

Northumbria Research Link

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88 Screening Interviews (n = 88)

- DSM-5 Insomnia Disorder
- Less than 3 months duration
- No prior experience of CBT-I
- No current sleep medication use

Excluded

- Chronic Insomnia (n = 41)
- Currently taking sleep medication (n = 2)
- Previous exposure to CBT-I (n = 0)

Loss of Subjects

- No longer wishes to take part (n = 4)
- Just going to do cCBT-I (n = 1)

Randomized
to Wait List
Control
(n = 20)

Randomized
to CBT-I
(n = 20)

1 Week Post
Tx Sleep
Diaries
(n = 20)

1 Month
Follow-Up
(n = 20)

1 Month
Follow-Up
(n = 20)