

WEBVTT

NOTE duration:"00:44:34"

NOTE recognizability:0.862

NOTE language:en-us

NOTE Confidence: 0.827795387142857

00:00:00.000 --> 00:00:03.360 Those people from other institutions as well.

NOTE Confidence: 0.827795387142857

00:00:03.360 --> 00:00:04.644 It's almost everybody sleep.

NOTE Confidence: 0.827795387142857

00:00:04.644 --> 00:00:06.249 Occasionally we'll have somebody come

NOTE Confidence: 0.827795387142857

00:00:06.249 --> 00:00:08.102 in who's interested from psychology or

NOTE Confidence: 0.827795387142857

00:00:08.102 --> 00:00:10.200 from neurology or from other disciplines,

NOTE Confidence: 0.827795387142857

00:00:10.200 --> 00:00:11.320 so it's pretty diverse group.

NOTE Confidence: 0.950896165

00:00:15.200 --> 00:00:17.304 Alright, so we're just letting people

NOTE Confidence: 0.950896165

00:00:17.304 --> 00:00:19.530 in so good afternoon everyone and

NOTE Confidence: 0.950896165

00:00:19.594 --> 00:00:21.778 welcome back to our spring semester

NOTE Confidence: 0.950896165

00:00:21.778 --> 00:00:24.638 for Yale Sleep Seminar and I will start

NOTE Confidence: 0.950896165

00:00:24.638 --> 00:00:26.636 with just a couple of announcements.

NOTE Confidence: 0.950896165

00:00:26.640 --> 00:00:29.028 First, just to remember that these

NOTE Confidence: 0.950896165

00:00:29.028 --> 00:00:31.328 seminar lectures are available for CME

NOTE Confidence: 0.950896165

00:00:31.328 --> 00:00:33.254 credit and that to receive credit,
NOTE Confidence: 0.950896165

00:00:33.260 --> 00:00:35.830 you just need to text the ID for the lecture
NOTE Confidence: 0.950896165

00:00:35.895 --> 00:00:38.380 to Yale clouds the money by 3:15 PM today.
NOTE Confidence: 0.950896165

00:00:38.380 --> 00:00:40.313 So information I had to do that
NOTE Confidence: 0.950896165

00:00:40.313 --> 00:00:42.281 will show up in the chat as well
NOTE Confidence: 0.950896165

00:00:42.281 --> 00:00:44.310 as the code will show up later.
NOTE Confidence: 0.950896165

00:00:44.310 --> 00:00:46.105 Recordings of the lectures are
NOTE Confidence: 0.950896165

00:00:46.105 --> 00:00:47.900 available in approximately 2 weeks
NOTE Confidence: 0.950896165

00:00:47.961 --> 00:00:49.620 at the site noted in the chat.
NOTE Confidence: 0.950896165

00:00:49.620 --> 00:00:51.395 CME credit isn't available for
NOTE Confidence: 0.950896165

00:00:51.395 --> 00:00:53.170 later viewings and then finally,
NOTE Confidence: 0.950896165

00:00:53.170 --> 00:00:55.046 if you have questions during the talk,
NOTE Confidence: 0.950896165

00:00:55.050 --> 00:00:55.946 please use the chat.
NOTE Confidence: 0.950896165

00:00:55.946 --> 00:00:58.598 We will address these at the end and
NOTE Confidence: 0.950896165

00:00:58.598 --> 00:01:00.968 I'll moderate so now it is my pleasure
NOTE Confidence: 0.950896165

00:01:00.970 --> 00:01:03.042 to introduce today's lead seminar.

NOTE Confidence: 0.950896165

00:01:03.042 --> 00:01:05.970 Speaker, Doctor Suzanne, British doctor.

NOTE Confidence: 0.950896165

00:01:05.970 --> 00:01:07.190 British is an assistant professor

NOTE Confidence: 0.950896165

00:01:07.190 --> 00:01:08.670 of medicine and Sleep Medicine

NOTE Confidence: 0.950896165

00:01:08.670 --> 00:01:10.560 at Harvard Medical School and is

NOTE Confidence: 0.950896165

00:01:10.618 --> 00:01:12.458 clinical director of Behavioral Sleep

NOTE Confidence: 0.950896165

00:01:12.458 --> 00:01:14.298 Medicine at Brigham and Women's.

NOTE Confidence: 0.950896165

00:01:14.300 --> 00:01:16.965 Hospital she received her MD from

NOTE Confidence: 0.950896165

00:01:16.965 --> 00:01:18.654 State University of New York at

NOTE Confidence: 0.950896165

00:01:18.654 --> 00:01:20.740 Stony Brook and her MPH from Harvard

NOTE Confidence: 0.950896165

00:01:20.807 --> 00:01:22.299 School of Public Health.

NOTE Confidence: 0.950896165

00:01:22.300 --> 00:01:24.032 She subsequently completed her

NOTE Confidence: 0.950896165

00:01:24.032 --> 00:01:26.197 internship and residency in internal

NOTE Confidence: 0.950896165

00:01:26.197 --> 00:01:27.549 medicine at Beth Israel.

NOTE Confidence: 0.950896165

00:01:27.550 --> 00:01:29.830 She went on to do a clinical research

NOTE Confidence: 0.950896165

00:01:29.830 --> 00:01:31.140 fellowship in the Division for

NOTE Confidence: 0.950896165

00:01:31.140 --> 00:01:32.940 Research and Education in Complementary

NOTE Confidence: 0.950896165

00:01:32.940 --> 00:01:34.660 and Integrative Medical Therapies

NOTE Confidence: 0.950896165

00:01:34.660 --> 00:01:36.390 at Harvard Medical School,

NOTE Confidence: 0.950896165

00:01:36.390 --> 00:01:38.182 and this was followed by a Sleep

NOTE Confidence: 0.950896165

00:01:38.182 --> 00:01:39.664 Fellowship at Sleep Health Centers

NOTE Confidence: 0.950896165

00:01:39.664 --> 00:01:40.328 in Brighton,

NOTE Confidence: 0.950896165

00:01:40.330 --> 00:01:42.436 followed by a clinical Sleep Medicine

NOTE Confidence: 0.950896165

00:01:42.436 --> 00:01:44.229 Fellowship in the division of

NOTE Confidence: 0.950896165

00:01:44.229 --> 00:01:45.899 Pulmonary Critical Care and Sleep

NOTE Confidence: 0.950896165

00:01:45.899 --> 00:01:47.235 Medicine at Beth Israel.

NOTE Confidence: 0.950896165

00:01:47.240 --> 00:01:49.060 Doctor Burtis has been on the faculty

NOTE Confidence: 0.950896165

00:01:49.060 --> 00:01:50.656 at Harvard Medical School since

NOTE Confidence: 0.950896165

00:01:50.656 --> 00:01:52.921 2008 and is currently assistant

NOTE Confidence: 0.950896165

00:01:52.921 --> 00:01:54.280 professor of Medicine.

NOTE Confidence: 0.950896165

00:01:54.280 --> 00:01:56.548 She now serves as clinical director of

NOTE Confidence: 0.950896165

00:01:56.548 --> 00:01:58.353 the Behavioral Sleep Medicine Program

NOTE Confidence: 0.950896165

00:01:58.353 --> 00:02:00.278 at Brigham and Women's Hospital,

NOTE Confidence: 0.950896165

00:02:00.280 --> 00:02:02.220 so she has been an active member of

NOTE Confidence: 0.950896165

00:02:02.220 --> 00:02:03.780 the American Academy of Sleep Medicine,

NOTE Confidence: 0.950896165

00:02:03.780 --> 00:02:05.850 importantly serving as a committee

NOTE Confidence: 0.950896165

00:02:05.850 --> 00:02:07.920 member on the behavioral Insomnia

NOTE Confidence: 0.950896165

00:02:07.981 --> 00:02:09.259 Guideline Task Force,

NOTE Confidence: 0.950896165

00:02:09.260 --> 00:02:11.432 and she's currently chair of the

NOTE Confidence: 0.950896165

00:02:11.432 --> 00:02:12.880 Young Investigators Research Forum.

NOTE Confidence: 0.950896165

00:02:12.880 --> 00:02:14.776 She is an active member of the society.

NOTE Confidence: 0.950896165

00:02:14.780 --> 00:02:16.340 Behavioral Sleep Medicine has served

NOTE Confidence: 0.950896165

00:02:16.340 --> 00:02:18.460 as chair of the Education Committee.

NOTE Confidence: 0.950896165

00:02:18.460 --> 00:02:20.940 And is currently on the Board of Directors.

NOTE Confidence: 0.950896165

00:02:20.940 --> 00:02:23.159 She also serves on the Sleep and

NOTE Confidence: 0.950896165

00:02:23.159 --> 00:02:24.608 Respiratory Neurobiology web committee

NOTE Confidence: 0.950896165

00:02:24.608 --> 00:02:26.500 patient education subgroup for the

NOTE Confidence: 0.950896165

00:02:26.500 --> 00:02:28.670 ATS and is on the membership committee

NOTE Confidence: 0.950896165

00:02:28.670 --> 00:02:30.819 of the Sleep Research Society.

NOTE Confidence: 0.950896165

00:02:30.820 --> 00:02:32.720 She's principal investigator or Co.

NOTE Confidence: 0.950896165

00:02:32.720 --> 00:02:35.260 Investigator on many active and

NOTE Confidence: 0.950896165

00:02:35.260 --> 00:02:36.276 diverse projects.

NOTE Confidence: 0.950896165

00:02:36.280 --> 00:02:38.237 22 numerous really to name for this,

NOTE Confidence: 0.950896165

00:02:38.237 --> 00:02:40.032 but I'll include some mechanisms

NOTE Confidence: 0.950896165

00:02:40.032 --> 00:02:41.645 underlying the blood pressure

NOTE Confidence: 0.950896165

00:02:41.645 --> 00:02:43.715 lowering effect of sleep extension,

NOTE Confidence: 0.950896165

00:02:43.720 --> 00:02:45.560 inflammation and sleep restriction

NOTE Confidence: 0.950896165

00:02:45.560 --> 00:02:46.480 and recovery.

NOTE Confidence: 0.950896165

00:02:46.480 --> 00:02:48.544 The development of a sleep health

NOTE Confidence: 0.950896165

00:02:48.544 --> 00:02:49.920 intervention for football players.

NOTE Confidence: 0.950896165

00:02:49.920 --> 00:02:51.444 Sleep disruption and neuronal

NOTE Confidence: 0.950896165

00:02:51.444 --> 00:02:52.968 dysfunction in early Alzheimer's

NOTE Confidence: 0.950896165

00:02:52.970 --> 00:02:55.065 disease and evidence based peer

NOTE Confidence: 0.950896165
00:02:55.065 --> 00:02:56.499 support interventions to promote
NOTE Confidence: 0.950896165
00:02:56.500 --> 00:02:57.860 PAP use among others.
NOTE Confidence: 0.950896165
00:02:57.860 --> 00:03:00.333 So we are really fortunate to have
NOTE Confidence: 0.950896165
00:03:00.333 --> 00:03:02.050 Doctor Burtis join us today to
NOTE Confidence: 0.950896165
00:03:02.050 --> 00:03:04.280 discuss an important and clinically
NOTE Confidence: 0.950896165
00:03:04.280 --> 00:03:06.240 relevant topic integrating behavioral
NOTE Confidence: 0.950896165
00:03:06.240 --> 00:03:08.098 therapies and hypnotic medications.
NOTE Confidence: 0.904187478
00:03:08.100 --> 00:03:09.936 Insomnia management so
NOTE Confidence: 0.904187478
00:03:09.936 --> 00:03:11.690 welcome doctor. British.
NOTE Confidence: 0.928047164545454
00:03:12.320 --> 00:03:14.553 Thanks so much for that warm introduction
NOTE Confidence: 0.928047164545454
00:03:14.553 --> 00:03:16.646 Janet and thanks so much for everybody
NOTE Confidence: 0.928047164545454
00:03:16.646 --> 00:03:18.820 for taking time out of your busy day.
NOTE Confidence: 0.928047164545454
00:03:18.820 --> 00:03:20.780 I know it's a tough time for all of us.
NOTE Confidence: 0.928047164545454
00:03:20.780 --> 00:03:22.920 I appreciate you coming along
NOTE Confidence: 0.928047164545454
00:03:22.920 --> 00:03:25.060 and hearing me speak today,
NOTE Confidence: 0.928047164545454

00:03:25.060 --> 00:03:28.035 and hopefully this talk will
NOTE Confidence: 0.928047164545454

00:03:28.035 --> 00:03:30.415 not just be interesting.
NOTE Confidence: 0.928047164545454

00:03:30.420 --> 00:03:31.620 Beauty soporific though actually my
NOTE Confidence: 0.928047164545454

00:03:31.620 --> 00:03:33.592 goal is to give you actually real tools
NOTE Confidence: 0.928047164545454

00:03:33.592 --> 00:03:35.272 that you can bring to your bedside,
NOTE Confidence: 0.928047164545454

00:03:35.280 --> 00:03:37.488 and this topic is very close to both
NOTE Confidence: 0.928047164545454

00:03:37.488 --> 00:03:41.120 my research and clinical passions.
NOTE Confidence: 0.928047164545454

00:03:41.120 --> 00:03:43.982 So I'm just gonna go ahead and get started
NOTE Confidence: 0.928047164545454

00:03:43.982 --> 00:03:46.866 and hopefully everybody can hear me.
NOTE Confidence: 0.928047164545454

00:03:46.870 --> 00:03:49.320 Here I do have some conflicts of
NOTE Confidence: 0.928047164545454

00:03:49.320 --> 00:03:50.864 interest through some consultants
NOTE Confidence: 0.928047164545454

00:03:50.864 --> 00:03:52.455 that have been mitigated,
NOTE Confidence: 0.928047164545454

00:03:52.455 --> 00:03:54.405 and when I referred to any
NOTE Confidence: 0.928047164545454

00:03:54.405 --> 00:03:55.909 of the medications by name,
NOTE Confidence: 0.928047164545454

00:03:55.910 --> 00:03:58.227 I will note any evidence that it
NOTE Confidence: 0.928047164545454

00:03:58.227 --> 00:04:01.188 turns to it or off label indications.

