

# BHP Bluegrass Health Psychology, Inc.

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## Cognitive-Behavioral Insomnia Treatment Bluegrass Health Psychology Patient Information Sheet

*So you've been referred to a psychologist...*

Bluegrass health psychology is a practice made up of psychologists that specialize in treating medical patients. We do not focus on traditional mental health, which is what most people think of when talking about psychology. Our focus is the patient's medical condition and how it is affecting their life.

You have been referred because you have a difficulty with sleep. Problems going and/or staying asleep are called insomnia. This is often a chronic condition. Behavioral treatment of insomnia is the most effective form of treatment known today as it has been found to work better than sleep medication short term and long term.

### What to expect with your first visit:

You will meet with one of our doctors and discuss your sleep and how it is affecting your life. You will also be given a series of psychological tests. One set of tests may be mailed to you before your appointment. It will address your sleep. The next tests you will need to complete our office as part of your evaluation. One test is a general psychological evaluation which will ask you a variety of questions about yourself. It is our version of an MRI as we are checking for many different things. Many questions may not apply to you but just answer them the best you can. **The entire sleep evaluation can last from 2-3 hours and you will need to bring your glasses if you need them to read.**

### Treatment:

The typical number of treatment sessions for insomnia is 4-6. They last from 15 – 50 minutes. They generally occur every two weeks. Treatment involves changing attitudes and behaviors related to sleep. We have greater than a 90% success rate with insomnia.