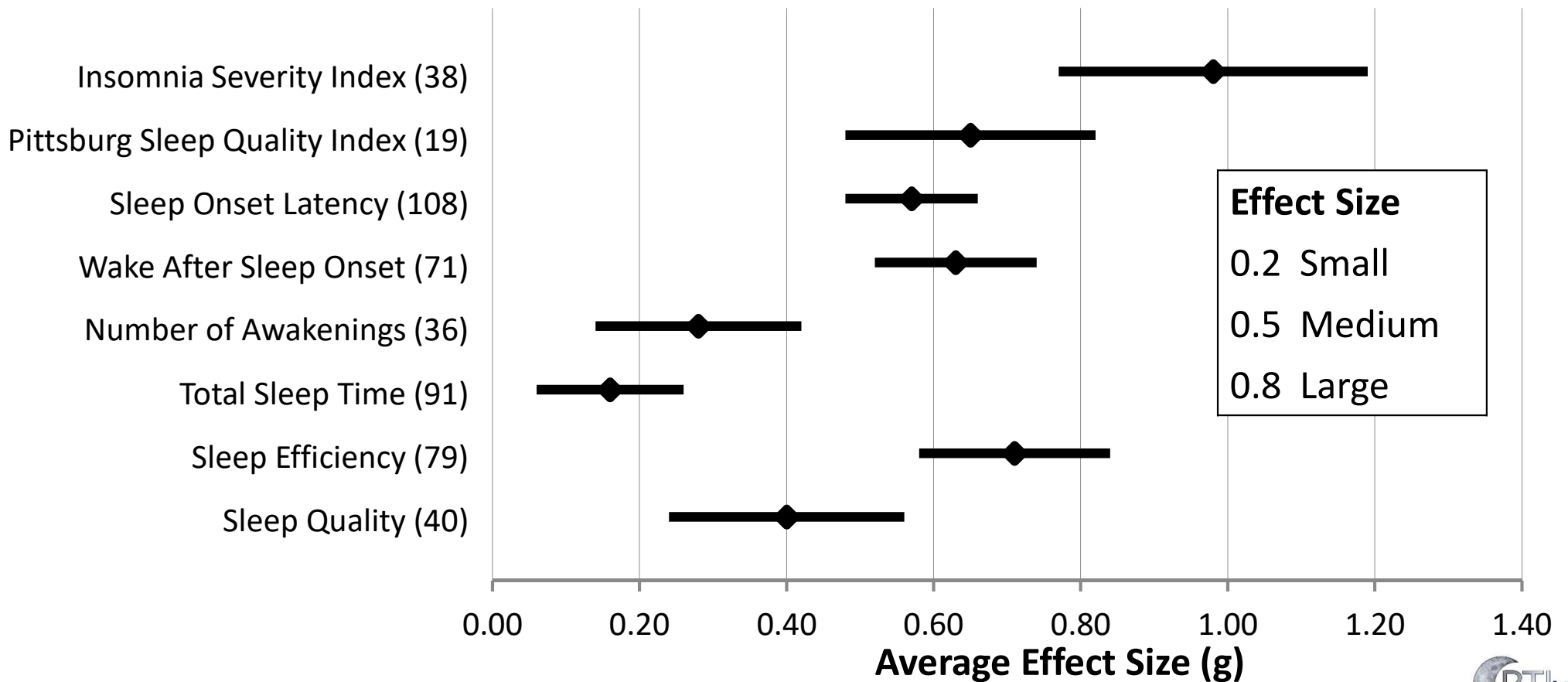
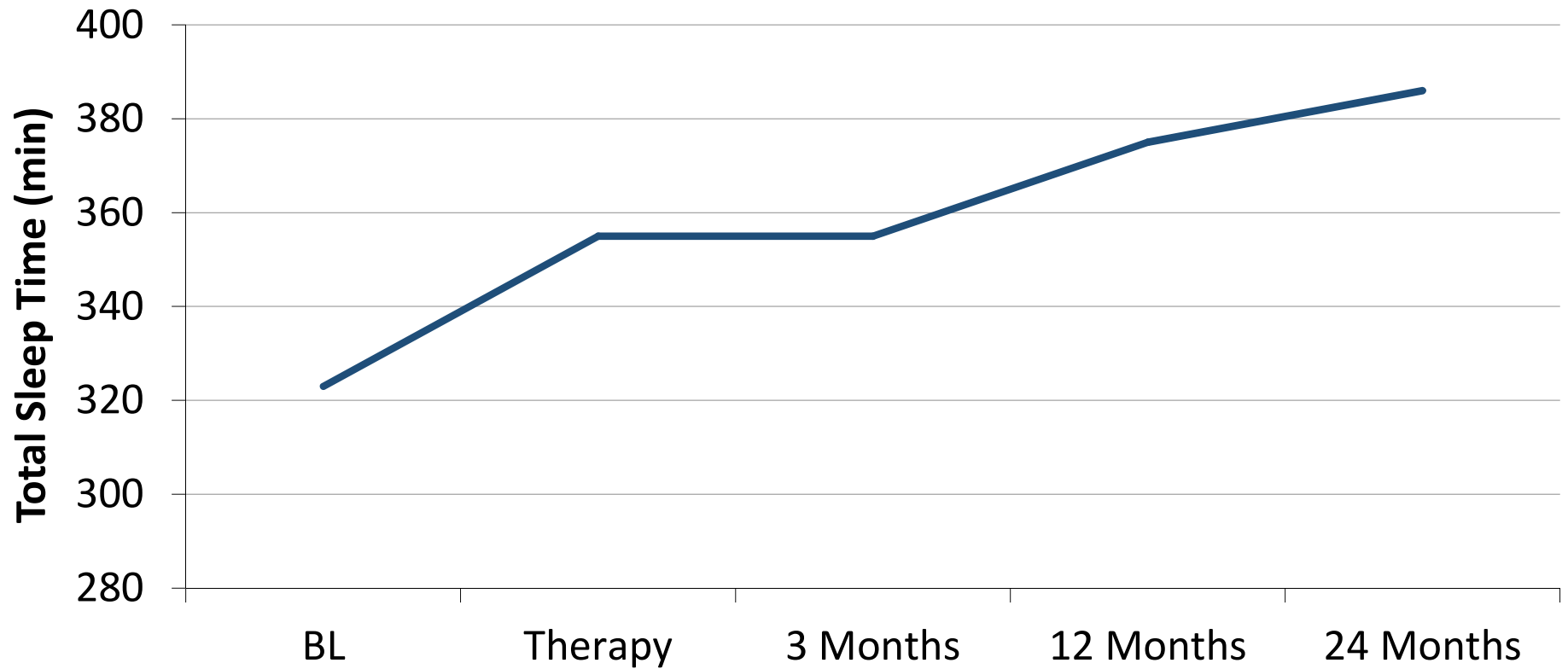


