

## FREQUENTLY ASKED QUESTIONS

*If I have insomnia along with another medical or mental health condition, are the treatments offered still good for me.*

Yes. The first line treatment for insomnia (CBT-I) has been shown to be as effective for these kinds of insomnias as it is for insomnia that occurs in the absence of such complications.

*Will I be prescribed sleeping pills ?*

While this is not a first line approach for our clinic, there are instances where some form of medical therapy is indicated. This may include the use of hypnotics or wake-promoting medications, alone or in combination with behavioral therapy.

*Will I be required to discontinue using sleeping pills ?*

More than likely. If the approach you are currently using with medications were effective, it is unlikely you would be seeking treatment at this time.

*Will I have to come to the hospital for a sleep study ?*

Patients with chronic insomnia who do not have signs or symptoms of other sleep disorders are typically not brought in for sleep studies because they do not provide any new information about your sleep.

*Does the BSM program provide treatment for other sleep disorders ?*

Yes. There are interventions that can help patients with sleep apnea, periodic leg movements of sleep, circadian rhythm disorders, and parasomnias.

## LOCATIONS AND APPOINTMENTS

For an appointment with a sleep specialist, please call (215) 662-7772 or toll free 1-888-SLEEPCT (1-888-753-3728)

*Penn Sleep Centers that offer Behavioral Sleep Medicine services are conveniently located at the following sites:*

Penn Sleep Center  
3624 Market St.  
Suite 201  
Philadelphia, PA 19104

Penn Medicine at Radnor  
250 King of Prussia Rd.  
2nd Floor  
Radnor, PA 19087

## THE RESEARCH PROGRAM

There is also a research program affiliated with our clinic that is 100% dedicated to uncovering the causes and consequences of insomnia. If you are interested in volunteering for research, talk with your clinician and visit our website at [www.sleeplessinphilly.com](http://www.sleeplessinphilly.com).

If you are eligible to participate in our research studies, you will receive at no cost one or more of the following:

- An extensive clinical evaluation
- A physical examination
- A laboratory evaluation of your health via blood and urine analyses
- An in-lab assessment of your sleep
- Treatment for your insomnia

For more information about our research program call (215) 7-INSOMN (215-746-7666).

The Penn Sleep Center



Penn Medicine



## Having trouble sleeping ?

There are few experiences more miserable than being awake while the rest of the world sleeps. You are not alone. One in four experience occasional symptoms of insomnia and more than one in ten will develop chronic insomnia.

PENN SLEEP CENTER

Behavioral Sleep Medicine Program  
and Insomnia Clinic

Despite the prevalence of chronic insomnia, people are often not inclined to seek treatment. They may think, or are told: “it’ll go away on its own” or “just manage it” or “just learn to live with it.”

### The facts are:

- insomnia, when chronic (present for more than a month), is unlikely to “go away”;
- most self-management strategies are not effective (i.e., “will power,” “self control,” naturopathic supplements, warm milk, tea, “night caps” with alcohol, etc.); and
- allowing insomnia to go untreated may negatively impact your quality of life, work performance, and increase your risk for
  - accidents and injuries
  - medical illness (e.g., hypertension)
  - psychiatric illness (e.g., depression)



*Fortunately, there is no reason to suffer with insomnia.*

*Effective treatments exist and there are clinicians who specialize in and are credentialed to provide specialty treatment for insomnia.*

## WHAT IS SPECIAL ABOUT THE PROGRAM AT PENN ?

The Behavioral Sleep Medicine (BSM) Program at Penn is comprised of researchers, educators and clinicians. This combination provides you with the assurance that our clinical services are the state of the art.

Our clinic offers the most effective and durable treatments available for insomnia including a form of evidenced-based cognitive behavioral therapy (CBT-I) that was standardized by our group and is taught to clinicians worldwide by members of our team. An evaluation by one of our sleep specialists will let you know if CBT-I is right for you.

Our group is comprised of clinicians who are certified by the American Board of Sleep Medicine, in both general Sleep Medicine and in Behavioral Sleep Medicine. This group, which brings together more than 50 years experience in insomnia research and treatment, can provide a variety of interventions for insomnia ranging from standard treatment with hypnotic medication, to treatment with CBT-I techniques, to combination strategies that may use both CBT-I and hypnotic or wake-promoting medications to improve your sleep.

In brief: the Penn BSM program and Insomnia Clinic promises to provide the best care possible by the most qualified individuals – so you can rest easy.

## IS OUR PROGRAM FOR YOU ?

**If you have trouble falling asleep, staying asleep, or waking up too early in the morning, we can help.**

## WHAT CAN I EXPECT ?

Your treatment will begin with an extensive evaluation including a review of your medical and mental health histories and an assessment of the factors that are likely to be related to your insomnia (sleep schedule, sleep duration, what you do and don’t do when awake at night, etc.). Treatment will require that you complete a series of questionnaires during your first visit and daily sleep diaries before and during treatment. Depending on the situation you may also be asked to undergo an objective assessment of your sleep (via actigraphy and/or an overnight sleep study).

### WHAT IS THE PREFERRED TREATMENT FOR INSOMNIA ?

The first line of intervention for insomnia is usually behavioral. Treatment is based upon the concept that chronic insomnia lasting from months to years is maintained by physical and behavioral factors that have little or nothing to do with what initially caused the insomnia. Accordingly, treatment targets the factors that have been shown to cause acute insomnia to take on “a life of its own.”

### HOW EFFECTIVE IS THIS THERAPY ?

There is a large scientific literature that shows that behavioral interventions are as effective as medication and, unlike medications, produce durable results that last after treatment is discontinued.

### HOW LONG DOES TREATMENT TAKE ?

In most cases, 8 weeks.