

1: Never suffer from insomnia again

Sep 18, 2018. In , *The Lancet* reported on a clergyman who was found dead in a pool; he had left behind this suicide note: "Another sleepless night, no real sleep for weeks. Oh, my poor brain, I cannot."

When individuals do not sleep well at night, their day time functioning at work and in their relationships suffers. Daytime sleepiness is not only aversive, but can interfere with concentration, affect mood, and decrease energy and productivity. Insomnia can be a stand-alone concern, or can arise in conjunction with anxiety, depression, or other comorbid medical conditions. In general, the risk of insomnia increases with age. In addition, CBT has none of the side effects associated with taking sleep medications, and has better long-term outcomes in terms of maintaining good sleep after treatment ends. This is because CBT provides people with strategies they can use to help themselves if the insomnia symptoms were to return, and therefore the benefits remain long after treatment ends. For those not taking sleep medication, patients often see initial results in just four sessions, although they may stay in treatment longer to reach their optimal sleep potential. Treatment is usually around five to eight sessions. For those on sleep medications, the process likely will take longer. When engaging in CBT for insomnia, patients are often able to reduce, if not eliminate, the amount of sleep medication they take. Components of CBT for Insomnia The crux of cognitive behavioral therapy for insomnia involves specific behavioral changes which your therapist will guide you through to enhance the efficiency of your sleep. People with insomnia often unknowingly engage in behavior that: The idea that laying in bed longer will help you get to sleep is false. Laying in bed awake for long periods actually makes insomnia worse! Your therapist will work with you to identify your specific sleep problems, develop a specific individualized sleep plan to address them, and help monitor your progress. In addition, your therapist will teach you cognitive strategies to decrease cognitive arousal. Further, you may be taught general stress reduction techniques and breathing exercises to calm anxieties and enhance restfulness. Unfortunately, not all psychologists not even all cognitive behavioral psychologists are trained in the skills needed to effectively implement CBT for insomnia. Here at the American Institute for Cognitive Therapy, we have specialists who have been trained specifically in this robust insomnia treatment. For more information, call [More Information on Insomnia](#): For further information about the treatment of anxiety and depression please contact:

2: Insomnia Cookies | Home

Likewise, *insomnia specialists in New York or therapists who specialize in insomnia in New York, or simply a New York insomnia therapist, can help. Sleep disorders may include sleep apnea.*

3: Insomnia & Sleep Disorder Treatment NYC | New York Behavioral Health

View our menu and reviews for Insomnia Cookies located at 76 Pearl St - New York. Insomnia Cookies was born out of the dislike of heavy meals late at night, love of food delivery, and the realization that by the time you get hungry at night, nothing is open.

4: Insomnia Cookies | Locations

Cognitive behavioral therapy for insomnia, or C.B.T.-I., asks you to replace the negative thought that's keeping you awake with a positive one.

5: That didn't work

The best sleep doctor NYC has to offer for over 15 years. Dr. Shukla treats sleep disorders with locations in Manhattan, Brooklyn, Queens, & Staten Island.

6: The American Institute for Cognitive Therapy - Home

Insomnia is a condition of disbalance. The sympathetic and parasympathetic nervous systems are out of balance. People with insomnia have a sensory overload.

7: Insomnia Cookies, New York City - 3rd Ave, Midtown - Restaurant Reviews & Photos - TripAdvisor

Dr. Wilfredo Velez is an Internal Medicine specialist that has been serving the New York area for years now at the highest level of excellence.

8: Insomnia Cookies 2nd Ave New York, NY Bakeries - MapQuest

Insomnia is likewise linked to increased risks for heart disease and hypertension, as well as increases the risk for obesity, diabetes, colon cancer, breast cancer and headaches. As a result, treatment is critical for those with chronic insomnia.

9: Sleep Doctor NYC - Insomnia, Snoring, & Sleep Apnea New York City

Jun 09, Â· One weekend afternoon a couple of years ago, while turning a page of the book I was reading to my daughters, I fell asleep. That's when I knew it was time to do something about my insomnia.

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