



Cognitive Behavioral Therapy for Insomnia

Chronic Insomnia

- Typically diagnosed when trouble falling or staying asleep occurs at least 3 nights a week for a month or more
- Occurs in an estimated 30% of U.S. adults
- Often co-occurs with depression, anxiety, substance use, chronic pain, and/or medical diagnoses.
- Associated with poorer mood, productivity, and health. Insomnia is known to increase the risk of accidents



Contact Us

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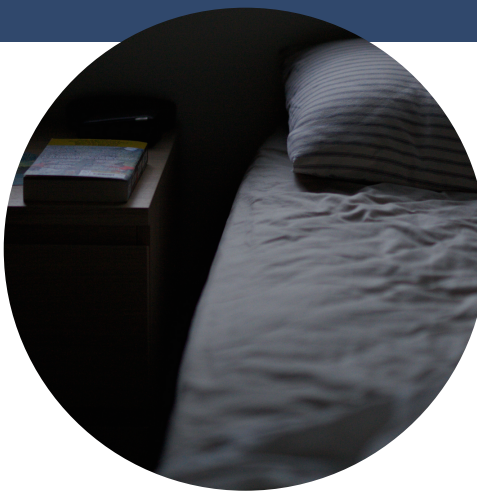
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About Cognitive Behavioral Therapy for Insomnia

According to current treatment research, Cognitive-Behavioral Therapy for Insomnia (CBT-I) is the safest, most effective treatment for people who experience consistent difficulty falling or staying asleep. CBT-I can be delivered in a group or individual format and typically takes four to eight sessions to work. Serious sleep problems such as sleep apnea or restless legs syndrome should be addressed before beginning CBT-I.

Treatment then starts with a sleep intake appointment, and you'll be asked to start keeping a sleep diary.

During CBT-I treatment, you will focus on changing the thoughts (cognitions) and actions (behaviors) interfering with your sleep. You'll learn how to:

- Practice good sleep hygiene
- Train your body to associate your bedroom environment with sleep
- Relax your body and mind
- Change problematic beliefs you may have about sleep

Find out more at www.christamarshall.com

Common Questions

- Does CBT-I really work?
Yes! Research consistently shows that CBT-I is the most effective treatment for insomnia, including insomnia due to medical conditions like cancer or chronic pain. People who receive CBT-I often report improvements in their pain and mood as well as their sleep.
- How long will this treatment take?
Consistent with clinical research findings, in Dr. Marshall's experience it typically takes four to eight sessions for a patient's insomnia to resolve.
- What about my sleep medications?
Dr. Marshall will work with you and your prescribing provider; you may decide to reduce or eliminate medication use, although this is not required..
- When are appointments?
Monday, Tuesday, Thursday, & Friday
8am - 5pm
The office is closed on Wednesdays.
- Payment
Please check the "Rates and Insurance" tab on my website to see an up-to-date list of the numerous insurances I accept, and the self-pay fee..

*Don't hesitate to
call or email
with any questions.
I look forward to the possibility of
working with you.*