

Our Treatments

The UCLA Insomnia Clinic provides behavioral treatments for insomnia that do not involve medications. Sleeping medications can be beneficial in the short term but can cause adverse effects and may not properly treat insomnia in the long term. For example, **Cognitive Behavioral Therapy for Insomnia (CBT-I)**, a behavioral treatment, is the first-line treatment with proven short-term and long-term efficacy as recommended by the American College of Physicians. Additionally, we have extensively studied **Mindfulness-Based Behavioral Therapy for Insomnia (MBBT-I)**, and our research has shown that this behavioral treatment is efficacious with good patient acceptability.

Our clinic provides:

1. **Initial evaluation** by a physician with expertise in insomnia and psychiatric disorders
2. **Cognitive Behavioral Therapy for Insomnia (CBT-I)** by a psychotherapist
3. **Mindfulness-Based Behavioral Therapy for Insomnia (MBBT-I)** by a psychotherapist



Referral and Appointment

If you would like to be evaluated for treatment in our clinic, please ask your current treating physician to refer you to us.

If your doctor is a UCLA physician, the referral can be made by entering "Referral to Insomnia Clinic" into the UCLA electronic health record program, CareConnect.

If your doctor is not affiliated with UCLA, please ask them to make a referral by clicking "[REFER YOUR PATIENT](#)" on our website.

Once your doctor makes a referral, please call **800-825-9989** to schedule an intake.

Contact Us

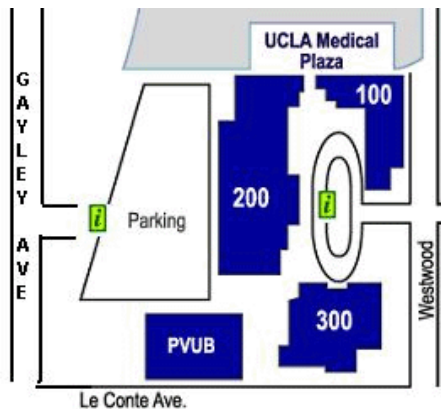
Phone: (800) 825-9989 Fax: (310) 267-1908

Web: www.uclahealth.org/medical-services/psychiatry/adult/ucla-insomnia-clinic

Email: insomnia@mednet.ucla.edu

Address: 300 UCLA Medical Plaza, Suite 1200
Los Angeles, CA 90095

The waiting area for the UCLA Insomnia Clinic is on Level 1. Enter from Westwood Blvd. At 300 Medical Plaza building, go through automatic double doors. The waiting area (#1200) will be straight ahead.



UCLA Insomnia Clinic

UCLA Health

Insomnia

Insomnia is a sleep disorder characterized by difficulty falling asleep or staying asleep despite having enough opportunity to sleep, leading to distress and impairment. Insomnia is also a very common with at least 10% of Americans suffering from it. Furthermore, insomnia increases the risks of depressive, inflammatory, metabolic, cardiovascular, and neurocognitive disorders. Unfortunately, insomnia often remains untreated or inappropriately treated only with hypnotics.

UCLA Insomnia Clinic

The UCLA Insomnia Clinic was established in 2019 to fill this important gap in healthcare. Based on the decade-long research and delivery of insomnia treatments by clinician scientists at the UCLA Cousins Center for Psychoneuroimmunology, we envisioned a new clinic providing behavioral treatments of insomnia, which are safe and effective.

Among these treatments, Cognitive-Behavioral Therapy for Insomnia (CBT-I) is the first-line treatment with proven short- and long-term efficacy as recommended by the American College of Physicians. Research at UCLA has demonstrated that Mindfulness-Based Behavioral Therapy for Insomnia (MBBT-I) is also effective in the treatment of insomnia with a greater patient acceptability. Thus, with the support of the UCLA Cousins Center and the UCLA Mindfulness Awareness Research Center (MARC), we developed the blueprint of an insomnia clinic solely dedicated to the provision of effective behavioral treatments. Among the sleep clinics in academic and community settings in the Greater Los Angeles area, the UCLA Insomnia Clinic is unique in providing behavioral insomnia treatments such as CBT-I and MBBT-I.

After a thorough clinical assessment by a physician with expertise in insomnia and psychiatric disorders, the therapy will be delivered by our psychotherapists.

Our professionals at the UCLA Insomnia Clinic strive to deliver high-quality and evidence-based behavioral treatments for insomnia using not only the knowledge accumulated by the scientific community but also making the most of the expertise derived from our own longstanding clinical research.

Cognitive Behavioral Therapy for Insomnia (CBT-I)

CBT-I is a structured program that helps you identify and change thoughts and behaviors that cause or worsen insomnia so that you can develop healthy sleep habits and patterns. Unlike sleeping pills, CBT-I helps you overcome the underlying causes of your sleep problems. The UCLA Insomnia Clinic provides a CBT-I program composed of 7-8 weekly sessions.

To identify how to best treat your insomnia, we will ask you to keep a sleep diary for one to two weeks. The cognitive part of CBT-I will teach you how to recognize and change thoughts and beliefs that impact your ability to sleep. The behavioral part of CBT-I will help you develop good sleep habits, become aware of behaviors that keep you from sleeping well, and restore your ability to sleep soundly.

Specific CBT-I techniques include: Cognitive Restructuring, Stimulus Control, Time in Bed Restriction, Sleep Hygiene, and Relaxation Training. For example, lying in bed when you are awake can become a habit that leads to poor sleep as it reduces your sleep drive and strengthens the association between your bed and not sleeping. Your body requires sleep drive to sleep soundly throughout the night. Time in bed restriction works by initially reducing the amount of time you spend in bed to increase your sleep drive. Once your sleep improves, your time in bed is gradually increased.

Mindfulness-Based Behavioral Therapy for Insomnia (MBBT-I)

Mindfulness is paying attention to our present moment experience with openness, curiosity, and a willingness to be with what is. As we do this, we will begin to understand our bodies and minds better and not be so reactive in our daily life to thoughts, emotions, and physical sensations. We will have more space or choice in our life. Mindfulness is not about feeling a particular state or having a specific kind of experience. With mindfulness, we develop a quality of attention that can be present no matter what is happening. This will help us to have more peace, ease, and balance in our lives.

The UCLA Insomnia Clinic offers a program composed of 8 weekly sessions of MBBT-I, a behavioral treatment for insomnia that we have developed based on Mindful Awareness Practices program (MAPs). We have extensively studied MBBT-I, and our research has demonstrated that this behavioral treatment is effective in improving insomnia. Our MBBT-I sessions are facilitated by licensed clinical psychologists who have intensive training and experience in teaching mindfulness and providing psychotherapy. We start with awareness of our breathing, and each week, we open our awareness more and more to all of our experiences, including sounds, bodily sensations, emotions, thoughts, and mental states.

Patients with insomnia often feel they have little control over their sleep. They may find themselves feeling stuck in this endless cycle of having expectations around sleep, putting a lot of efforts in getting a good night of sleep, worrying about the consequences of not getting enough sleep, and making falling asleep more difficult. Mindful awareness practices can help you learn to work with these feelings, gain awareness of unhelpful thinking patterns, learn to let them go, and cultivate a more open and accepting stance to the sleeping process.