOTIONS which lead to BEHAVIORS.
- CBT includes Relaxation Techniques such as Progressive Relaxation Techniques.

EFFECTIVENESS OF CBT WITH ANXIETY

- CDC recommends behavior therapy as the “first line of treatment before medication is tried” for children under six years of age. (Open Counseling, 2023)
- Multiple studies with over 13,000 participants found CBT was the most effective treatment for Social Anxiety Disorder. (Open Counseling, 2023)
- For children of all ages and young adults, research suggests that therapy may be more effective over the long-term than medications given for symptoms of ADHD. (Open Counseling, 2023)

CBT AND DEPRESSION

- A study comprised of 287,282 participants found 7 lifestyle factors that influenced depression and found that people who maintained at least 5 of them reduce their risk of depression by 57%.
- Getting enough exercise, exercising regularly, eating a good diet, limiting alcohol intake, not smoking, limiting sedentary behavior, having social connection.
- (Advisory Board Daily Briefing, September 21, 2023)

CBT AND INSOMNIA

- “Insomnia in primary care patients is as high as 69% compared to 33% in the general population.” (Mitchell, et al, 2012)
- “Studies show that CBT-I has superior effectiveness to Benzodiazepine and non-Benzodiazepine drugs in the long term.” (Mitchell, et. Al 2012)
- Advantages of meds- availability, rapid short-term improvements
- Disadvantages – potential side effects, dependence, tolerance. Not curative – leading to long-term treatment over many years.

CBT AND INSOMNIA (CONT'D)

- CBT techniques involve stimulus control, sleep restrictions, and relaxation training.
- Effective for both short-term insomnia and chronic insomnia.
- 6-8 sessions typically used- can be as short as 2 sessions if given by PCP. (Newson, Oct.2023).
 - This often includes: cognitive restructuring, stimulus control (bed only used for sleep and sex), sleep restriction and compression, relaxation training.

SLEEP HYGIENE TIPS

- Don't go to bed unless you are sleepy.
- If you are not asleep after 20 minutes, get out of bed.
- Begin rituals that help you relax each night before bed.
- Get up at the same time every morning.
- Get a full night's sleep on a regular basis.
- Avoid taking a nap if you can – if you must, keep it to less than 1 hour and avoid naps after 3pm.
- Keep a regular schedule for yourself.
- Don't read, write, eat, watch tv, talk on the phone, use electronics etc in bed.

SLEEP HYGIENE TIPS (CONT'D)

- Avoid caffeine after lunchtime.
- No alcohol within 6 hours of your bedtime.
- No nicotine products before bedtime.
- Don't go to bed hungry – try to avoid eating a big meal near bedtime.
- Avoid any tough exercise within 6 hours of bedtime. Exercise on a regular basis, but earlier in the day.
- Avoid sleeping pills or use them cautiously. Do not drink alcohol while taking any sedating meds.
- Try to get rid of or deal with things that make you worry. If you are unable to do this, find a time of the day to get worries out of your system.

SLEEP HYGIENE TIPS, CONTINUED

- Make your bedroom as comfortable as possible.
 - Do you need complete darkness?
 - How warm/cold do you need it to be?
 - Do you need total quiet or background noise?

PROGRESSIVE MUSCLE RELATION EXERCISE



BIBLIOGRAPHY

- Association for Behavioral and Cognitive Therapies; <https://www.abct.org/get-help/treatment-options-cbt-or-medications/>
- “Therapy vs Medication:Your Decision Making Guide,” <https://blog.opencounseling.com/therapy-vs-medication/>
- Advisory Board Daily Briefing, Sept 21, 2023, <https://www.advisory.com/daily-briefing/2023/09/21>
- “Comparative Effectiveness of Cognitive Behavioral Therapy for Insomnia:A Systemic Review,” Mitchell, et al, BMC Family Practice 2012
- University of Maryland Medical Center

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NHTAC provides technical assistance to practitioners, communities, policymakers, and other stakeholders that work across the alcohol and other drug continuum of care.



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