• Cognitive behavioral therapy (CBT) is the first-line treatment for adults with chronic insomnia, says the American College of Physicians: 75–80 percent of people improve with this treatment.

• CBT is used to address many emotional and behavioral issues. To treat insomnia, you need CBT-I specifically. That’s cognitive behavioral therapy for insomnia with a trained health care provider or online program.

• In CBT-I, your specialist clinician helps you identify unhelpful thought patterns and behaviors that are messing with your sleep, reframe those thoughts, and substitute more effective behaviors.

“This is a simple approach that works. People say they’ve slept the best they ever have in their life.” —Dr. Gregg Jacobs, insomnia specialist, UMass Memorial Medical Center/University of Massachusetts Medical School

For more on CBT for insomnia and where to get it, see Student Health 101, October 2016.