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Cognitive Behavior Therapy for Insomnia

National Cancer Institute

Source

National Cancer Institute. *Cognitive Behavior Therapy for Insomnia*. NCI Thesaurus. Code C155787.

A structured program that helps the patient identify and replace thoughts and behaviors that cause or worsen sleep problems with habits that promote sound sleep. Techniques include stimulus control therapy, sleep restriction, sleep hygiene, sleep environment improvement, relaxation training, remaining passively awake, and biofeedback.