CBT Efficacy for Insomnia

Meta-analysis of 87 RCT (3724 treated patients vs. 2579 controls)



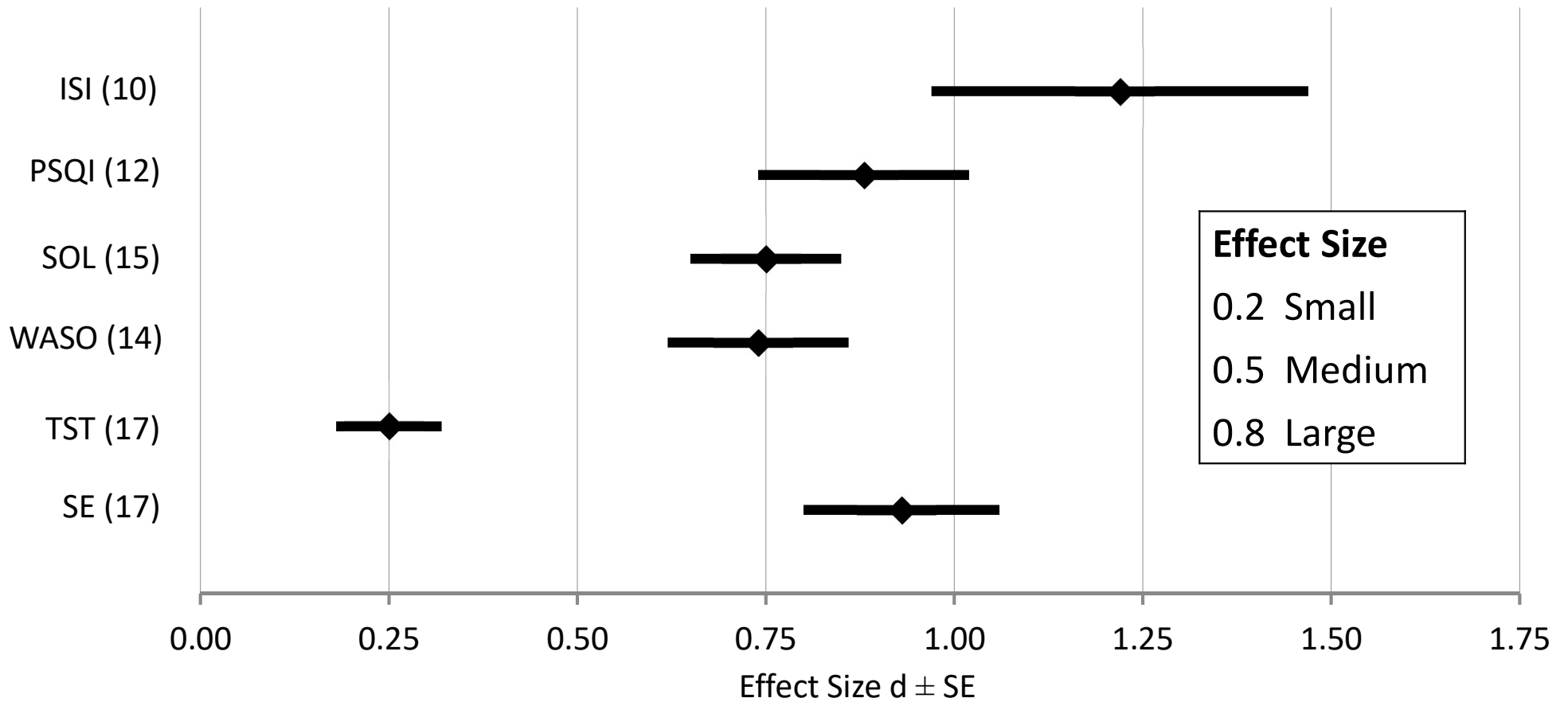
Long-term effect of CBTI in Primary Insomnia