NOTE Confidence: 0.928047164545454

00:04:01.190 --> 00:04:02.990 So the learning objectives today.

NOTE Confidence: 0.928047164545454

00:04:02.990 --> 00:04:04.784 At first we're going to start

NOTE Confidence: 0.928047164545454

00:04:04.784 --> 00:04:05.980 by summarizing the guidelines,

NOTE Confidence: 0.928047164545454

00:04:05.980 --> 00:04:07.894 supporting the use and timing of

NOTE Confidence: 0.928047164545454

00:04:07.894 --> 00:04:09.170 both behavioral and pharmacological

NOTE Confidence: 0.928047164545454

00:04:09.222 --> 00:04:10.350 treatments for insomnia,

NOTE Confidence: 0.928047164545454

00:04:10.350 --> 00:04:11.505 so this is really sort of like

NOTE Confidence: 0.928047164545454

00:04:11.505 --> 00:04:12.690 the level up part of the talk,

NOTE Confidence: 0.928047164545454

00:04:12.690 --> 00:04:14.922 so everybody is on the same page and we

NOTE Confidence: 0.928047164545454

00:04:14.922 --> 00:04:17.369 know what I'm referring to buy medications.

NOTE Confidence: 0.928047164545454

00:04:17.370 --> 00:04:19.666 Which medications where they fall in as

NOTE Confidence: 0.928047164545454

00:04:19.666 --> 00:04:21.698 well as behavioral therapies as well?

NOTE Confidence: 0.928047164545454

00:04:21.698 --> 00:04:24.156 And then we're going to get into

NOTE Confidence: 0.928047164545454

00:04:24.156 --> 00:04:26.208 a discussion of talking about what

NOTE Confidence: 0.928047164545454

00:04:26.208 --> 00:04:28.525 is the literature in terms of using

NOTE Confidence: 0.928047164545454

00:04:28.525 --> 00:04:30.376 these strategies in terms of choosing
NOTE Confidence: 0.928047164545454

00:04:30.376 --> 00:04:32.272 one strategy over the other and
NOTE Confidence: 0.928047164545454

00:04:32.272 --> 00:04:34.630 in terms of timing and sequencing,
NOTE Confidence: 0.928047164545454

00:04:34.630 --> 00:04:36.744 that will allow you then to develop
NOTE Confidence: 0.928047164545454

00:04:36.744 --> 00:04:38.092 and implement, you know,
NOTE Confidence: 0.928047164545454

00:04:38.092 --> 00:04:39.947 evidence based treatment plans for
NOTE Confidence: 0.928047164545454

00:04:39.950 --> 00:04:42.250 your patients, but also importantly,
NOTE Confidence: 0.928047164545454

00:04:42.250 --> 00:04:44.212 trying to connect both what we
NOTE Confidence: 0.928047164545454

00:04:44.212 --> 00:04:46.512 know from the evidence based and
NOTE Confidence: 0.928047164545454

00:04:46.512 --> 00:04:47.438 into implementation.
NOTE Confidence: 0.928047164545454

00:04:47.440 --> 00:04:49.632 As far as how to bring this information
NOTE Confidence: 0.928047164545454

00:04:49.632 --> 00:04:51.629 to the bedside and actually implement
NOTE Confidence: 0.928047164545454

00:04:51.629 --> 00:04:54.435 real plans of care for your patients in
NOTE Confidence: 0.928047164545454

00:04:54.435 --> 00:04:56.773 the clinic in order to really optimize
NOTE Confidence: 0.928047164545454

00:04:56.773 --> 00:04:59.125 their insomnia treatment as best as
NOTE Confidence: 0.928047164545454

00:04:59.125 --> 00:05:01.730 possible on mitigating side side effects.

NOTE Confidence: 0.928047164545454

00:05:01.730 --> 00:05:03.446 So it's mostly you probably already

NOTE Confidence: 0.928047164545454

00:05:03.446 --> 00:05:05.727 know in 2016 was really sort of a a

NOTE Confidence: 0.928047164545454

00:05:05.727 --> 00:05:07.740 change in the OR the thought process,

NOTE Confidence: 0.928047164545454

00:05:07.740 --> 00:05:09.476 and the way we think about treating

NOTE Confidence: 0.928047164545454

00:05:09.476 --> 00:05:10.978 insomnia and the American College

NOTE Confidence: 0.928047164545454

00:05:10.978 --> 00:05:12.037 of Physicians again,

NOTE Confidence: 0.928047164545454

00:05:12.040 --> 00:05:13.559 which I think all of you know,

NOTE Confidence: 0.928047164545454

00:05:13.560 --> 00:05:15.524 is a very large,

NOTE Confidence: 0.928047164545454

00:05:15.524 --> 00:05:17.488 prominent Society of internal.

NOTE Confidence: 0.928047164545454

00:05:17.490 --> 00:05:20.286 Medicine, which again is my background.

NOTE Confidence: 0.928047164545454

00:05:20.290 --> 00:05:22.442 I thought they came out with a a

NOTE Confidence: 0.928047164545454

00:05:22.442 --> 00:05:24.144 strong recommendation that all adult

NOTE Confidence: 0.928047164545454

00:05:24.144 --> 00:05:25.620 patients received cognitive behavioral

NOTE Confidence: 0.928047164545454

00:05:25.620 --> 00:05:27.746 therapy for insomnia as the initial

NOTE Confidence: 0.928047164545454

00:05:27.746 --> 00:05:29.030 treatment of chronic insomnia,

NOTE Confidence: 0.928047164545454

00:05:29.030 --> 00:05:32.488 and this was very different CBT I
NOTE Confidence: 0.928047164545454

00:05:32.490 --> 00:05:35.227 as it's referred to as was around
NOTE Confidence: 0.928047164545454

00:05:35.227 --> 00:05:36.400 for several decades.
NOTE Confidence: 0.928047164545454

00:05:36.400 --> 00:05:38.416 But this was the first guideline to
NOTE Confidence: 0.928047164545454

00:05:38.416 --> 00:05:40.312 really make it prominent and put it
NOTE Confidence: 0.928047164545454

00:05:40.312 --> 00:05:42.864 to the top and it and really was a
NOTE Confidence: 0.928047164545454

00:05:42.864 --> 00:05:44.940 change in the way we conceptualized
NOTE Confidence: 0.928047164545454

00:05:44.940 --> 00:05:45.286 treatments,
NOTE Confidence: 0.928047164545454

00:05:45.290 --> 00:05:46.868 and we'll talk about the limitations
NOTE Confidence: 0.928047164545454

00:05:46.868 --> 00:05:47.657 of the guidelines.
NOTE Confidence: 0.928047164545454

00:05:47.660 --> 00:05:49.837 Later in the talk and and then,
NOTE Confidence: 0.928047164545454

00:05:49.840 --> 00:05:52.216 this was followed by a recommendation
NOTE Confidence: 0.928047164545454

00:05:52.216 --> 00:05:54.280 that patient clinicians use a
NOTE Confidence: 0.928047164545454

00:05:54.280 --> 00:05:55.936 shared decision making approach,
NOTE Confidence: 0.928047164545454

00:05:55.940 --> 00:05:58.136 and we'll talk more about what
NOTE Confidence: 0.928047164545454

00:05:58.136 --> 00:05:59.234 that actually means,

NOTE Confidence: 0.928047164545454

00:05:59.240 --> 00:06:01.120 including a discussion that benefits,

NOTE Confidence: 0.82419613

00:06:01.120 --> 00:06:03.000 harms and costs for medication.

NOTE Confidence: 0.82419613

00:06:03.000 --> 00:06:04.468 So really demoting medications

NOTE Confidence: 0.82419613

00:06:04.468 --> 00:06:06.520 to to second line. You know.

NOTE Confidence: 0.82419613

00:06:06.520 --> 00:06:07.680 Obviously when these treatments,

NOTE Confidence: 0.82419613

00:06:07.680 --> 00:06:09.204 these treatments are available,

NOTE Confidence: 0.82419613

00:06:09.204 --> 00:06:12.136 so this was a a guideline that came

NOTE Confidence: 0.82419613

00:06:12.136 --> 00:06:14.432 out in 2016 as many do also know,

NOTE Confidence: 0.82419613

00:06:14.440 --> 00:06:16.020 there are several international

NOTE Confidence: 0.82419613

00:06:16.020 --> 00:06:18.390 guidelines and other guidelines in the.

NOTE Confidence: 0.82419613

00:06:18.390 --> 00:06:20.724 American Academy of Risk of Sleep

NOTE Confidence: 0.82419613

00:06:20.724 --> 00:06:22.796 Medicine in the recent years

NOTE Confidence: 0.82419613

00:06:22.796 --> 00:06:24.996 also recently updated the there,

NOTE Confidence: 0.82419613

00:06:25.000 --> 00:06:27.690 the the guideline for behavioral

NOTE Confidence: 0.82419613

00:06:27.690 --> 00:06:29.304 psychological treatments for

NOTE Confidence: 0.82419613

00:06:29.304 --> 00:06:30.870 insomnia and then a few years ago,
NOTE Confidence: 0.82419613

00:06:30.870 --> 00:06:33.744 I believe it's 2017 that the
NOTE Confidence: 0.82419613

00:06:33.744 --> 00:06:35.181 pharmacological treatment for
NOTE Confidence: 0.82419613

00:06:35.181 --> 00:06:37.098 insomnia guideline came out.
NOTE Confidence: 0.82419613

00:06:37.100 --> 00:06:39.610 So this is great in that we have a lot
NOTE Confidence: 0.82419613

00:06:39.676 --> 00:06:41.988 of evidence supporting both cognitive
NOTE Confidence: 0.82419613

00:06:41.988 --> 00:06:44.628 behavioral therapy for insomnia in
NOTE Confidence: 0.82419613

00:06:44.628 --> 00:06:46.740 pharmacological therapy for insomnia.
NOTE Confidence: 0.82419613

00:06:46.740 --> 00:06:48.588 But the way the but these guidelines
NOTE Confidence: 0.82419613

00:06:48.588 --> 00:06:50.436 don't address and what we face is
NOTE Confidence: 0.82419613

00:06:50.436 --> 00:06:51.936 clinicians every day in clinic when
NOTE Confidence: 0.82419613

00:06:51.986 --> 00:06:53.939 we're treating patient is how do we
NOTE Confidence: 0.82419613

00:06:53.939 --> 00:06:55.854 actually choose which treatment to use,
NOTE Confidence: 0.82419613

00:06:55.854 --> 00:06:56.212 right?
NOTE Confidence: 0.82419613

00:06:56.212 --> 00:06:58.955 We have like these these a lot of
NOTE Confidence: 0.82419613

00:06:58.955 --> 00:07:01.096 tools in our in our that we can use,

NOTE Confidence: 0.82419613

00:07:01.096 --> 00:07:03.020 but how do we use those and something

NOTE Confidence: 0.82419613

00:07:03.020 --> 00:07:05.176 I actually don't like about the the

NOTE Confidence: 0.82419613

00:07:05.176 --> 00:07:07.139 structure to it and something I think

NOTE Confidence: 0.82419613

00:07:07.139 --> 00:07:08.640 unfortunately we hear a lot about.

