

Sleep Better with CBT-I

A proven, long-term treatment for insomnia

If you've been struggling to fall asleep, stay asleep or wake feeling refreshed, you're not alone.

Insomnia is one of the most common sleep problems, but it doesn't have to be something you simply learn to live with. There is an effective, evidence-based treatment that can help you regain confidence in your sleep.

What is Insomnia?

Insomnia is more than the occasional poor night's sleep.

It usually involves one or more of the following:

- Difficulty falling asleep.
- Waking during the night and struggling to get back to sleep.
- Waking earlier than you'd like.
- Feeling dissatisfied with the quality of your sleep.

Many people also notice a daytime impact, including:

- Feeling tired or low in energy.
- Difficulty concentrating.
- Irritability or feeling more emotional.
- Reduced confidence in their ability to cope.
- Worrying about sleep itself.

Over time, it's often the **worry about sleep and the habits we develop to try to improve it** that keep insomnia going. This can create a frustrating cycle where the harder we try to sleep, the more difficult it becomes.

The good news is that this cycle can be broken.

What is CBT-I?

Cognitive Behavioural Therapy for Insomnia (CBT-I) is the recommended first-line treatment for chronic insomnia.

It has been used successfully for more than 30 years and is supported by a strong body of scientific research.

Unlike sleeping tablets, CBT-I doesn't simply mask the symptoms. Instead, it helps address the thoughts and behaviours that keep insomnia going, giving you practical skills to improve your sleep naturally.

The aim isn't to achieve perfect sleep every night. It's to help your brain and body rediscover their natural ability to sleep.

How Does CBT-I Work?

CBT-I combines practical behavioural strategies with psychological techniques to improve your sleep.

Behavioural Strategies

Together we'll identify habits and behaviours that may be unintentionally keeping your insomnia going and replace them with healthier sleep habits.

This may include:

Stimulus Control

- Rebuilding the connection between your bed and sleep.
- Learning what to do if you're lying awake during the night.

Sleep Rescheduling

- Carefully adjusting the amount of time you spend in bed to strengthen your natural sleep drive and improve the quality and efficiency of your sleep.

Sleep Hygiene

- Looking at lifestyle and environmental factors that support healthy sleep.
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Cognitive Strategies

Insomnia often leads to unhelpful thoughts such as:

- "I'll never get to sleep."
- "I'll never cope tomorrow."
- "I need eight hours or I'll be useless."

Together we'll explore these thoughts and develop more balanced, realistic ways of thinking about sleep, helping to reduce the anxiety that often keeps insomnia going.

You'll also learn practical techniques to calm a busy mind at bedtime.

What Can I Expect?

CBT-I is a structured 6 session programme that usually takes **6–12 weeks**.

During the programme you can expect to:

- Learn how sleep works.
- Complete a simple daily sleep diary.
- Receive a personalised sleep plan.

- Learn practical, evidence-based strategies to improve your sleep.
- Build confidence in your body's natural ability to sleep.
- Develop lifelong skills to manage your sleep and prevent future problems.

Some people notice their sleep temporarily feels worse before it improves, particularly during the early stages of treatment. This is a normal part of the process and I'll support you throughout the programme, explaining each step and helping you overcome any challenges along the way.

Is CBT-I Right for Me?

CBT-I may be suitable if you:

- Have difficulty falling asleep.
- Wake frequently during the night.
- Wake earlier than you'd like and struggle to get back to sleep.
- Have been experiencing sleep difficulties for several weeks or longer.
- Feel anxious, frustrated or preoccupied with your sleep.

Before starting treatment, we'll discuss your sleep history and current difficulties to ensure CBT-I is the right approach for you.

Why Choose CBT-I?

Research consistently shows that CBT-I is one of the most effective treatments for chronic insomnia.

Rather than relying on medication, it helps you understand your sleep, break unhelpful patterns and develop practical skills that support healthy sleep for years to come.

The skills you learn during CBT-I don't end when the programme finishes, they're tools you can continue to use whenever life temporarily disrupts your sleep.

A Final Thought

Life will always bring periods of stress, illness, travel or change, and these can sometimes affect your sleep. The difference after CBT-I is that you'll understand what's happening, know how to respond and have the confidence to prevent temporary sleep difficulties from becoming long-term insomnia. Sleep is a natural biological process. It doesn't need to be forced or chased.

CBT-I helps you rebuild trust in your own ability to sleep, giving you knowledge and skills that can support you for the rest of your life.

If you're ready to break the cycle of insomnia, I'd love to help. Together we'll work to understand what's keeping your insomnia going, build practical strategies that work for you, and help you regain confidence in your natural ability to sleep.

Ready to Improve Your Sleep?

Contact me at dawncoaching@outlook.com to book a free 20-minute consultation.