HOPE

BLOG

Retraining Your Sleep: A CBT-I Starter Guide

HOPE

Ask Yourself

- Has poor sleep lasted for months?
- Do I lie awake worrying about sleep?
- Do I scroll or work in bed?

HOPE

Habits to Start Now

- Same wake time, weekends too
- Out of bed if sleep will not come
- Caffeine done by early afternoon

HOPE

What You Can Do

- Ask about CBT-I by video
- Keep a simple sleep diary
- Thoughts of suicide? Call or text 988

HOPE

Read the full article

CBT-I: How Insomnia Treatment Works Without Relying on Sleep Aids

hopebehavioralmedicine.com

(843) 737-0312

General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.