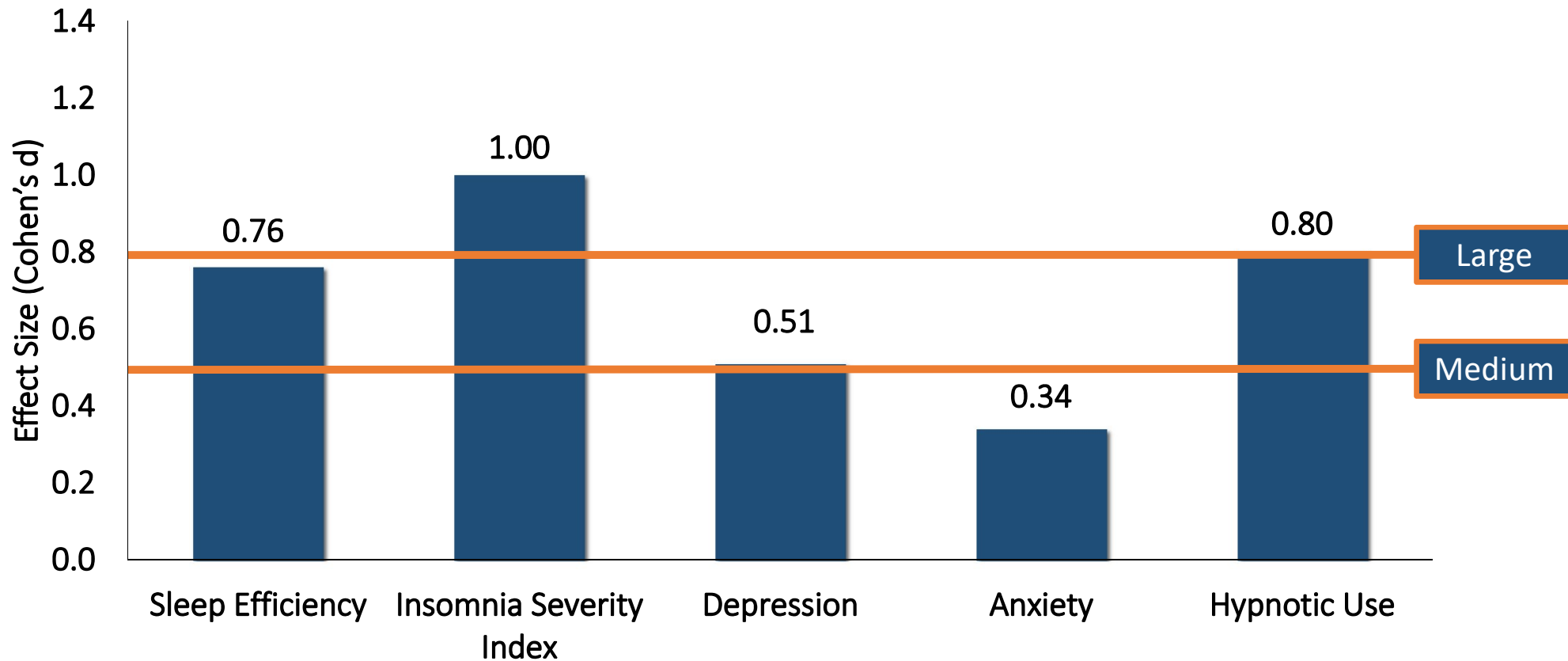
Morin, 1999; JAMA, 281(11): 991-999

CBTI & Comorbid Insomnia

Meta-analysis (23 RCT; 1379 treated patients)