NOTE Confidence: 0.82419613

00:07:08.640 --> 00:07:10.145 Our field is that it's a lot

NOTE Confidence: 0.82419613

00:07:10.145 --> 00:07:11.289 of one or the other.

NOTE Confidence: 0.82419613

00:07:11.290 --> 00:07:13.458 You know we're gonna use from the therapies

NOTE Confidence: 0.82419613

00:07:13.458 --> 00:07:15.797 or you gonna use behavioral strategies.

NOTE Confidence: 0.82419613

00:07:15.800 --> 00:07:16.510 And really,

NOTE Confidence: 0.82419613

00:07:16.510 --> 00:07:18.285 every pharmacol therapy that you

NOTE Confidence: 0.82419613

00:07:18.285 --> 00:07:20.061 give actually has a behavioral

NOTE Confidence: 0.82419613

00:07:20.061 --> 00:07:21.993 component that will get into in.

NOTE Confidence: 0.82419613

00:07:22.000 --> 00:07:25.608 It creates this false dichotomy that I think

NOTE Confidence: 0.82419613

00:07:25.608 --> 00:07:27.930 actually undermines the knowledge base.

NOTE Confidence: 0.82419613

00:07:27.930 --> 00:07:29.174 The skill of clinicians,

NOTE Confidence: 0.82419613

00:07:29.174 --> 00:07:31.620 and does it disservice to the patients.
NOTE Confidence: 0.82419613

00:07:31.620 --> 00:07:34.203 So hopefully we'll sort of learn more
NOTE Confidence: 0.82419613

00:07:34.203 --> 00:07:36.940 about the more Gray and white of medicine.
NOTE Confidence: 0.82419613

00:07:36.940 --> 00:07:38.476 And though you know,
NOTE Confidence: 0.82419613

00:07:38.476 --> 00:07:38.860 unfortunately,
NOTE Confidence: 0.82419613

00:07:38.860 --> 00:07:40.114 we don't have.
NOTE Confidence: 0.82419613

00:07:40.114 --> 00:07:41.786 Large comparative effectiveness data,
NOTE Confidence: 0.82419613

00:07:41.790 --> 00:07:43.110 which is really what we need.
NOTE Confidence: 0.82419613

00:07:43.110 --> 00:07:45.566 We have some data and then you know,
NOTE Confidence: 0.82419613

00:07:45.570 --> 00:07:47.342 there's also just clinical
NOTE Confidence: 0.82419613

00:07:47.342 --> 00:07:50.000 knowledge and skill and sense that
NOTE Confidence: 0.82419613

00:07:50.074 --> 00:07:52.238 we can actually implement plans
NOTE Confidence: 0.82419613

00:07:52.238 --> 00:07:54.326 that we've both of these roles.
NOTE Confidence: 0.82419613

00:07:54.330 --> 00:07:54.634 Unruly.
NOTE Confidence: 0.82419613

00:07:54.634 --> 00:07:56.762 Try to tailor the care for the
NOTE Confidence: 0.82419613

00:07:56.762 --> 00:07:58.470 patients as best as possible,

NOTE Confidence: 0.82419613

00:07:58.470 --> 00:07:59.490 so to start up again.

NOTE Confidence: 0.82419613

00:07:59.490 --> 00:08:00.978 What do we actually mean by

NOTE Confidence: 0.82419613

00:08:00.978 --> 00:08:01.722 behavioral therapies and,

NOTE Confidence: 0.82419613

00:08:01.730 --> 00:08:03.090 and this is actually important,

NOTE Confidence: 0.82419613

00:08:03.090 --> 00:08:05.600 so there's several different steps

NOTE Confidence: 0.82419613

00:08:05.600 --> 00:08:08.110 that comprise behavioral and cognitive

NOTE Confidence: 0.82419613

00:08:08.110 --> 00:08:10.374 behavioral treatments for insomnia,

NOTE Confidence: 0.82419613

00:08:10.374 --> 00:08:10.940 so.

NOTE Confidence: 0.82419613

00:08:10.940 --> 00:08:11.184 Again,

NOTE Confidence: 0.82419613

00:08:11.184 --> 00:08:12.892 since you I think most of your

NOTE Confidence: 0.82419613

00:08:12.892 --> 00:08:13.900 actually sleep providers,

NOTE Confidence: 0.82419613

00:08:13.900 --> 00:08:14.856 you already know this,

NOTE Confidence: 0.82419613

00:08:14.856 --> 00:08:16.888 so I won't spend too much time on it.

NOTE Confidence: 0.82419613

00:08:16.890 --> 00:08:18.410 But when we think of,

NOTE Confidence: 0.82419613

00:08:18.410 --> 00:08:20.580 you know psychological behavioral treatments,

NOTE Confidence: 0.82419613

00:08:20.580 --> 00:08:22.857 know when we sort of came up that guideline,

NOTE Confidence: 0.82419613

00:08:22.860 --> 00:08:23.456 these are.

NOTE Confidence: 0.82419613

00:08:23.456 --> 00:08:24.946 These were really the large

NOTE Confidence: 0.82419613

00:08:24.946 --> 00:08:25.840 groups of categories,

NOTE Confidence: 0.82419613

00:08:25.840 --> 00:08:27.877 and there's there's many other types of

NOTE Confidence: 0.82419613

00:08:27.877 --> 00:08:29.498 behavioral therapies we won't get into,

NOTE Confidence: 0.82419613

00:08:29.500 --> 00:08:31.089 but these are the ones that are

NOTE Confidence: 0.82419613

00:08:31.089 --> 00:08:32.715 sort of been around the longest

NOTE Confidence: 0.82419613

00:08:32.715 --> 00:08:34.200 and have the most evidence.

NOTE Confidence: 0.82419613

00:08:34.200 --> 00:08:34.965 Think the one,

NOTE Confidence: 0.82419613

00:08:34.965 --> 00:08:36.944 the one that's probably not mine, not.

NOTE Confidence: 0.82419613

00:08:36.944 --> 00:08:39.608 Here is some of the mindfulness

NOTE Confidence: 0.82419613

00:08:39.610 --> 00:08:41.186 mindfulness work as well.

NOTE Confidence: 0.82419613

00:08:41.186 --> 00:08:43.156 But essentially they're sleep hygiene,

NOTE Confidence: 0.82419613

00:08:43.160 --> 00:08:45.320 which is a cornerstone button.

NOTE Confidence: 0.82419613

00:08:45.320 --> 00:08:46.352 Own our guideline.

NOTE Confidence: 0.82419613

00:08:46.352 --> 00:08:48.416 We actually came out and recommend

NOTE Confidence: 0.82419613

00:08:48.416 --> 00:08:50.577 using sleep hygiene as a monotherapy

NOTE Confidence: 0.905358468571428

00:08:50.580 --> 00:08:52.085 and to clarify the use of sleep.

NOTE Confidence: 0.905358468571428

00:08:52.090 --> 00:08:54.378 Hygiene is really a focus on sleep practices.

NOTE Confidence: 0.905358468571428

00:08:54.380 --> 00:08:56.085 Healthy sleep practices that serve

NOTE Confidence: 0.905358468571428

00:08:56.085 --> 00:08:58.117 as like the the barebone minimum

NOTE Confidence: 0.905358468571428

00:08:58.117 --> 00:08:59.979 of what people need to do in

NOTE Confidence: 0.905358468571428

00:08:59.979 --> 00:09:01.899 order not to perpetuate insomnia,

NOTE Confidence: 0.905358468571428

00:09:01.900 --> 00:09:03.555 but it's probably not effective

NOTE Confidence: 0.905358468571428

00:09:03.555 --> 00:09:04.879 enough for most pages.

NOTE Confidence: 0.905358468571428

00:09:04.880 --> 00:09:06.960 Patient as a mono treatment.

NOTE Confidence: 0.905358468571428

00:09:06.960 --> 00:09:08.976 So the real need of the behavioral therapy,

NOTE Confidence: 0.905358468571428

00:09:08.980 --> 00:09:10.512 which we'll talk about,

NOTE Confidence: 0.905358468571428

00:09:10.512 --> 00:09:12.044 is really sleep restriction.

NOTE Confidence: 0.905358468571428

00:09:12.050 --> 00:09:13.808 Therapy where we reduce the time

NOTE Confidence: 0.905358468571428

00:09:13.808 --> 00:09:16.050 people spend in bed to increase sleep,
NOTE Confidence: 0.905358468571428

00:09:16.050 --> 00:09:17.242 drive into sort of,
NOTE Confidence: 0.905358468571428

00:09:17.242 --> 00:09:19.030 we align that with the circadian
NOTE Confidence: 0.905358468571428

00:09:19.090 --> 00:09:20.805 timing as best as we can tell.
NOTE Confidence: 0.905358468571428

00:09:20.810 --> 00:09:21.310 Clinically,
NOTE Confidence: 0.905358468571428

00:09:21.310 --> 00:09:24.310 stimulus control to reduce the arousal,
NOTE Confidence: 0.905358468571428

00:09:24.310 --> 00:09:25.072 the environment,
NOTE Confidence: 0.905358468571428

00:09:25.072 --> 00:09:27.358 and then aspects of cognitive therapies,
NOTE Confidence: 0.905358468571428

00:09:27.360 --> 00:09:29.826 or restructuring maladaptive
NOTE Confidence: 0.905358468571428

00:09:29.826 --> 00:09:32.475 beliefs in their impact on insomnia
NOTE Confidence: 0.905358468571428

00:09:32.475 --> 00:09:33.935 and then relaxation training,
NOTE Confidence: 0.905358468571428

00:09:33.940 --> 00:09:35.686 which I won't talk much about in this talk.
NOTE Confidence: 0.905358468571428

00:09:35.690 --> 00:09:37.130 'cause this hasn't actually been studied,
NOTE Confidence: 0.905358468571428

00:09:37.130 --> 00:09:39.626 usually as part of the sequential
NOTE Confidence: 0.905358468571428

00:09:39.626 --> 00:09:42.159 studies that we'll talk about, but.
NOTE Confidence: 0.905358468571428

00:09:42.159 --> 00:09:44.951 But to note that when I refer to

NOTE Confidence: 0.905358468571428
00:09:44.951 --> 00:09:47.882 CBT in this talk CBT I is you know
NOTE Confidence: 0.905358468571428
00:09:47.882 --> 00:09:50.085 best studies as a multi component
NOTE Confidence: 0.905358468571428
00:09:50.085 --> 00:09:51.865 strategy that actually combines
NOTE Confidence: 0.905358468571428
00:09:51.865 --> 00:09:53.645 usually these five components
NOTE Confidence: 0.905358468571428
00:09:53.645 --> 00:09:56.441 to in packages together in a
NOTE Confidence: 0.905358468571428
00:09:56.441 --> 00:09:57.815 comprehensive standardized program.
NOTE Confidence: 0.905358468571428
00:09:57.820 --> 00:10:00.241 So when I refer to CBT it'll be the
NOTE Confidence: 0.905358468571428
00:10:00.241 --> 00:10:02.440 package of it and I'll just sort of
NOTE Confidence: 0.905358468571428
00:10:02.440 --> 00:10:04.096 denote therapies that may be pulled apart.
NOTE Confidence: 0.905358468571428
00:10:04.100 --> 00:10:05.360 Some of the monotherapy.
NOTE Confidence: 0.905358468571428
00:10:05.360 --> 00:10:06.935 So again this is CBT,
NOTE Confidence: 0.905358468571428
00:10:06.940 --> 00:10:09.677 I is the gold standard and these
NOTE Confidence: 0.905358468571428
00:10:09.677 --> 00:10:11.516 are the components of it and
NOTE Confidence: 0.905358468571428
00:10:11.516 --> 00:10:12.888 and this is what it says in.
NOTE Confidence: 0.905358468571428
00:10:12.890 --> 00:10:13.706 In the guidelines,
NOTE Confidence: 0.905358468571428

00:10:13.706 --> 00:10:13.978 right?
NOTE Confidence: 0.905358468571428

00:10:13.978 --> 00:10:16.230 This is what we're all supposed to be using,
NOTE Confidence: 0.905358468571428

00:10:16.230 --> 00:10:18.723 but as you also allowed know that CBT it
NOTE Confidence: 0.905358468571428

