



## WHO WE ARE

Ayama Psychotherapy LLC is dedicated to helping overwhelmed adults get relief from stress, anxiety and insomnia. We value intentional living, compassion and appreciation for overall health.

All are welcome.

## WHAT WE OFFER

- 6-session insomnia treatment
- Psychotherapy for adults
- Knowledgeable and warm therapists who are highly trained
- Ability to understand clients quickly, and take clients to the next level of functioning
- Specialists treating anxiety

## GET IN TOUCH

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# HELP FOR INSOMNIA

through CBT-I

## WHAT IS CBT-I?

- CBT-I stands for "cognitive-behavioral therapy for insomnia". It is a step-by-step procedure of behavior changes designed to restore the body's ability to get restful sleep
- Insomnia symptoms addressed by sleep include: decreasing time to fall asleep, decreasing middle-of-the-night awakening, improving ability to fall back asleep quickly, decreasing restless sleep
- CBT-I is not reliant upon complete relaxation or medications to be effective

## FAQS

- How effective is it?** It is the recommended gold standard of treatment for insomnia (per the American College of Physicians). We often can treat insomnia even when other methods have failed or are only partially helpful. Relapse of insomnia after treatment completion is infrequent.
- Can chronic insomnia be helped?** Absolutely!
- How long does it take to work?** Significant improvements are often seen within a few sessions
- Does this just teach common sense interventions?** No. People with insomnia generally have excellent common sense sleep habits (like minimal nighttime caffeine, comfortable bed, etc.).
- Am I going to get "psychoanalyzed"?** No, sleep problems are examined in the context of physiology and behavior, rather than looking at the inner psyche.
- What about sleep medications?** Treatment works with or without sleep medication.
- **Why does sleep matter?** It feels good to sleep well, and improved mood, focus, and health are associated with good sleep. Poor sleep is associated with higher risk for cardiovascular disease, diabetes, dementia, depression and anxiety, to name just a few.
- My therapist does works on sleep with me. It is this the same thing?** Ask if he/she does CBT-I (not just CBT), as CBT-I is essential for effective insomnia treatment.

## WHEN TO GET HELP

If it regularly takes you more than 30 minutes to fall asleep, you have regularly interrupted nights of sleep, or you feel unrefreshed by your sleep, it makes sense to get some professional input.