

THERAPIES THAT CAN IMPROVE SLEEP

NON-MEDICATION OPTIONS THAT SUPPORT HEALTHIER REST



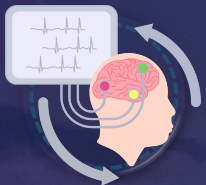
Cognitive Behavioral Therapy for Insomnia (CBT-I)

- **How it helps:** Teaches new sleep habits and changes unhelpful thought patterns.
- **Benefits:** Faster sleep onset, better quality, lasting results.
- **Good to know:** Often recommended as first-line treatment for chronic insomnia, with durable long-term benefits.



Eye Movement Desensitization and Reprocessing (EMDR)

- **How it helps:** Helps the brain process trauma so it doesn't cause nighttime stress.
- **Benefits:** May reduce trauma-related nightmares, nighttime distress, and hypervigilance.
- **Good to know:** Often used for trauma or PTSD.



Transcranial Magnetic Stimulation (TMS)

- **How it helps:** Uses magnetic pulses to balance brain circuits tied to mood and sleep.
- **Benefits:** May improve sleep quality and daytime alertness, especially when mood symptoms improve.
- **Good to know:** Non-invasive, done in clinics, usually over several weeks.



Heart Rate Variability (HRV) Biofeedback

- **How it helps:** Guides breathing and heart rhythms to shift the body into a calmer state.
- **Benefits:** May support calmer bedtime physiology, steadier sleep, and reduced stress before bed.
- **Good to know:** Can be done with a therapist or at home using devices or apps.



Electroconvulsive Therapy (ECT)

- **How it helps:** Uses controlled electrical activity to reset brain function in severe depression or psychosis.
- **Benefits:** Sleep may improve as the underlying severe depression or psychosis responds to treatment.
- **Good to know:** Done under anesthesia in hospitals; some may notice short-term memory issues.



Meditation and Mindfulness

- **How it helps:** Reduces stress, slows the body, and quiets racing thoughts.
- **Benefits:** Easier to fall asleep, more refreshing rest, fewer nighttime awakenings.
- **Good to know:** May improve sleep quality with regular practice; available through classes or apps.



Brainspotting

- **How it helps:** Uses eye focus and body awareness to work with trauma-related distress.
- **Benefits:** May reduce trauma-related hyper-alertness or awakenings for some people.
- **Good to know:** Evidence is still emerging, especially for sleep outcomes.

Availability may vary by location. Ask a qualified mental health or medical provider which options are appropriate and accessible for you.