

ADELAIDE INSOMNIA CLINIC

PSYCHOLOGY SERVICES

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Dear Doctor,

Thank you for your continued support of the Adelaide Insomnia Clinic (AIC). As a specialised psychological service primarily treating sleeping disorders (77% of clients), the support of the local medical community is important for us to continue to provide this treatment for our shared clients. We have conducted a pilot study using a sample of 32 clients recently referred to AIC for psychophysiological insomnia (mainly sleep onset or sleep maintenance problems), who have completed their treatment. This letter is to inform you of the preliminary results.

Treatment

The main cognitive behavioural therapy (CBT) used at AIC to treat insomnia is Bedtime Restriction (BR). BR has the effect of building up sleep pressure, improving sleep onset latency, and consolidating sleep throughout the night. As night-time sleep improves, daytime functioning also improves. This therapy is also useful for reducing reliance on sleeping medication. Data used in this study are from self-report questionnaires & daily sleep-wake diaries.

Sleep and Wellbeing Parameters	Pre-treatment (mean)	Post-treatment (mean)	
Depression (D) Anxiety (A) and Stress (S) Scale	D=13; A=10; S=19	D=2; A=2; S=6	
Sleep Onset Latency	103 minutes	20 minutes	
Sleep Efficiency (% of time asleep in bed)	60%	87%	
Total Sleep Time	5.3 hours	6.7 hours	
Sleeping Medication	Not Used	59%	91%
	Used	41%	9%

Summary of results

Results from this pilot study indicate that clients with insomnia attending AIC report a decrease in their sleep onset latency from 103 to 20 minutes (improvement of 83 minutes each night) and sleep efficiency increases from 60% to 87% (improvement of 27%). Total sleep time increases from 5.3 to 6.7 hours (improvement of 1.4 hours each night) and use of sleeping medication decreases from 41% to 9% (reduction of 32%). With regards to mental health, post-treatment DASS-21 scores for depression decrease from 13 to 2 (mild to normal), anxiety decreases from 10 to 2 (moderate to normal), and stress decreases from 19 to 6 (moderate to normal).

Average number of sessions

On average, clients achieve these results in six sessions, which suggests cognitive behavioural therapy for insomnia is a relatively cost-effective treatment (clients referred for general psychological issues average 11 sessions). We are very proud of these pilot study results and will continue to add data and conduct further statistics. A more detailed analysis of our pilot study will shortly be published on our website www.insomniaclinic.com.au. We are currently collating results for clients referred for psychological issues other than sleep disorders, and will keep you informed of results. Please feel free to contact us for further information and we look forward to continuing to work with you and your patients with sleep disorders. We hope you find these results interesting and again thank-you for your support.