Dear Dr. ***

My colleagues and I here at *** wanted to make you aware that we offer Cognitive Behavioral Therapy for Insomnia (CBT-I) and would happy to provide this service to your patients.

As you may know, the American College of Physicians recently released a consensus statement stating that CBT-I is an effective treatment for insomnia and likely poses fewer risks to patients than standard pharmacological treatments. This treatment utilizes a range of tools to improve sleep quality and quantity, including behavioral interventions such as sleep restriction, stimulus control, education regarding sleep hygiene, relaxation and anxiety management techniques, and addressing dysfunctional thoughts and beliefs about sleep. CBT-I is considered a first line intervention for insomnia and the recommendation is to utilize CBT-I prior to pharmacology whenever possible.

CBT-I is also beneficial to patients who have been on sleep medications for a long time. The FDA recommends approved sleep medications for short-term use (four to five weeks) and none are recommended for extended use. The FDA also recommends re-evaluating insomnia if it does not remit within 7-10 days of treatment. We can assist with a second opinion regarding insomnia, and CBT-I can be utilized along with appropriate tapering of sleep medications.

Our staff is dedicated to supporting your patients who have sleep problems. Insomnia is a major health care concern, and insomnia is a reported problem in one-third of primary care visits. Additionally, 10% of the population report problems with chronic insomnia. Additionally, we can assist with managing Circadian Rhythm Disorders, Nightmare Disorder, or problems with CPAP compliance. We look forward to working closely with you and your patients.

For additional information, visit our website at *** or the Society of Behavioral Sleep Medicine's website at [www.behavioralsleep.org](http://www.behavioralsleep.org).

Sincerely,