

## What Are the Differences in Sleep Skills Between Insomnia Patients with and Without Need of Hypnotics?

Y. Kwon<sup>1</sup>, D. Jon<sup>2</sup>, K. Lee<sup>3</sup>, M. Kim<sup>4</sup>, S. Lee<sup>5</sup>, B. Yoon<sup>6</sup>, W. Kim<sup>7</sup>, J. Seo<sup>8</sup>, **W. Bahk**<sup>9</sup>

<sup>1</sup>Psychiatry, Department of Psychiatry College of Medicine Soonchunhuang University, Cheonan, Korea ;

<sup>2</sup>Psychiatry, Sacred Heart Hospital College of Medicine Hallym University, Anyang, Korea ; <sup>3</sup>Psychiatry,

College of Medicine Dongguk University, Gyeongju, Korea ; <sup>4</sup>Psychiatry, Jeju National University Hospital,

Jeju, Korea ; <sup>5</sup>Psychiatry, Wonkwang University School of Medicine, Iksan, Korea ; <sup>6</sup>Psychiatry, Naju

National Hospital, Naju, Korea ; <sup>7</sup>Psychiatry, Inje University Seoul Paik Hospital, Seoul, Korea ; <sup>8</sup>Psychiatry,

Konkuk University Chungju Hospital School of Medicine Konkuk University, Chungju, Korea ; <sup>9</sup>Psychiatry,

Yeouido St. Mary's Hospital, Seoul, Korea

---

### Introduction

We evaluated the difference in sleep skills between patients with and without need of hypnotics after sleep CBT.

### Methods

Total 131 insomnia patients' sleep disturbances were assessed by visual analogue scales. Patients received 9 sessions of sleep CBT and were prescribed hypnotics for prn during 3 months. Sleep CBT was focused on the sleep hygiene and sleep stimulus-control guidelines. Sleep hygiene guidelines were Limit the time spent in bed (SH1), Get regular exercise (SH2), Avoid light at night (SH3), Avoid heavy meals or drinking (SH4), Quiet, dark, and comfortable bedroom (SH5), Avoid caffeine, alcohol, and nicotine (SH6), Relaxing bedtime routine (SH7), Light bedtime snack (SH8), Remove the bedroom clock (SH9). Sleep stimulus-control guidelines were Go to bed only when sleepy (SSC1), Use the bed for sleeping or sex (SSC2), Get out of bed when unable to sleep (SSC3), Get up at the same time (SSC4), Avoid napping (SSC5). Each sleep skill state was evaluated by Likert scale, and they were compared between before and after CBT. Patients were divided into two groups: still need of hypnotics and no need of hypnotics after 3 months.

### Results

Forty-six (35.1%) patients replied they needed not hypnotics any more, but 85 (64.9%) patients replied they still needed hypnotics after CBT. Sleep VAS (25.26±8.52 vs. 32.64±8.95,  $p<0.001$ ), SH2 (3.67±0.92 vs. 2.76±1.06,  $p=0.030$ ), SH7 (4.08±0.55 vs. 2.76±0.76,  $p<0.001$ ) were different in two groups.

### Conclusions

Among several CBT skills, regular moderate exercise in daytime and a relaxing bedtime routine seem to be key components.