



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.

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.

Psychologist



Dr. Angela Miller

Clinical Health
Psychologist
Behavioral Sleep
Medicine Specialist

Vista Psychological & Counseling Centre, LLC

1201 South Main Street Suite 100
North Canton, Ohio 44720

Phone: 330.244.8782

Fax: 330.244.8795

www.vistapcc.com

Established in May 2008 by Julia Appleby, Dr. Bob Humphries and Sandy Lombardi, our experienced staff are committed to helping you achieve greater emotional wellness and adjustment by providing the very best in psychological and counseling services.



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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?

Dr. Miller does not prescribe medication. While this is not a recommended first line approach to the treatment of insomnia, 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. In these cases, Dr. Miller will communicate with your prescriber or provide a referral as needed.

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 have a sleep study?

Patients with chronic insomnia who do not have signs or symptoms of other sleep disorders are typically not sent 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.

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, 8-12 sessions.

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)