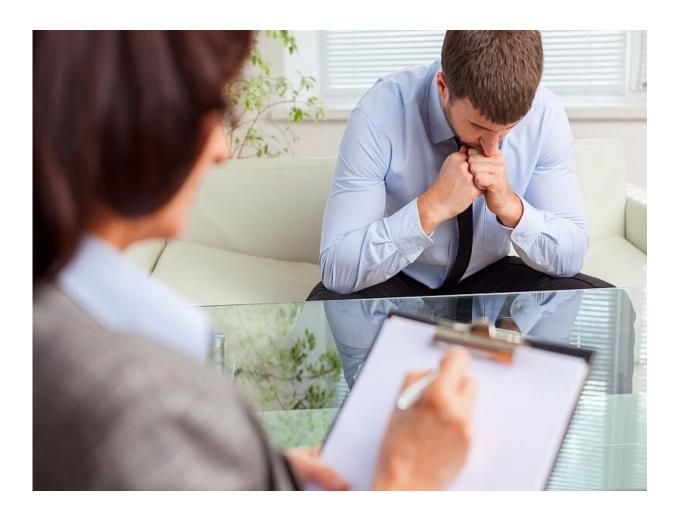# AASM: Multicomponent CBT recommended for chronic insomnia

December 23 2020

(HealthDay)—Multicomponent cognitive behavioral therapy is strongly

recommended for the treatment of chronic insomnia in adults, according to a new clinical practice guideline issued by the American Academy of Sleep Medicine and published online Nov. 9 in the *Journal of Clinical Sleep Medicine.*

Jack D. Edinger, Ph.D., from National Jewish Health in Denver, and colleagues conducted a systematic literature review to evaluate the relevant literature and quality of evidence to develop recommendations for behavioral and psychological treatments for chronic insomnia disorder in adults.

The authors strongly recommend that clinicians use multicomponent [cognitive behavioral therapy](link) for treatment of chronic insomnia disorder in adults. Conditional recommendations include use of stimulus control, sleep restriction [therapy](link), and relaxation therapy as single-component therapies for treatment of chronic insomnia disorder in adults. Sleep hygiene is not recommended for use as a single-component therapy for treatment of chronic insomnia disorder.

"Although [sleep hygiene](link) practices are often suggested and well understood by patients, sleep hygiene [recommendations] do not constitute an effective stand-alone therapy," Edinger said in a statement.

Several authors disclosed financial ties to the pharmaceutical and medical technology industries.

  More information: [Abstract/Full Text (subscription or payment may be required)](link)

Citation: AASM: Multicomponent CBT recommended for chronic insomnia (2020, December