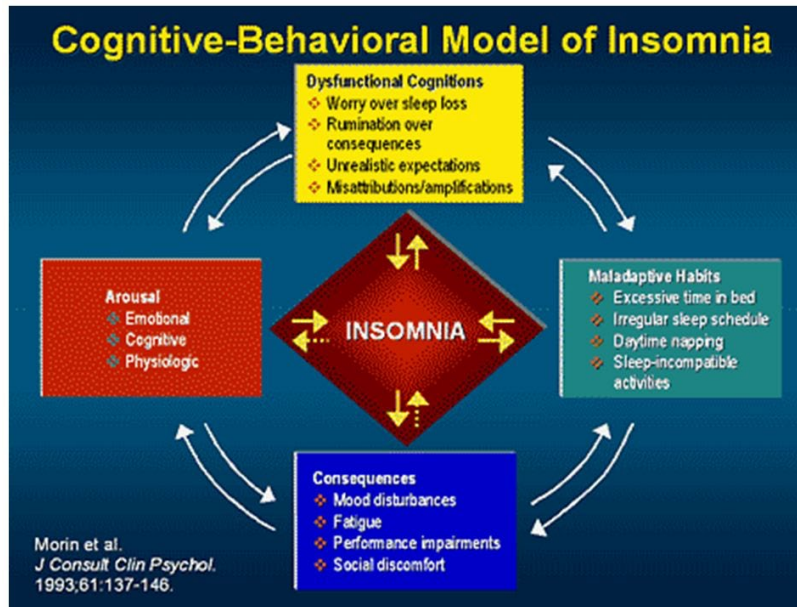


CBT-I : An Interactive Case Study

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CBT-I Model



Case-Study of Mrs. Luna Soleil:

Basic info: 70 plus years old, petite, Caucasian female, widowed (3years), retired (5yerars)

- Never a “great sleeper” but the last 2 years she “can’t sleep at all.”
- No previous behavioral therapy experiences. “No, sorry! I met with a grief counselor a few times”. Weary of you but her Sleep Doctor sent her so “here she is”.
- No RLS, no OSA, no thyroid problems, post-menopausal.
- Very well educated about the sleep hygiene. With the tears in her eyes she tells you a story of a life revolving around the pursuit of sleep. She goes to bed religiously at 10pm and “tries to fall asleep”. Takes her 30 to 60 min to fall asleep. She wakes up 3-4 times a night, tosses and turns for a long time, eventually falls asleep for brief moments (or not). She gets out of bed for the day around 7 or 8 am. Her room is dark and cool. She stops watching TV around 9pm. In the evenings she is careful not to get too scared or agitated; she listens to music, sometimes goes for a walk, has a light supper, occasionally has a small glass of wine. She assures you with pride that despite being exhausted she “never, ever takes naps”, also almost never drinks caffeine.
- Melatonin makes her sick to her stomach, antidepressants make her sick to her stomach, she is afraid of sleep aids.
- Her brother is very upset and her friends are upset that she is no longer participating in social gatherings because of how tired she is.

Please, take a few moments to examine the narrative and using the model above formulate your own hypotheses as to the contributing and maintaining factors.

Dysfunctional Cognitions: _____

Maladaptive Habits: _____

Arousal: _____

Consequences: _____

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