00:10:18.723 --> 00:10:21.224 knows is really a supply and demand issue.
NOTE Confidence: 0.905358468571428

00:10:21.230 --> 00:10:24.362 So this is a slide that I I I got
NOTE Confidence: 0.905358468571428

00:10:24.362 --> 00:10:26.462 from Dan Buysse and and this is
NOTE Confidence: 0.905358468571428

00:10:26.462 --> 00:10:27.827 actually from several years ago.
NOTE Confidence: 0.905358468571428

00:10:27.830 --> 00:10:29.744 But he actually plotted and estimated
NOTE Confidence: 0.905358468571428

00:10:29.744 --> 00:10:32.089 how many people had insomnia disorder,
NOTE Confidence: 0.905358468571428

00:10:32.090 --> 00:10:33.698 which was a low estimate of
NOTE Confidence: 0.905358468571428

00:10:33.698 --> 00:10:34.770 over 12 million people.
NOTE Confidence: 0.905358468571428

00:10:34.770 --> 00:10:36.894 And at the time there are 213
NOTE Confidence: 0.905358468571428

00:10:36.894 --> 00:10:39.950 registered CBT I providers.
NOTE Confidence: 0.905358468571428

00:10:39.950 --> 00:10:42.512 They were certified of BSM which
NOTE Confidence: 0.905358468571428

00:10:42.512 --> 00:10:44.220 left about 60,000 patients.
NOTE Confidence: 0.905358468571428

00:10:44.220 --> 00:10:46.144 Per provider per year,

NOTE Confidence: 0.905358468571428

00:10:46.144 --> 00:10:48.549 so obviously supply far outstripping

NOTE Confidence: 0.905358468571428

00:10:48.549 --> 00:10:51.140 demand and then even on a log scale

NOTE Confidence: 0.905358468571428

00:10:51.140 --> 00:10:54.054 you can see how severe you know

NOTE Confidence: 0.905358468571428

00:10:54.054 --> 00:10:57.756 the the the supply of providers

NOTE Confidence: 0.905358468571428

00:10:57.756 --> 00:10:59.898 is so because of that there's been

NOTE Confidence: 0.905358468571428

00:10:59.898 --> 00:11:01.937 a real movement in our field to

NOTE Confidence: 0.905358468571428

00:11:01.937 --> 00:11:03.237 develop more accessible options,

NOTE Confidence: 0.905358468571428

00:11:03.240 --> 00:11:04.997 so something that we we use in

NOTE Confidence: 0.905358468571428

00:11:04.997 --> 00:11:06.712 our clinic here at the Brigham

NOTE Confidence: 0.905358468571428

00:11:06.712 --> 00:11:08.512 and Faulkner and that we've done

NOTE Confidence: 0.905358468571428

00:11:08.512 --> 00:11:10.576 studies on is looking at brief

NOTE Confidence: 0.905358468571428

00:11:10.576 --> 00:11:11.936 behavioral treatment of insomnia.

NOTE Confidence: 0.905358468571428

00:11:11.940 --> 00:11:13.852 There's several research studies

NOTE Confidence: 0.905358468571428

00:11:13.852 --> 00:11:16.242 looking at single component treatments

NOTE Confidence: 0.905358468571428

00:11:16.250 --> 00:11:19.094 and then mobile based apps and

NOTE Confidence: 0.905358468571428

00:11:19.094 --> 00:11:21.930 online treatments and and some risk,
NOTE Confidence: 0.905358468571428

00:11:21.930 --> 00:11:24.378 which is the first digital FDA
NOTE Confidence: 0.905358468571428

00:11:24.378 --> 00:11:26.010 approved treatment for insomnia
NOTE Confidence: 0.905358468571428

00:11:26.010 --> 00:11:27.142 that is available digitally.
NOTE Confidence: 0.905358468571428

00:11:27.142 --> 00:11:29.196 So we're making a lot of progress
NOTE Confidence: 0.905358468571428

00:11:29.196 --> 00:11:30.078 in the field.
NOTE Confidence: 0.905358468571428

00:11:30.080 --> 00:11:30.584 Again,
NOTE Confidence: 0.905358468571428

00:11:30.584 --> 00:11:32.600 there's always implementation barriers,
NOTE Confidence: 0.905358468571428

00:11:32.600 --> 00:11:35.288 but CBT is becoming more readily
NOTE Confidence: 0.905358468571428

00:11:35.288 --> 00:11:37.546 available for people so that
NOTE Confidence: 0.905358468571428

00:11:37.546 --> 00:11:39.476 that's sort of the land.
NOTE Confidence: 0.905358468571428

00:11:39.480 --> 00:11:42.704 The important thing to note is that despite.
NOTE Confidence: 0.905358468571428

00:11:42.710 --> 00:11:45.272 You know that CBT is a very
NOTE Confidence: 0.905358468571428

00:11:45.272 --> 00:11:46.004 effective strategy.
NOTE Confidence: 0.927940426666667

00:11:46.010 --> 00:11:48.359 We do know that you know it doesn't work
NOTE Confidence: 0.927940426666667

00:11:48.359 --> 00:11:51.252 for every patient it has access issues.

NOTE Confidence: 0.927940426666667
00:11:51.252 --> 00:11:53.224 Just as we talked about,
NOTE Confidence: 0.927940426666667
00:11:53.224 --> 00:11:55.129 and even the digital strategies.
NOTE Confidence: 0.927940426666667
00:11:55.130 --> 00:11:56.789 You know it's not going to be
NOTE Confidence: 0.927940426666667
00:11:56.789 --> 00:11:57.980 appropriate for some patients.
NOTE Confidence: 0.927940426666667
00:11:57.980 --> 00:11:59.468 There's still a lot of language,
NOTE Confidence: 0.927940426666667
00:11:59.470 --> 00:12:02.094 cultural barriers, cost issues.
NOTE Confidence: 0.927940426666667
00:12:02.094 --> 00:12:03.406 That's preventing,
NOTE Confidence: 0.927940426666667
00:12:03.410 --> 00:12:04.590 you know, broad spread,
NOTE Confidence: 0.927940426666667
00:12:04.590 --> 00:12:05.770 use of digital therapies,
NOTE Confidence: 0.927940426666667
00:12:05.770 --> 00:12:09.263 and actually data from one of the
NOTE Confidence: 0.927940426666667
00:12:09.263 --> 00:12:11.970 large pivotal trials of shut eye,
NOTE Confidence: 0.927940426666667
00:12:11.970 --> 00:12:13.282 which is actually the.
NOTE Confidence: 0.927940426666667
00:12:13.282 --> 00:12:16.033 The research version of of some risk which
NOTE Confidence: 0.927940426666667
00:12:16.033 --> 00:12:18.175 is actually at FDA approved version.
NOTE Confidence: 0.927940426666667
00:12:18.180 --> 00:12:19.476 If you look on this side,
NOTE Confidence: 0.927940426666667

00:12:19.480 --> 00:12:21.955 this was a this is one of the larger
NOTE Confidence: 0.927940426666667

00:12:21.955 --> 00:12:24.163 trials and they followed patients that
NOTE Confidence: 0.927940426666667

00:12:24.163 --> 00:12:26.730 went through that eight to nine week.
NOTE Confidence: 0.927940426666667

00:12:26.730 --> 00:12:28.998 Should I program which delivers CBT.
NOTE Confidence: 0.927940426666667

00:12:29.000 --> 00:12:31.004 I did therapy so actually delivers
NOTE Confidence: 0.927940426666667

00:12:31.004 --> 00:12:33.120 almost all of the components.
NOTE Confidence: 0.927940426666667

00:12:33.120 --> 00:12:35.150 For those of you who are not familiar to it,
NOTE Confidence: 0.927940426666667

00:12:35.150 --> 00:12:37.495 it showed you know this was the
NOTE Confidence: 0.927940426666667

00:12:37.495 --> 00:12:39.330 proportion of non responders.
NOTE Confidence: 0.927940426666667

00:12:39.330 --> 00:12:41.857 So people who who did not achieve
NOTE Confidence: 0.927940426666667

00:12:41.857 --> 00:12:43.618 a certain level of improvement,
NOTE Confidence: 0.927940426666667

00:12:43.618 --> 00:12:44.310 that was.
NOTE Confidence: 0.927940426666667

00:12:44.310 --> 00:12:46.535 Predefined usually for insomnia we
NOTE Confidence: 0.927940426666667

00:12:46.535 --> 00:12:48.760 identify non responders with people
NOTE Confidence: 0.927940426666667

00:12:48.833 --> 00:12:50.926 who don't drop at least seven points
NOTE Confidence: 0.927940426666667

00:12:50.926 --> 00:12:53.341 on the ISI scale which is a 28

NOTE Confidence: 0.927940426666667

00:12:53.341 --> 00:12:55.927 point scale that's commonly used in.

NOTE Confidence: 0.927940426666667

00:12:55.930 --> 00:12:58.234 And an outcome trials of both

NOTE Confidence: 0.927940426666667

00:12:58.234 --> 00:12:59.770 behavioral and some pharmacological

NOTE Confidence: 0.927940426666667

00:12:59.831 --> 00:13:01.190 therapies for insomnia.

NOTE Confidence: 0.927940426666667

00:13:01.190 --> 00:13:03.787 So post treatment in the shadow arm,

NOTE Confidence: 0.927940426666667

00:13:03.790 --> 00:13:06.899 which you see in in orange or red about.

NOTE Confidence: 0.927940426666667

00:13:06.899 --> 00:13:08.993 You know about half of the

NOTE Confidence: 0.927940426666667

00:13:08.993 --> 00:13:10.820 half of the patients.

NOTE Confidence: 0.927940426666667

00:13:10.820 --> 00:13:12.625 Responded so about half didn't

NOTE Confidence: 0.927940426666667

00:13:12.625 --> 00:13:14.430 respond and obviously many were

NOTE Confidence: 0.927940426666667

00:13:14.497 --> 00:13:16.537 nonresponders in the control group,

NOTE Confidence: 0.927940426666667

00:13:16.540 --> 00:13:18.826 but as they follow people overtime

NOTE Confidence: 0.927940426666667

00:13:18.826 --> 00:13:21.453 at six months and one year you

NOTE Confidence: 0.927940426666667

00:13:21.453 --> 00:13:24.048 could still see that about 1/3 of

NOTE Confidence: 0.927940426666667

00:13:24.048 --> 00:13:27.359 patients to who were in the CBT I arm.

NOTE Confidence: 0.927940426666667

00:13:27.360 --> 00:13:29.220 Like still still did not respond
NOTE Confidence: 0.927940426666667

00:13:29.220 --> 00:13:31.563 so so despite even if it was
NOTE Confidence: 0.927940426666667

00:13:31.563 --> 00:13:32.598 available for everybody,
NOTE Confidence: 0.927940426666667

00:13:32.600 --> 00:13:34.232 you know it's not going to be perfect
NOTE Confidence: 0.927940426666667

00:13:34.232 --> 00:13:36.024 and every and it was sort of just don't
NOTE Confidence: 0.927940426666667

00:13:36.024 --> 00:13:37.599 know this from you know any medicine?
NOTE Confidence: 0.927940426666667

00:13:37.600 --> 00:13:38.770 There's always individual
NOTE Confidence: 0.927940426666667

00:13:38.770 --> 00:13:39.940 response and variation.
NOTE Confidence: 0.927940426666667

00:13:39.940 --> 00:13:41.292 That's that's just how.
NOTE Confidence: 0.927940426666667

00:13:41.292 --> 00:13:41.968 It works,
NOTE Confidence: 0.927940426666667

00:13:41.970 --> 00:13:43.308 so this is sort of amplifies,
NOTE Confidence: 0.927940426666667

00:13:43.310 --> 00:13:44.409 you know, sort of the need that,
NOTE Confidence: 0.927940426666667

00:13:44.410 --> 00:13:46.786 despite CBT being effective,
NOTE Confidence: 0.927940426666667

00:13:46.786 --> 00:13:48.568 safer than medications.
NOTE Confidence: 0.927940426666667

