

Conference Presentation Abstract

Title:

Cognitive-Behavioural Treatment for Sleep Disturbance in Clients with Brain Injury

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Summary:

Sleep disturbance in those rehabilitating from ABI is a ubiquitous treatment issue (Castrionta et al., 2007; Oullet et al., 2006; Rao et al, 2008). It comes in many forms: insomnia, hypersomnia, nonrestorative sleep, "reversed" days and nights, etc. Regardless of the type, sleep disturbance can lead clients to experience significant fatigue that can decrease their quality of life and influence their ability to participate in their physical and cognitive rehabilitation. Depression, anxiety, posttraumatic stress symptoms, pain, sleep disorders (e.g., sleep apnea), medications or comorbid medical conditions can all be contributing factors. While some view sleep disturbance as a barrier to rehabilitation, there is ample evidence that sleep can be improved with short-term cognitive-behavioural intervention (National Institute of Health, 2005; Oullet et al., 2004). The theoretical basis for cognitive-behavioural treatment for sleep disturbance will be introduced. Assessment methods, including the use of sleep diaries, clinical interviews, psychometric measurement, consultation and collateral information will be explicated. Through the use of illustrative clinical case studies and research literature, the key elements of treatment, including behavioural monitoring, psychoeducation, goal setting, environmental considerations, developing healthy routines and structure, etc. will also be reviewed, with special consideration of how to appropriately tailor existing interventions for clients with ABI.

Learning Objectives:

- To identify the influence that sleep disturbance can have on every other aspect of brain injury rehabilitation.
- To learn to view sleep as a goal of rehabilitation rather than a barrier to rehabilitation.
- To understand the theoretical underpinnings to cognitive-behavioural treatment of sleep disturbance.
- To identify and the key elements of the assessment and treatment protocol for sleep disturbance in an ABI population.
- To recognize the evidence both from the research literature and clinical case studies that demonstrate the efficacy and effectiveness of this intervention