

5 Treatments For Insomnia

COGNITIVE BEHAVIORAL THERAPY

CBT involves discovering what your thoughts are about your insomnia and what may cause it.

CBT has a good rate of success and no health risks.



SLEEP EDUCATION

This focuses on teaching people that there are healthy behaviors and habits that can improve their insomnia.

Like losing weight or quitting smoking.



SLEEP HYGIENE

Keeping a regular sleep routine, maintaining a cool and dark bedroom, and limiting caffeine are all examples of sleep hygiene.



NATURAL REMEDIES

There are non-prescription remedies that have no harmful side effects and can be beneficial for people with insomnia.

Melatonin is an example



PRESCRIPTIONS

Prescription medications are usually the last resort for people with insomnia and where CBT, relaxation and other methods have not worked.

