



iSomnia

The iSomnia treatment manual provides comprehensive sleep education guiding you step-by-step through the 10-week CBT-I protocol. Each week consists of detailed instructions covering a new sleep education topic, guiding you through setting and adjusting a treatment plan, and interpreting the results from your sleep log. It includes a sleep log, and sleep log calculator that does all calculations needed for the program. All you need is Excel.

Week 1:

Baseline Week – This week introduces you to the iSomnia program, covers treatment goals and begins sleep education with the 4 Factor Model of Insomnia, sleep hygiene, stimulus control and how to keep a sleep log.

- How to fill out a sleep log – Go step-by-step through completing a sleep log
- Sleep Hygiene and Stimulus Control

Week 2:

Beginning Sleep Restriction – This week continues sleep education and covers the Two Process Model of Sleep, Sleep Restriction Therapy, and guides you through setting up your initial sleep plan.

- How Chronic Insomnia Develops
- How to Use the Sleep Calculator – a step-by-step guide through using the spreadsheet
- Sleep Restriction Therapy and Setting Your Initial Plan – Learn how to set your initial treatment plan and why treatment must work

Week 3:

Anxiety and Sleep – Explore how anxiety interferes with sleep, reshaping thoughts and attitudes about sleep, and learn a variety of relaxation techniques. Every week hereafter will also include instructions on how to interpret the sleep calculator graphs and adjust your treatment plan.

- Reviewing the Week and Modifying Your Plan – Learn how to modify your plan based on the previous week's sleep efficiency

Week 4:

Getting the Most from Treatment – This week breaks down the entire program into 21 tips to maximize your results during the program with simple do/don't instructions.

- How to Interpret Sleep Record Data – an in-depth look at your sleep statistics and what they mean
- Going Forward on Your Own – a summary of how to continue with the program independently

Week 5:

Zeitgebers – Learn how to appropriately use light exposure, social activity, noise, food, heat and exercise to sleep well.

Week 6:

Chemical Habits – Learn the impact chemicals have on sleep including: sleeping pills, melatonin, cannabis, caffeine, alcohol and nicotine.

Week 7:

Diet, Nutrition and Exercise – Learn how diet, nutrition, and exercise impact sleep and how to make changes to improve overall health and well-being.

Week 8:

Breaking the Rules – This week looks at relaxing the strict rules stressed throughout the program and see if they are important for you to follow. Learn how to nap, sleep in, or do other activities in bed while observing your sleep to see if you can do these activities or not.

Week 9:

Miscellaneous Sleep Information – This week covers a variety of topics including jet lag, nightmares, night sweats, shift work, and Restless Leg Syndrome.

Week 10:

Continuing and Maintaining Your Gains – We wrap up this week by discussing how to continue on your own, maintain your gains, red flags for insomnia returning, and how to re-treat in the future if needed.

The iSomnia Plus package also includes narrated slides that guide you step-by-step through the program, assisting you to become your own best insomnia therapist.

Download your copy today at
www.sumushealth.com/isomnia.html