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CBT-I

free yourself from insomnia!



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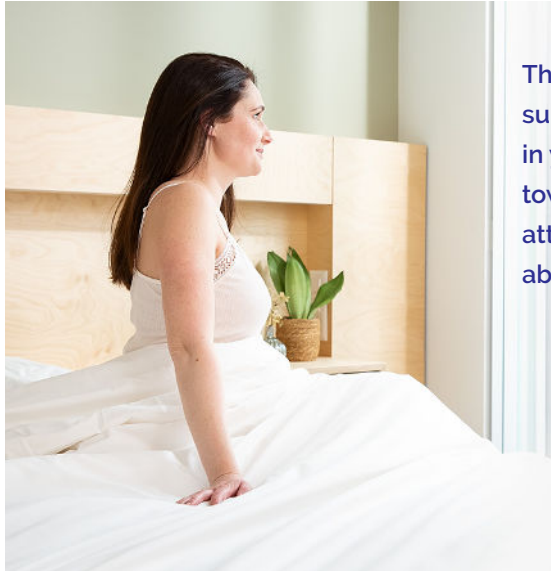
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Treating chronic insomnia



The CBT-I therapists at Cenas support you in regaining confidence in your ability to sleep, guiding you toward meaningful changes in your attitudes, behaviors, and beliefs about sleep.

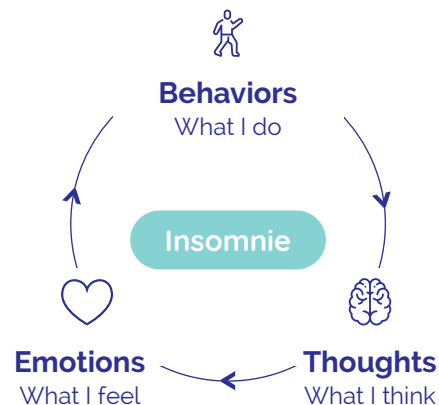
For whom?

Cognitive Behavioral Therapy for Insomnia (CBT-I) is intended for anyone suffering from chronic insomnia, characterized by difficulties falling asleep and/or staying asleep for more than 3 months.

9 Effective for **out of 10 patients**

What is CBT-I?

CBT-I is a highly structured therapeutic approach with a limited number of sessions, usually 5–8 one-hour sessions. This therapy focuses on finding practical solutions by first identifying problematic behaviors and thought patterns that fuel insomnia. Once the disorder and vicious cycles are recognized, tailored exercises help break them effectively.



Monitoring your treatment

Objectives

CBT-I aims to change habits and beliefs around sleep in order to regain appropriate control over sleep and reduce internal tension (psychological and physiological) to quickly recover better sleep quality. It is based on setting concrete goals:

- Reduce sleep latency
- Decrease the number and/or duration of nighttime awakenings
- Optimize sleep duration
- Reduce sleep-related anxiety

Each session focuses on a specific theme:

1. Before starting therapy, we always conduct a comprehensive assessment of your sleep problems. This allows us to understand your difficulties and check whether this method is suitable for your situation. You will also be given a sleep diary to fill out every day.
2. Behavioral aspects are covered (sleep hygiene, adjusting your bedtime/wake-up times, better understanding of sleep).
3. We work on cognitive aspects (vicious circle of thoughts, negative thoughts, changing the way of thinking, playing things down).
4. Finally, relaxation techniques may be suggested to reduce physiological and physical tension.

Benefits of therapy



Improved sleep onset and maintenance



Reduced fatigue and daytime sleepiness



Improved mood