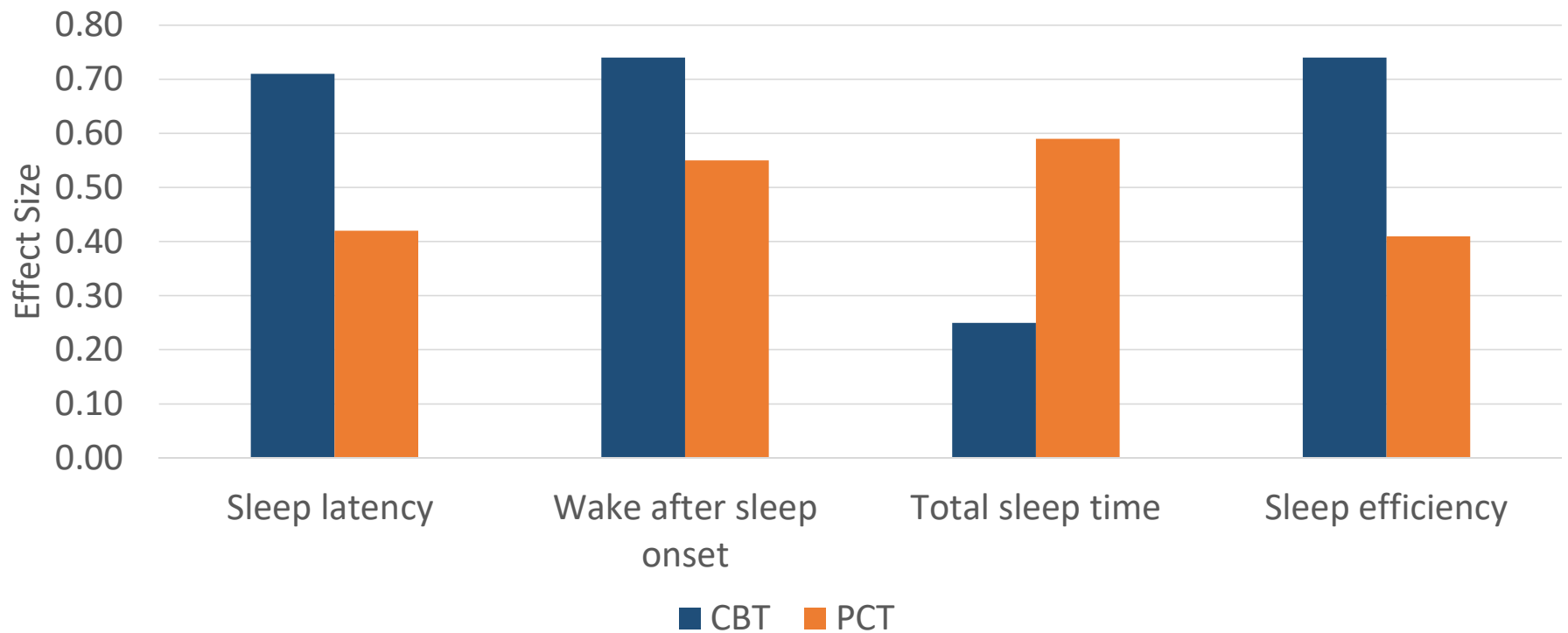


Efficacy of CBTI in Comorbid Psychiatric Populations



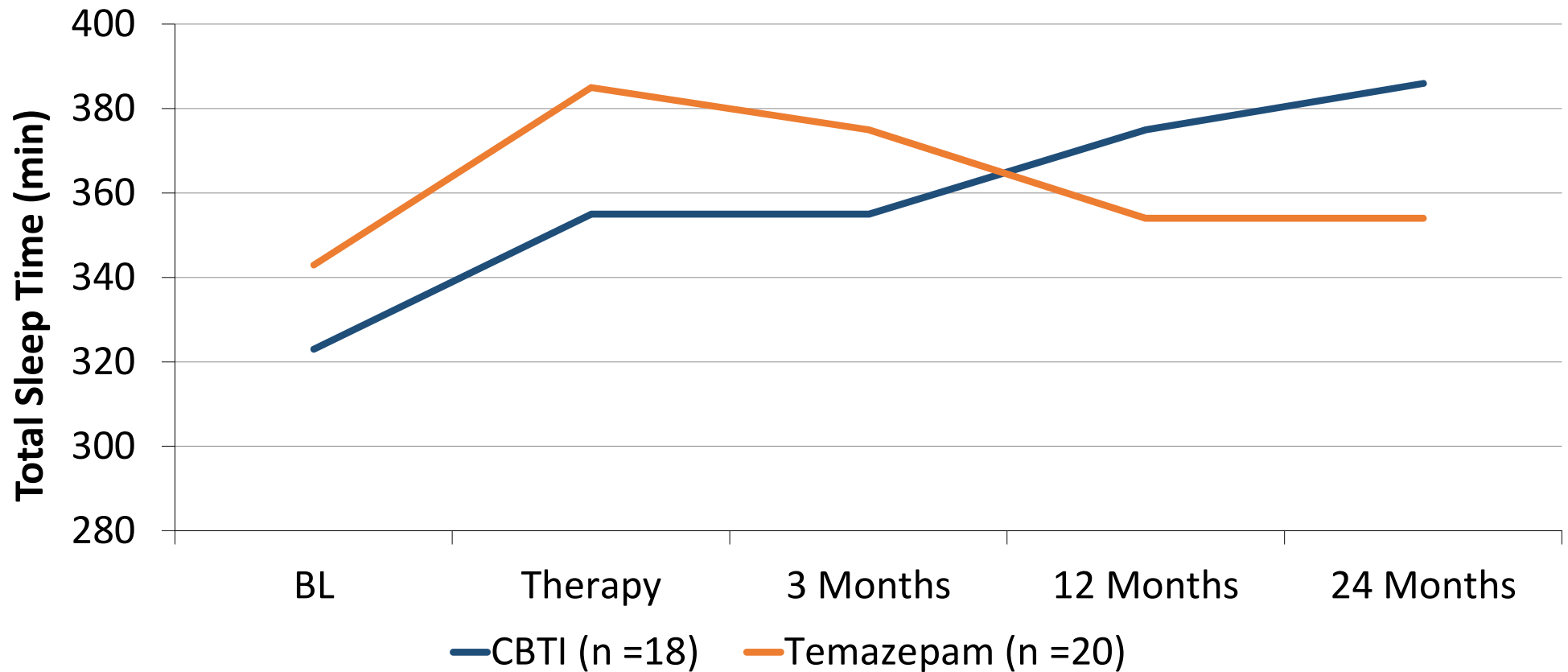
Comparative Efficacy of CBT and Medication for Insomnia

Average effect sizes pooled across meta-analyses (6 CBT; 3 PCT)



Morin et al., 1994; Murtagh & Greenwood, 1995; Nowell et al., 1997; Smith et al., 2002; Irwin et al. 2006; Okajima et al. 2011; Koffel et al. 2014; Winkler et al. 2014.

CBTI vs. Medication in Primary Insomnia



Insomnia Treatment Practice Guidelines



2005



2010

2018



2016



2017