00:13:48.570 --> 00:13:49.190 You know,
NOTE Confidence: 0.927940426666667

00:13:49.190 --> 00:13:51.576 we still need other types of therapies

NOTE Confidence: 0.927940426666667
00:13:51.576 --> 00:13:53.868 to tackle the problem of insomnia,
NOTE Confidence: 0.927940426666667
00:13:53.870 --> 00:13:55.742 so the good the good news is we have
NOTE Confidence: 0.927940426666667
00:13:55.742 --> 00:13:57.986 a lot of different medications to try,
NOTE Confidence: 0.927940426666667
00:13:57.990 --> 00:13:58.420 and again,
NOTE Confidence: 0.927940426666667
00:13:58.420 --> 00:14:00.429 this is not going to be a talk focusing
NOTE Confidence: 0.927940426666667
00:14:00.429 --> 00:14:02.163 on on all the different medications
NOTE Confidence: 0.927940426666667
00:14:02.163 --> 00:14:04.232 we have 'cause most of the most of
NOTE Confidence: 0.927940426666667
00:14:04.232 --> 00:14:05.680 the research looking at you know,
NOTE Confidence: 0.927940426666667
00:14:05.680 --> 00:14:06.886 behavioral versus pharmacological
NOTE Confidence: 0.927940426666667
00:14:06.886 --> 00:14:08.494 therapy versus combined that
NOTE Confidence: 0.927940426666667
00:14:08.494 --> 00:14:10.782 you'll see is really focused on
NOTE Confidence: 0.927940426666667
00:14:10.782 --> 00:14:12.497 this first category which is
NOTE Confidence: 0.927940426666667
00:14:12.497 --> 00:14:13.720 the benzodiazepine receptor.
NOTE Confidence: 0.927940426666667
00:14:13.720 --> 00:14:14.001 Agonist,
NOTE Confidence: 0.927940426666667
00:14:14.001 --> 00:14:15.406 so this is actually here.
NOTE Confidence: 0.927940426666667

00:14:15.410 --> 00:14:18.140 I'm sort of lumping together the
NOTE Confidence: 0.927940426666667

00:14:18.140 --> 00:14:19.584 traditional benzodiazepine's as
NOTE Confidence: 0.927940426666667

00:14:19.584 --> 00:14:22.044 well as the non benzodiazepine
NOTE Confidence: 0.927940426666667

00:14:22.044 --> 00:14:23.520 benzodiazepine receptor agonist
NOTE Confidence: 0.927940426666667

00:14:23.588 --> 00:14:25.586 like zolpidem zopiclone most of
NOTE Confidence: 0.927940426666667

00:14:25.586 --> 00:14:26.818 those are FDA approved.
NOTE Confidence: 0.927940426666667

00:14:26.820 --> 00:14:27.808 Not all of them,
NOTE Confidence: 0.927940426666667

00:14:27.808 --> 00:14:29.290 and then we also have several
NOTE Confidence: 0.927940426666667

00:14:29.351 --> 00:14:31.019 other medications like therapy.
NOTE Confidence: 0.927940426666667

00:14:31.020 --> 00:14:33.708 I mean that includes several other
NOTE Confidence: 0.927940426666667

00:14:33.708 --> 00:14:36.092 FDA approved medications for insomnia
NOTE Confidence: 0.927940426666667

00:14:36.092 --> 00:14:38.858 so melatonin agonist FDA one being
NOTE Confidence: 0.927940426666667

00:14:38.858 --> 00:14:41.700 rozerem the the newer do lyrics and
NOTE Confidence: 0.672658411666667

00:14:41.783 --> 00:14:44.864 receptor antagonist, so this is there.
NOTE Confidence: 0.672658411666667

00:14:44.864 --> 00:14:46.288 Super excellent and recently
NOTE Confidence: 0.672658411666667

00:14:46.288 --> 00:14:48.828 approved Lemon Brexit fund have fall

NOTE Confidence: 0.672658411666667
00:14:48.828 --> 00:14:51.064 under a sedating antidepressants
NOTE Confidence: 0.672658411666667
00:14:51.064 --> 00:14:54.569 with Doxepin at low dose Doxepin.
NOTE Confidence: 0.672658411666667
00:14:54.570 --> 00:14:56.360 Having FDA approval for insomnia
NOTE Confidence: 0.672658411666667
00:14:56.360 --> 00:14:58.908 and then commonly off label use for
NOTE Confidence: 0.672658411666667
00:14:58.908 --> 00:15:00.638 Trazodone and then several other
NOTE Confidence: 0.672658411666667
00:15:00.638 --> 00:15:03.008 lesser studies or lesser effective
NOTE Confidence: 0.672658411666667
00:15:03.008 --> 00:15:04.907 treatments including antipsychotics,
NOTE Confidence: 0.672658411666667
00:15:04.910 --> 00:15:07.502 anti convulsants and over the counter
NOTE Confidence: 0.672658411666667
00:15:07.502 --> 00:15:09.662 medications which is predominantly non
NOTE Confidence: 0.672658411666667
00:15:09.662 --> 00:15:11.894 selective antihistamines so this is sort
NOTE Confidence: 0.672658411666667
00:15:11.894 --> 00:15:14.630 of the smattering of of things we can treat.
NOTE Confidence: 0.672658411666667
00:15:14.630 --> 00:15:15.800 Patients with insomnia.
NOTE Confidence: 0.672658411666667
00:15:15.800 --> 00:15:18.911 So the point being is that we have
NOTE Confidence: 0.672658411666667
00:15:18.911 --> 00:15:21.327 a lot of options and I know what
NOTE Confidence: 0.672658411666667
00:15:21.327 --> 00:15:23.018 our fellow struggle struggle with.
NOTE Confidence: 0.672658411666667

00:15:23.018 --> 00:15:25.100 Swipe at the Brigham we created
NOTE Confidence: 0.672658411666667

00:15:25.159 --> 00:15:27.307 actually insomnia clinic to try to
NOTE Confidence: 0.672658411666667

00:15:27.307 --> 00:15:29.219 concentrate some treatment of insomnia
NOTE Confidence: 0.672658411666667

00:15:29.219 --> 00:15:31.319 in terms of pharmacological therapy,
NOTE Confidence: 0.672658411666667

00:15:31.320 --> 00:15:33.721 but also teaching them how to deliver
NOTE Confidence: 0.672658411666667

00:15:33.721 --> 00:15:35.310 behavioral treatments of insomnia.
NOTE Confidence: 0.672658411666667

00:15:35.310 --> 00:15:37.128 And you know, like many clinicians,
NOTE Confidence: 0.672658411666667

00:15:37.130 --> 00:15:38.690 our fellow sometimes struggle like.
NOTE Confidence: 0.672658411666667

00:15:38.690 --> 00:15:39.281 How do I?
NOTE Confidence: 0.672658411666667

00:15:39.281 --> 00:15:41.110 How do I think about all these choices?
NOTE Confidence: 0.672658411666667

00:15:41.110 --> 00:15:43.298 I have both behaviorally,
NOTE Confidence: 0.672658411666667

00:15:43.298 --> 00:15:45.486 but also for medications.
NOTE Confidence: 0.672658411666667

00:15:45.490 --> 00:15:46.130 And again,
NOTE Confidence: 0.672658411666667

00:15:46.130 --> 00:15:48.014 because we lack data, you know,
NOTE Confidence: 0.672658411666667

00:15:48.014 --> 00:15:49.524 unlike the JNC 8 guidelines,
NOTE Confidence: 0.672658411666667

00:15:49.530 --> 00:15:50.605 where if you have a

NOTE Confidence: 0.672658411666667
00:15:50.605 --> 00:15:51.250 patient with hypertension,
NOTE Confidence: 0.672658411666667
00:15:51.250 --> 00:15:52.570 you actually kind of have a sense of
NOTE Confidence: 0.672658411666667
00:15:52.570 --> 00:15:54.128 how to treat them and what works best.
NOTE Confidence: 0.672658411666667
00:15:54.130 --> 00:15:55.864 We really don't have Rd maps
NOTE Confidence: 0.672658411666667
00:15:55.864 --> 00:15:57.490 like that in in slave,
NOTE Confidence: 0.672658411666667
00:15:57.490 --> 00:15:59.730 so it's important to really have a solid
NOTE Confidence: 0.672658411666667
00:15:59.730 --> 00:16:01.849 foundation of how these medications differ,
NOTE Confidence: 0.672658411666667
00:16:01.850 --> 00:16:03.206 how they would work once you,
NOTE Confidence: 0.672658411666667
00:16:03.210 --> 00:16:04.586 how to select medications.
NOTE Confidence: 0.672658411666667
00:16:04.586 --> 00:16:04.930 Again,
NOTE Confidence: 0.672658411666667
00:16:04.930 --> 00:16:06.510 I'm not going to go into that in that talk,
NOTE Confidence: 0.672658411666667
00:16:06.510 --> 00:16:09.606 that's a separate carmickle therapy tough.
NOTE Confidence: 0.672658411666667
00:16:09.610 --> 00:16:11.934 Or you can read our chapter and
NOTE Confidence: 0.672658411666667
00:16:11.934 --> 00:16:13.471 Doctor Krieger's new principles
NOTE Confidence: 0.672658411666667
00:16:13.471 --> 00:16:16.538 of practice where we discuss that.
NOTE Confidence: 0.672658411666667

00:16:16.540 --> 00:16:18.143 But this is just a little land
NOTE Confidence: 0.672658411666667

00:16:18.143 --> 00:16:19.132 for the following discussion
NOTE Confidence: 0.672658411666667

00:16:19.132 --> 00:16:20.608 about how to think of it.
NOTE Confidence: 0.672658411666667

00:16:20.610 --> 00:16:23.434 So again in the guideline I mentioned before,
NOTE Confidence: 0.672658411666667

00:16:23.440 --> 00:16:25.344 this may probably won't come as most
NOTE Confidence: 0.672658411666667

00:16:25.344 --> 00:16:27.339 of surprised you being asleep audience.
NOTE Confidence: 0.672658411666667

00:16:27.340 --> 00:16:30.220 But you know the the ASM task force for
NOTE Confidence: 0.672658411666667

00:16:30.220 --> 00:16:32.315 Franco therapy for insomnia came out
NOTE Confidence: 0.672658411666667

00:16:32.315 --> 00:16:35.314 in support of a lot of the business
NOTE Confidence: 0.672658411666667

00:16:35.314 --> 00:16:37.354 days that can receptor agonist,
NOTE Confidence: 0.672658411666667

00:16:37.360 --> 00:16:37.871 Doxepin,
NOTE Confidence: 0.672658411666667

00:16:37.871 --> 00:16:39.915 ramelteon suvorexant and then
NOTE Confidence: 0.672658411666667

00:16:39.915 --> 00:16:41.959 we get evidence against.
NOTE Confidence: 0.672658411666667

00:16:41.960 --> 00:16:42.268 Again,
NOTE Confidence: 0.672658411666667

00:16:42.268 --> 00:16:42.884 not surprising,
NOTE Confidence: 0.672658411666667

00:16:42.884 --> 00:16:44.732 but I think many people do

NOTE Confidence: 0.672658411666667
00:16:44.732 --> 00:16:45.970 get surprised that.
NOTE Confidence: 0.672658411666667
00:16:45.970 --> 00:16:48.770 But Trazadone was actually recommended
NOTE Confidence: 0.672658411666667
00:16:48.770 --> 00:16:51.560 against by the in this guideline,
NOTE Confidence: 0.672658411666667
00:16:51.560 --> 00:16:53.780 and notably because of the really
NOTE Confidence: 0.672658411666667
00:16:53.780 --> 00:16:56.200 the limited evidence on efficacy and
NOTE Confidence: 0.672658411666667
00:16:56.200 --> 00:16:58.723 the suggestion from the one actually
NOTE Confidence: 0.672658411666667
00:16:58.723 --> 00:17:01.068 primary study that was reviewed
NOTE Confidence: 0.672658411666667
00:17:01.068 --> 00:17:02.944 that suggested potential harm.
NOTE Confidence: 0.672658411666667
00:17:02.950 --> 00:17:04.766 I mean there there are some other studies
NOTE Confidence: 0.672658411666667
00:17:04.766 --> 00:17:06.168 on transitone that weren't included,
NOTE Confidence: 0.672658411666667
00:17:06.170 --> 00:17:08.494 but really across the board that the
NOTE Confidence: 0.672658411666667
00:17:08.494 --> 00:17:10.298 data supporting that transition alone
NOTE Confidence: 0.672658411666667
00:17:10.298 --> 00:17:12.163 is efficacious for the treatment
NOTE Confidence: 0.672658411666667
00:17:12.163 --> 00:17:14.450 of insomnia is pretty nonexistent,
NOTE Confidence: 0.672658411666667
00:17:14.450 --> 00:17:16.458 so just something to keep in mind when
NOTE Confidence: 0.672658411666667

00:17:16.458 --> 00:17:17.959 thinking about developing evidence.
NOTE Confidence: 0.672658411666667

00:17:17.960 --> 00:17:19.708 Based practices for patients,
NOTE Confidence: 0.672658411666667

00:17:19.708 --> 00:17:21.456 we published a study.
NOTE Confidence: 0.672658411666667

00:17:21.460 --> 00:17:23.936 It's it's sort of old data now from 2010,
NOTE Confidence: 0.672658411666667

00:17:23.936 --> 00:17:25.004 just showing that.
NOTE Confidence: 0.672658411666667

00:17:25.004 --> 00:17:25.716 You know,
NOTE Confidence: 0.672658411666667

00:17:25.720 --> 00:17:27.448 among prescription medications
NOTE Confidence: 0.672658411666667

00:17:27.448 --> 00:17:29.176 used for insomnia,
NOTE Confidence: 0.672658411666667

00:17:29.180 --> 00:17:31.615 that the benzodiazepine receptor agonists
NOTE Confidence: 0.672658411666667

00:17:31.615 --> 00:17:34.544 are are still the most commonly used,
NOTE Confidence: 0.672658411666667

00:17:34.544 --> 00:17:36.740 but Trazodone is that the second
NOTE Confidence: 0.672658411666667

00:17:36.814 --> 00:17:38.776 one was commonly used as well,
NOTE Confidence: 0.672658411666667

00:17:38.780 --> 00:17:41.432 and when we swim when participants
NOTE Confidence: 0.672658411666667

00:17:41.432 --> 00:17:43.200 were specifically asked about,
NOTE Confidence: 0.654966558333333

00:17:43.200 --> 00:17:44.976 did you use a sleep medication?
NOTE Confidence: 0.654966558333333

00:17:44.980 --> 00:17:46.678 You know, almost 20% of adults?

