



Sleep Problems Are Solvable

CBT-I: The Best Sleep Solution By Sleep Experts

There is a solution proven to improve sleep sustainably that has been used by doctors in the past decades:

Cognitive Behavioral Therapy for Insomnia (CBT-I).

CBT-I is the first line of recommended treatments for insomnia. This approach systematically targets the root causes of your turning and tossing at night, helping you consistently to change your sleep patterns and get the restful sleep you deserve.

The CBT-I intervention reboots SLEEP.

It realigns sleep needs with the internal clock and daily duties, teaches healthier behaviors around sleep and daytime routines, offers supporting guidance techniques to relax and let go, and provides knowledge and insights helping to reframe personal reasoning and thoughts regarding sleep.

Usually, people who seek to improve their sleep. have sleep issues suffer from symptoms of Insomnia. The main symptoms are:

- A deflated sleep drive around your intended bedtime
- An unconscious reflex that stops you from falling asleep the very moment you get into bed
- Your mind drifts to places that make sleep impossible
- The overwhelming worries about the next day, after another sleepless night
- Loss of confidence in your ability to sleep well and feelings of anxiety from the impacts of a night without sleep
- Activities and routines that disrupt sleep

CBT-I aims to train people to improve their sleep, thus improving their daytime mood, feelings, function, achievements, and overall well-being. Each root cause deserves a dedicated strategy with well-defined goals:

- Increase the sleep drive and align it with the internal sleep-wake clock
- Extinguishing the reflex reaction that provokes losing sleep when getting to bed while developing a new reflex that reconnects between bed and sleep
- Decrease the stress and anxieties regarding sleep
- Get sufficient insights into your personal sleep and a deeper understanding of how sleep works. This means reframing the way you think about sleep
- Identify and eliminate sleep-damaging routines

CBT-I is an ongoing process and requires individualized planning and commitment. It usually takes a few weeks to train your body and mind to reach the desired sleep results. Yet, falling asleep faster, sleeping soundly, and waking up refreshed is definitely worth the time and effort.

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