

Cognitive Behavioral Therapy for Insomnia: A Comparative Analysis

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Abstract. This study provides a comparative analysis of cognitive behavioral therapy (CBT) techniques for treating insomnia. By evaluating various CBT approaches, including stimulus control and sleep restriction, the research assesses their effectiveness in improving sleep quality. The findings offer guidance for clinicians in selecting appropriate interventions for patients with insomnia.

Keywords: cognitive behavioral therapy, insomnia, sleep quality, stimulus control, sleep restriction

Introduction

Insomnia is a common sleep disorder that significantly affects individuals' health and quality of life. Cognitive Behavioral Therapy (CBT) has emerged as a leading non-pharmacological treatment for insomnia. This article compares different CBT techniques, such as stimulus control and sleep restriction, to determine their effectiveness in treating insomnia. By analyzing clinical outcomes and patient feedback, we aim to provide evidence-based recommendations for practitioners in the field of sleep medicine.

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