NOTE Confidence: 0.654966558333333
00:17:46.680 --> 00:17:48.816 the United States said that yes,
NOTE Confidence: 0.654966558333333
00:17:48.820 --> 00:17:50.140 and this actually included
NOTE Confidence: 0.654966558333333
00:17:50.140 --> 00:17:51.460 over the counter medications,
NOTE Confidence: 0.654966558333333
00:17:51.460 --> 00:17:54.375 so meaning that you know a lot of
NOTE Confidence: 0.654966558333333
00:17:54.375 --> 00:17:56.050 patients are still turning to pharmacol.
NOTE Confidence: 0.654966558333333
00:17:56.050 --> 00:17:58.610 Logical strategies for insomnia 2,
NOTE Confidence: 0.654966558333333
00:17:58.610 --> 00:18:01.674 so again, it's important to sort of review.
NOTE Confidence: 0.654966558333333
00:18:01.680 --> 00:18:03.790 You know some basic points.
NOTE Confidence: 0.654966558333333
00:18:03.790 --> 00:18:05.778 About choosing those medications,
NOTE Confidence: 0.654966558333333
00:18:05.778 --> 00:18:07.766 having discussions about over
NOTE Confidence: 0.654966558333333
00:18:07.766 --> 00:18:09.642 the medication use, you know,
NOTE Confidence: 0.654966558333333
00:18:09.642 --> 00:18:11.047 and getting a full assessment
NOTE Confidence: 0.654966558333333
00:18:11.047 --> 00:18:11.890 from the patient.
NOTE Confidence: 0.654966558333333
00:18:11.890 --> 00:18:13.444 We also noted that over half
NOTE Confidence: 0.654966558333333
00:18:13.444 --> 00:18:15.020 of patients using a hypnotic,
NOTE Confidence: 0.654966558333333

00:18:15.020 --> 00:18:17.276 we're taking at least one other
NOTE Confidence: 0.6549665583333333

00:18:17.276 --> 00:18:19.604 sedative medications such as an opioid
NOTE Confidence: 0.6549665583333333

00:18:19.604 --> 00:18:21.484 or other type of benzodiazepine,
NOTE Confidence: 0.6549665583333333

00:18:21.490 --> 00:18:25.275 and about 10% of the sample took three
NOTE Confidence: 0.6549665583333333

00:18:25.275 --> 00:18:27.800 or more commonly sedating medications,
NOTE Confidence: 0.6549665583333333

00:18:27.800 --> 00:18:29.608 and you'll see this will come up later
NOTE Confidence: 0.6549665583333333

00:18:29.608 --> 00:18:31.630 in the talk when we talk about Safety
NOTE Confidence: 0.6549665583333333

00:18:31.630 --> 00:18:34.240 Council regarding safety for medications.
NOTE Confidence: 0.6549665583333333

00:18:34.240 --> 00:18:34.878 For insomnia,
NOTE Confidence: 0.6549665583333333

00:18:34.878 --> 00:18:37.795 and this is more recent data that we we
NOTE Confidence: 0.6549665583333333

00:18:37.795 --> 00:18:40.179 did here that use a different data set,
NOTE Confidence: 0.6549665583333333

00:18:40.180 --> 00:18:41.600 but showed that you know
NOTE Confidence: 0.6549665583333333

00:18:41.600 --> 00:18:43.020 over about the past decade,
NOTE Confidence: 0.6549665583333333

00:18:43.020 --> 00:18:45.970 this is all pre pandemic.
NOTE Confidence: 0.6549665583333333

00:18:45.970 --> 00:18:47.910 That president prescriptions have been
NOTE Confidence: 0.6549665583333333

00:18:47.910 --> 00:18:50.197 increasing and this actually held true

NOTE Confidence: 0.654966558333333

00:18:50.197 --> 00:18:52.234 across different doses of of trust that

NOTE Confidence: 0.654966558333333

00:18:52.234 --> 00:18:54.487 we looked at lower lower dose trazadone.

NOTE Confidence: 0.654966558333333

00:18:54.490 --> 00:18:55.471 Very low dose.

NOTE Confidence: 0.654966558333333

00:18:55.471 --> 00:18:57.760 Lower dose in this actually was similar

NOTE Confidence: 0.654966558333333

00:18:57.828 --> 00:19:02.040 across age groups and also also noted that.

NOTE Confidence: 0.654966558333333

00:19:02.040 --> 00:19:04.152 That over the same period of time that

NOTE Confidence: 0.654966558333333

00:19:04.152 --> 00:19:05.758 zoptic prescriptions were actually happened.

NOTE Confidence: 0.654966558333333

00:19:05.760 --> 00:19:06.432 Deep decreasing.

NOTE Confidence: 0.654966558333333

00:19:06.432 --> 00:19:08.448 So if you see on the

NOTE Confidence: 0.654966558333333

00:19:08.448 --> 00:19:10.761 bottom since 2011 to 2018,

NOTE Confidence: 0.654966558333333

00:19:10.761 --> 00:19:12.949 the ambient stories open

NOTE Confidence: 0.654966558333333

00:19:12.949 --> 00:19:15.660 prescriptions have been decreasing,

NOTE Confidence: 0.654966558333333

00:19:15.660 --> 00:19:18.498 while trazadone slightly increasing as well.

NOTE Confidence: 0.654966558333333

00:19:18.500 --> 00:19:19.262 So again,

NOTE Confidence: 0.654966558333333

00:19:19.262 --> 00:19:21.548 there's sort of been a shift.

NOTE Confidence: 0.654966558333333

00:19:21.550 --> 00:19:23.552 That have been occurring because of several
NOTE Confidence: 0.6549665583333333

00:19:23.552 --> 00:19:25.967 risks that we know about benzodiazepine use,
NOTE Confidence: 0.6549665583333333

00:19:25.970 --> 00:19:28.532 and I'm focusing mostly on these
NOTE Confidence: 0.6549665583333333

00:19:28.532 --> 00:19:30.088 because there's a lot of evidence this
NOTE Confidence: 0.6549665583333333

00:19:30.088 --> 00:19:31.709 sort of been in use for the longest.
NOTE Confidence: 0.6549665583333333

00:19:31.710 --> 00:19:33.300 These are the medications you'll see
NOTE Confidence: 0.6549665583333333

00:19:33.300 --> 00:19:35.367 pop up and in the trials that I'll
NOTE Confidence: 0.6549665583333333

00:19:35.367 --> 00:19:37.280 I'll talk about in a few minutes.
NOTE Confidence: 0.6549665583333333

00:19:37.280 --> 00:19:38.540 But as we all know,
NOTE Confidence: 0.6549665583333333

00:19:38.540 --> 00:19:42.276 you know it's important benzodiazepine's
NOTE Confidence: 0.6549665583333333

00:19:42.276 --> 00:19:44.706 are effective for treating insomnia.
NOTE Confidence: 0.6549665583333333

00:19:44.710 --> 00:19:47.170 But as we also know, the big carry risk too.
NOTE Confidence: 0.6549665583333333

00:19:47.170 --> 00:19:48.688 So again, this is sort of,
NOTE Confidence: 0.6549665583333333

00:19:48.690 --> 00:19:49.668 you know, one or the other.
NOTE Confidence: 0.6549665583333333

00:19:49.670 --> 00:19:51.425 We know the behavioral treatments
NOTE Confidence: 0.6549665583333333

00:19:51.425 --> 00:19:53.180 aren't perfect for treating insomnia.

NOTE Confidence: 0.654966558333333
00:19:53.180 --> 00:19:55.916 But we know medications also have.
NOTE Confidence: 0.654966558333333
00:19:55.920 --> 00:19:57.168 They may be efficacious,
NOTE Confidence: 0.654966558333333
00:19:57.168 --> 00:19:59.440 but also care risk factors for again,
NOTE Confidence: 0.654966558333333
00:19:59.440 --> 00:20:01.600 it just makes our job a little bit harder.
NOTE Confidence: 0.654966558333333
00:20:01.600 --> 00:20:04.799 Thinking about what medication we may choose,
NOTE Confidence: 0.654966558333333
00:20:04.800 --> 00:20:05.136 what,
NOTE Confidence: 0.654966558333333
00:20:05.136 --> 00:20:06.816 what treatment strategy we should
NOTE Confidence: 0.654966558333333
00:20:06.816 --> 00:20:08.893 choose for a patient on what
NOTE Confidence: 0.654966558333333
00:20:08.893 --> 00:20:10.237 medication strategy is best,
NOTE Confidence: 0.654966558333333
00:20:10.240 --> 00:20:11.476 knowing that we may be able
NOTE Confidence: 0.654966558333333
00:20:11.476 --> 00:20:12.300 to treat their insomnia.
NOTE Confidence: 0.654966558333333
00:20:12.300 --> 00:20:14.262 But we have to be very aware of the
NOTE Confidence: 0.654966558333333
00:20:14.262 --> 00:20:15.937 potential risks that we're introducing.
NOTE Confidence: 0.654966558333333
00:20:15.940 --> 00:20:17.448 So for benzodiazapines know
NOTE Confidence: 0.654966558333333
00:20:17.448 --> 00:20:19.333 there's several studies that show
NOTE Confidence: 0.654966558333333

00:20:19.333 --> 00:20:21.490 that it increased risk of motor
NOTE Confidence: 0.654966558333333

00:20:21.490 --> 00:20:23.205 vehicle accidents in the elderly.
NOTE Confidence: 0.654966558333333

00:20:23.210 --> 00:20:25.748 It's been associated with hip fractures.
NOTE Confidence: 0.654966558333333

00:20:25.750 --> 00:20:29.680 It's it causes anterograde amnesia.
NOTE Confidence: 0.654966558333333

00:20:29.680 --> 00:20:30.781 There's some suggestion.
NOTE Confidence: 0.654966558333333

00:20:30.781 --> 00:20:32.249 There's limited suggestions that
NOTE Confidence: 0.654966558333333

00:20:32.249 --> 00:20:34.328 people build a tolerance from it,
NOTE Confidence: 0.654966558333333

00:20:34.330 --> 00:20:35.476 but I sort of have found,
NOTE Confidence: 0.654966558333333

00:20:35.480 --> 00:20:36.490 at least in my clinic,
NOTE Confidence: 0.654966558333333

00:20:36.490 --> 00:20:38.100 that I I often see a tolerance
NOTE Confidence: 0.654966558333333

00:20:38.100 --> 00:20:38.790 for patients which
NOTE Confidence: 0.862638467647059

00:20:38.838 --> 00:20:40.665 is different from what's in this study.
NOTE Confidence: 0.862638467647059

00:20:40.670 --> 00:20:41.810 And as we all know,
NOTE Confidence: 0.862638467647059

00:20:41.810 --> 00:20:43.952 there's been recent black box warning for
NOTE Confidence: 0.862638467647059

00:20:43.952 --> 00:20:46.468 the use of these medications as well,
NOTE Confidence: 0.862638467647059

00:20:46.470 --> 00:20:49.142 so these are these are real issues to

NOTE Confidence: 0.862638467647059
00:20:49.142 --> 00:20:51.883 think about when prescribing hypnotic
NOTE Confidence: 0.862638467647059
00:20:51.883 --> 00:20:53.754 medication medications. In detail,
NOTE Confidence: 0.862638467647059
00:20:53.754 --> 00:20:56.220 so that's really the first part of the talk.
NOTE Confidence: 0.862638467647059
00:20:56.220 --> 00:20:58.083 Pushes to kind of get everyone up to speed
NOTE Confidence: 0.862638467647059
00:20:58.083 --> 00:20:59.960 on like what is what is the data show?
NOTE Confidence: 0.862638467647059
00:20:59.960 --> 00:21:02.744 What is the guidelines say we should use,
NOTE Confidence: 0.862638467647059
00:21:02.750 --> 00:21:05.486 but how do we actually think about using
NOTE Confidence: 0.862638467647059
00:21:05.486 --> 00:21:08.500 all of these strategies and therapies?
NOTE Confidence: 0.862638467647059
00:21:08.500 --> 00:21:10.120 You know to our advantage?
NOTE Confidence: 0.862638467647059
00:21:10.120 --> 00:21:11.350 You know when we're actually
NOTE Confidence: 0.862638467647059
00:21:11.350 --> 00:21:12.580 at the bedside with patients,
NOTE Confidence: 0.862638467647059
00:21:12.580 --> 00:21:14.122 this is really where the rubber
NOTE Confidence: 0.862638467647059
00:21:14.122 --> 00:21:14.893 meets the road.
NOTE Confidence: 0.862638467647059
00:21:14.900 --> 00:21:17.896 And how do we think through this?
NOTE Confidence: 0.862638467647059
00:21:17.900 --> 00:21:19.058 I've been thinking about, you know,
NOTE Confidence: 0.862638467647059

00:21:19.060 --> 00:21:20.904 treatment strategies to providing
NOTE Confidence: 0.862638467647059

00:21:20.904 --> 00:21:23.670 really standard of care or evidence
NOTE Confidence: 0.862638467647059

00:21:23.740 --> 00:21:26.280 based medicine for insomnia treatment.
NOTE Confidence: 0.862638467647059

00:21:26.280 --> 00:21:26.718 You know,
NOTE Confidence: 0.862638467647059

00:21:26.718 --> 00:21:28.660 the actual evidence is is one part of it,
NOTE Confidence: 0.862638467647059

00:21:28.660 --> 00:21:29.956 and this is something that will
NOTE Confidence: 0.862638467647059

00:21:29.956 --> 00:21:30.820 come up again later.
NOTE Confidence: 0.862638467647059

00:21:30.820 --> 00:21:31.669 In the talk.
NOTE Confidence: 0.862638467647059

00:21:31.669 --> 00:21:33.084 You know there's there's what
NOTE Confidence: 0.862638467647059

00:21:33.084 --> 00:21:34.549 the science says to do from,
NOTE Confidence: 0.862638467647059

00:21:34.550 --> 00:21:36.000 you know clinical trial data.
NOTE Confidence: 0.862638467647059

00:21:36.000 --> 00:21:37.424 But then there's also,
NOTE Confidence: 0.862638467647059

00:21:37.424 --> 00:21:38.136 you know,
NOTE Confidence: 0.862638467647059

00:21:38.140 --> 00:21:39.904 you know what we're learning is
NOTE Confidence: 0.862638467647059

00:21:39.904 --> 00:21:41.814 equally as important or really the
NOTE Confidence: 0.862638467647059

00:21:41.814 --> 00:21:43.494 behavioral science aspects of it.

NOTE Confidence: 0.862638467647059
00:21:43.500 --> 00:21:45.520 What's acceptable to patients,
NOTE Confidence: 0.862638467647059
00:21:45.520 --> 00:21:47.540 what's appropriate for patients?
NOTE Confidence: 0.862638467647059
00:21:47.540 --> 00:21:48.784 Will the patients actually?
NOTE Confidence: 0.862638467647059
00:21:48.784 --> 00:21:49.406 Use it,
NOTE Confidence: 0.862638467647059
00:21:49.410 --> 00:21:50.600 is it something that's feasible
NOTE Confidence: 0.862638467647059
00:21:50.600 --> 00:21:51.790 for them and will they?
NOTE Confidence: 0.862638467647059
00:21:51.790 --> 00:21:53.260 Will they stick with the work?
NOTE Confidence: 0.890501252
00:21:55.300 --> 00:21:57.100 So in thinking about choosing,
NOTE Confidence: 0.890501252
00:21:57.100 --> 00:21:59.145 you know medic roughly like
NOTE Confidence: 0.890501252
00:21:59.145 --> 00:22:00.781 medications or behave cognitive
NOTE Confidence: 0.890501252
00:22:00.781 --> 00:22:02.479 behavioral therapy for insomnia.
NOTE Confidence: 0.890501252
00:22:02.480 --> 00:22:04.190 Unfortunately, there's there's not a
NOTE Confidence: 0.890501252
00:22:04.190 --> 00:22:06.296 lot of studies that I've compared them,
NOTE Confidence: 0.890501252
00:22:06.296 --> 00:22:08.580 and I'm going to sort of go through.
NOTE Confidence: 0.890501252
00:22:08.580 --> 00:22:10.794 You know what we do know from from the
NOTE Confidence: 0.890501252

00:22:10.794 --> 00:22:12.935 evidence based and then tie in together to,
NOTE Confidence: 0.890501252

00:22:12.940 --> 00:22:14.698 you know, apply that to patients.
NOTE Confidence: 0.890501252

00:22:14.700 --> 00:22:18.116 So really, you know, Charles Marin really
NOTE Confidence: 0.890501252

00:22:18.116 --> 00:22:21.600 is spearheaded a lot much of this work.
NOTE Confidence: 0.890501252

00:22:21.600 --> 00:22:22.980 And there's, you know,
NOTE Confidence: 0.890501252

00:22:22.980 --> 00:22:25.422 some early studies that are helpful in
NOTE Confidence: 0.890501252

00:22:25.422 --> 00:22:27.854 thinking about you know which do we choose?
NOTE Confidence: 0.890501252

00:22:27.860 --> 00:22:28.565 Is this CBT?
NOTE Confidence: 0.890501252

00:22:28.565 --> 00:22:31.203 I better to get all of these looked at CBT
NOTE Confidence: 0.890501252

00:22:31.203 --> 00:22:33.826 on this slide versus medications and all of
NOTE Confidence: 0.890501252

00:22:33.826 --> 00:22:36.190 these studies looked at have benzodiazepines.
NOTE Confidence: 0.890501252

00:22:36.190 --> 00:22:37.465 Something that works in the
NOTE Confidence: 0.890501252

00:22:37.465 --> 00:22:40.780 benzo benzodiazepine receptor.
NOTE Confidence: 0.890501252

00:22:40.780 --> 00:22:43.276 And I think and and so the first
NOTE Confidence: 0.890501252

00:22:43.276 --> 00:22:45.092 study was by, you know,
NOTE Confidence: 0.890501252

00:22:45.092 --> 00:22:48.571 led by Charles and in 1999.

NOTE Confidence: 0.890501252

00:22:48.571 --> 00:22:50.899 And these four studies that I present here,

NOTE Confidence: 0.890501252

00:22:50.900 --> 00:22:52.268 as you can see here, all small.

NOTE Confidence: 0.890501252

00:22:52.268 --> 00:22:54.452 So the first is the marine

NOTE Confidence: 0.890501252

00:22:54.452 --> 00:22:55.960 study and you know,

NOTE Confidence: 0.890501252

00:22:55.960 --> 00:22:58.298 there are 18 patients with CBT,

NOTE Confidence: 0.890501252

00:22:58.298 --> 00:23:00.206 I-20 with temazepam and then they

NOTE Confidence: 0.890501252

00:23:00.206 --> 00:23:02.618 also looked at combined placebo and

NOTE Confidence: 0.890501252

00:23:02.618 --> 00:23:05.186 then in 2006 there was actually

NOTE Confidence: 0.890501252

00:23:05.186 --> 00:23:07.240 similar studies that compared.

NOTE Confidence: 0.890501252

00:23:07.240 --> 00:23:10.901 You know CBT I versus either singular

NOTE Confidence: 0.890501252

00:23:10.901 --> 00:23:13.361 Med options combine and versus placebo.

NOTE Confidence: 0.890501252

00:23:13.361 --> 00:23:16.009 And once you can see what they all have

NOTE Confidence: 0.890501252

00:23:16.009 --> 00:23:18.900 in common is they're not very big.

NOTE Confidence: 0.890501252

00:23:18.900 --> 00:23:21.040 They're pretty small studies.

NOTE Confidence: 0.890501252

00:23:21.040 --> 00:23:23.368 And what they also had in common is

NOTE Confidence: 0.890501252

00:23:23.368 --> 00:23:25.831 that they they all showed a similar
NOTE Confidence: 0.890501252

00:23:25.831 --> 00:23:28.296 benefit short term between CBT I and
NOTE Confidence: 0.890501252

00:23:28.296 --> 00:23:30.333 ZOPICLONE and I think this is these
NOTE Confidence: 0.890501252

00:23:30.333 --> 00:23:32.740 are really important studies for for
NOTE Confidence: 0.890501252

00:23:32.740 --> 00:23:34.850 behavioral Sleep Medicine people to
NOTE Confidence: 0.890501252

00:23:34.912 --> 00:23:36.808 show you know that these techniques
NOTE Confidence: 0.890501252

00:23:36.808 --> 00:23:39.429 work as well as they seem to work as
NOTE Confidence: 0.890501252

00:23:39.429 --> 00:23:42.006 well as these medications which is important.
NOTE Confidence: 0.890501252

00:23:42.010 --> 00:23:43.966 But you know these are these
NOTE Confidence: 0.890501252

00:23:43.966 --> 00:23:45.270 are pretty small studies,
NOTE Confidence: 0.890501252

00:23:45.270 --> 00:23:47.867 a couple of other things that the
NOTE Confidence: 0.890501252

00:23:47.867 --> 00:23:50.317 studies observed is that CBT I seemed.
NOTE Confidence: 0.890501252

00:23:50.320 --> 00:23:52.420 Got to have a longer benefit long
NOTE Confidence: 0.890501252

00:23:52.420 --> 00:23:54.752 term from 6 to 24 months I will
NOTE Confidence: 0.890501252

00:23:54.752 --> 00:23:56.117 have to say you know,
NOTE Confidence: 0.890501252

00:23:56.120 --> 00:23:57.316 someone who's actually reviewed

NOTE Confidence: 0.890501252

00:23:57.316 --> 00:23:59.110 these studies and they're in there

NOTE Confidence: 0.890501252

00:23:59.162 --> 00:24:00.660 are a lot of dropouts in studies,

NOTE Confidence: 0.890501252

00:24:00.660 --> 00:24:02.040 and I don't and I don't.

NOTE Confidence: 0.890501252

00:24:02.040 --> 00:24:03.576 I don't think this is conclusive,

NOTE Confidence: 0.890501252

00:24:03.580 --> 00:24:04.770 and the reason why I bring it

NOTE Confidence: 0.890501252

00:24:04.770 --> 00:24:06.136 up is because this is, I think,

NOTE Confidence: 0.890501252

00:24:06.136 --> 00:24:08.120 one of the myths that sort of gets

NOTE Confidence: 0.890501252

00:24:08.178 --> 00:24:10.182 perpetuated and you'll see in later

NOTE Confidence: 0.890501252

00:24:10.182 --> 00:24:12.497 later studies you know may not provide

NOTE Confidence: 0.890501252

00:24:12.497 --> 00:24:14.632 the same evidence of support of this.

NOTE Confidence: 0.890501252

00:24:14.640 --> 00:24:17.430 So I think it's just like it's important to

NOTE Confidence: 0.890501252

00:24:17.430 --> 00:24:19.979 dispel these messages as our data evolves.

NOTE Confidence: 0.890501252

00:24:19.980 --> 00:24:21.380 And actually these studies.

NOTE Confidence: 0.890501252

00:24:21.380 --> 00:24:23.130 Also showed that combining CV2

NOTE Confidence: 0.890501252

00:24:23.130 --> 00:24:25.386 with medications may have a slight

NOTE Confidence: 0.890501252

00:24:25.386 --> 00:24:26.866 advantage over single therapy.
NOTE Confidence: 0.890501252

00:24:26.870 --> 00:24:28.118 Short term, and again,
NOTE Confidence: 0.890501252

00:24:28.118 --> 00:24:29.678 this is also usually different
NOTE Confidence: 0.890501252

00:24:29.678 --> 00:24:31.238 from what people say, right?
NOTE Confidence: 0.890501252

00:24:31.238 --> 00:24:32.878 We usually hear about that
NOTE Confidence: 0.890501252

00:24:32.878 --> 00:24:34.649 false dichotomy of meds or CBT,
NOTE Confidence: 0.890501252

00:24:34.650 --> 00:24:37.050 and I've had patients turned down to CBT.
NOTE Confidence: 0.890501252

00:24:37.050 --> 00:24:38.989 I because they were on the medication,
NOTE Confidence: 0.890501252

00:24:38.990 --> 00:24:41.086 so I think it's important to to know
NOTE Confidence: 0.890501252

00:24:41.086 --> 00:24:42.437 these studies and actually know
NOTE Confidence: 0.890501252

00:24:42.437 --> 00:24:44.236 what they they show in terms of
NOTE Confidence: 0.919447722857143

00:24:44.289 --> 00:24:45.677 the benefits and seemingly
NOTE Confidence: 0.919447722857143

00:24:45.677 --> 00:24:47.065 equal benefits short term,
NOTE Confidence: 0.919447722857143

00:24:47.070 --> 00:24:48.561 but also know what they didn't show
NOTE Confidence: 0.919447722857143

00:24:48.561 --> 00:24:50.009 and that you you know you can.
NOTE Confidence: 0.919447722857143

00:24:50.010 --> 00:24:51.678 You can still use these medications.

NOTE Confidence: 0.919447722857143
00:24:51.680 --> 00:24:52.480 Together and you know,
NOTE Confidence: 0.919447722857143
00:24:52.480 --> 00:24:53.480 and then we think about
NOTE Confidence: 0.919447722857143
00:24:53.480 --> 00:24:54.560 how to use them together,
NOTE Confidence: 0.919447722857143
00:24:54.560 --> 00:24:56.450 so these so these were important
NOTE Confidence: 0.919447722857143
00:24:56.450 --> 00:24:58.000 early studies to really put,
NOTE Confidence: 0.919447722857143
00:24:58.000 --> 00:25:00.880 I think CBT in the map show that they you
NOTE Confidence: 0.919447722857143
00:25:00.959 --> 00:25:04.127 know whereas effective medication short term.
NOTE Confidence: 0.919447722857143
00:25:04.130 --> 00:25:06.601 And then, and you know what the
NOTE Confidence: 0.919447722857143
00:25:06.601 --> 00:25:09.018 take home message being that either
NOTE Confidence: 0.919447722857143
00:25:09.018 --> 00:25:11.574 CBT or one of the benzodiazepine
NOTE Confidence: 0.919447722857143
00:25:11.574 --> 00:25:14.309 receptor medications are are actually
NOTE Confidence: 0.919447722857143
00:25:14.309 --> 00:25:16.545 reasonable first line approaches.
NOTE Confidence: 0.919447722857143
00:25:16.550 --> 00:25:18.494 You know from what we can
NOTE Confidence: 0.919447722857143
00:25:18.494 --> 00:25:19.790 tell from this evidence,
NOTE Confidence: 0.919447722857143
00:25:19.790 --> 00:25:22.062 then Doctor Marin actually
NOTE Confidence: 0.919447722857143

00:25:22.062 --> 00:25:24.902 had a another sort of.
NOTE Confidence: 0.919447722857143

00:25:24.910 --> 00:25:26.594 Practice informing studied in
NOTE Confidence: 0.919447722857143

00:25:26.594 --> 00:25:29.602 2009 and this was a little bit
NOTE Confidence: 0.919447722857143

00:25:29.602 --> 00:25:31.607 of a more complicated trial.
NOTE Confidence: 0.919447722857143

00:25:31.610 --> 00:25:33.500 Was a smart design which means
NOTE Confidence: 0.919447722857143

00:25:33.500 --> 00:25:35.136 that they actually randomize people
NOTE Confidence: 0.919447722857143

00:25:35.136 --> 00:25:36.736 multiple times in this study.
NOTE Confidence: 0.919447722857143

00:25:36.740 --> 00:25:38.172 So in this study and I'll go through
NOTE Confidence: 0.919447722857143

00:25:38.172 --> 00:25:39.688 it in more detail the next side.
NOTE Confidence: 0.919447722857143

00:25:39.690 --> 00:25:41.875 But essentially they initially randomized
NOTE Confidence: 0.919447722857143

00:25:41.875 --> 00:25:45.068 people and they had about 160 people total,
NOTE Confidence: 0.919447722857143

00:25:45.068 --> 00:25:47.910 so half of the people were randomized to CBT.
NOTE Confidence: 0.919447722857143

00:25:47.910 --> 00:25:50.360 I and the other half were randomized
NOTE Confidence: 0.919447722857143

00:25:50.360 --> 00:25:52.372 to combine treatment, so CBT,
NOTE Confidence: 0.919447722857143

00:25:52.372 --> 00:25:56.116 I plus soulpad M and then after six.
NOTE Confidence: 0.919447722857143

00:25:56.116 --> 00:25:59.415 Freaks people were re randomized again to

NOTE Confidence: 0.919447722857143
00:25:59.415 --> 00:26:03.058 either the treat to either to either though,
NOTE Confidence: 0.919447722857143
00:26:03.058 --> 00:26:04.850 and I'll actually go through it on
NOTE Confidence: 0.919447722857143
00:26:04.900 --> 00:26:06.649 the next side, 'cause it's easier,
NOTE Confidence: 0.919447722857143
00:26:06.649 --> 00:26:08.767 but this this was the study.
NOTE Confidence: 0.919447722857143
00:26:08.770 --> 00:26:12.750 So whoops, yes. So here's 160 people.
NOTE Confidence: 0.919447722857143
00:26:12.750 --> 00:26:15.935 So 80 were randomized to CBT I
NOTE Confidence: 0.919447722857143
00:26:15.940 --> 00:26:19.314 and then they underwent a a second
NOTE Confidence: 0.919447722857143
00:26:19.314 --> 00:26:21.324 randomization where they were
NOTE Confidence: 0.919447722857143
00:26:21.324 --> 00:26:23.709 re randomized to extended CBT.
NOTE Confidence: 0.919447722857143
00:26:23.710 --> 00:26:27.454 I so the CBT I then extended CPT I.
NOTE Confidence: 0.919447722857143
00:26:27.460 --> 00:26:30.680 Or CBT are no treatment and those
NOTE Confidence: 0.919447722857143
00:26:30.680 --> 00:26:33.530 who received CBT I, plus zolpidem.
NOTE Confidence: 0.919447722857143
00:26:33.530 --> 00:26:37.100 Were re randomized to extended CBT.
NOTE Confidence: 0.919447722857143
00:26:37.100 --> 00:26:41.006 I so combined followed by CBT I.
NOTE Confidence: 0.919447722857143
00:26:41.010 --> 00:26:42.785 Or extending or extending the
NOTE Confidence: 0.919447722857143

00:26:42.785 --> 00:26:44.560 combination so those were the
NOTE Confidence: 0.919447722857143

00:26:44.629 --> 00:26:46.619 four possibilities and these are.
NOTE Confidence: 0.919447722857143

00:26:46.620 --> 00:26:49.420 As you can imagine, are complex trials,
NOTE Confidence: 0.919447722857143

00:26:49.420 --> 00:26:50.715 and you can note that you know
NOTE Confidence: 0.919447722857143

00:26:50.715 --> 00:26:51.821 towards the end there's there's
NOTE Confidence: 0.919447722857143

00:26:51.821 --> 00:26:53.086 fewer people in each subset,
NOTE Confidence: 0.919447722857143

00:26:53.090 --> 00:26:53.830 but regardless,
NOTE Confidence: 0.919447722857143

00:26:53.830 --> 00:26:56.050 this is really an important larger
NOTE Confidence: 0.919447722857143

00:26:56.050 --> 00:26:58.065 study that actually I think has
NOTE Confidence: 0.919447722857143

00:26:58.065 --> 00:26:59.883 some important gives us a lot
NOTE Confidence: 0.919447722857143

00:26:59.947 --> 00:27:01.827 of information about this common
NOTE Confidence: 0.919447722857143

00:27:01.827 --> 00:27:03.707 clinical problem that we see.
NOTE Confidence: 0.919447722857143

00:27:03.710 --> 00:27:06.038 So this this is a this figure is
NOTE Confidence: 0.919447722857143

00:27:06.038 --> 00:27:07.608 actually showing the proportion
NOTE Confidence: 0.919447722857143

00:27:07.608 --> 00:27:08.997 of treatment responders,
NOTE Confidence: 0.919447722857143

00:27:09.000 --> 00:27:11.037 so again these are people who achieved.

NOTE Confidence: 0.919447722857143
00:27:11.040 --> 00:27:12.930 At least a seven or eight point
NOTE Confidence: 0.919447722857143
00:27:12.930 --> 00:27:14.570 reduction of the Insomnia Severity
NOTE Confidence: 0.919447722857143
00:27:14.570 --> 00:27:16.110 Index is their outcome,
NOTE Confidence: 0.919447722857143
00:27:16.110 --> 00:27:18.618 and these are presented proportion of
NOTE Confidence: 0.919447722857143
00:27:18.620 --> 00:27:22.736 patients by the filing initial randomization.
NOTE Confidence: 0.919447722857143
00:27:22.740 --> 00:27:25.600 I'm sorry about that.
NOTE Confidence: 0.919447722857143
00:27:25.600 --> 00:27:26.779 So over here,
NOTE Confidence: 0.919447722857143
00:27:26.779 --> 00:27:29.137 for those two are randomized first
NOTE Confidence: 0.919447722857143
00:27:29.137 --> 00:27:32.455 to CBT I so with the first six weeks
NOTE Confidence: 0.919447722857143
00:27:32.455 --> 00:27:34.833 of treatment about 60% of patients
NOTE Confidence: 0.919447722857143
00:27:34.833 --> 00:27:36.838 responded and this is actually
NOTE Confidence: 0.919447722857143
00:27:36.838 --> 00:27:39.156 similar to those that had CBT or
NOTE Confidence: 0.919447722857143
00:27:39.156 --> 00:27:41.519 so put them so that the combination
NOTE Confidence: 0.919447722857143
00:27:41.519 --> 00:27:43.629 therapy these looked about the
NOTE Confidence: 0.919447722857143
00:27:43.629 --> 00:27:46.622 same so you know so see so the the
NOTE Confidence: 0.919447722857143

00:27:46.622 --> 00:27:48.478 medication didn't make CBT any worse,
NOTE Confidence: 0.919447722857143

00:27:48.480 --> 00:27:50.900 which is sort of the myth that we hear about.
NOTE Confidence: 0.903630138333333

00:27:50.900 --> 00:27:52.923 And then when we looked at extended
NOTE Confidence: 0.903630138333333

00:27:52.923 --> 00:27:54.399 treatment for the CBT group.
NOTE Confidence: 0.903630138333333

00:27:54.400 --> 00:27:56.745 So those in the darker Gray had.
NOTE Confidence: 0.903630138333333

00:27:56.750 --> 00:27:59.774 See an extra extended to CBT for
NOTE Confidence: 0.903630138333333

00:27:59.774 --> 00:28:02.548 six months versus those with none.
NOTE Confidence: 0.903630138333333

00:28:02.550 --> 00:28:03.890 You know it looks like
NOTE Confidence: 0.903630138333333

00:28:03.890 --> 00:28:04.962 those with CBT extended.
NOTE Confidence: 0.903630138333333

00:28:04.970 --> 00:28:07.616 Did a little bit better but there
NOTE Confidence: 0.903630138333333

00:28:07.616 --> 00:28:09.660 were not substantial differences in
NOTE Confidence: 0.903630138333333

00:28:09.660 --> 00:28:12.940 long term and those that perceive the
NOTE Confidence: 0.903630138333333

00:28:12.940 --> 00:28:14.878 combined treatment initially those
NOTE Confidence: 0.903630138333333

00:28:14.878 --> 00:28:17.686 that continue to receive the the
NOTE Confidence: 0.903630138333333

00:28:17.686 --> 00:28:20.122 combination there be again seem to
NOTE Confidence: 0.903630138333333

00:28:20.122 --> 00:28:22.658 to do to do better and but those who

NOTE Confidence: 0.9036301383333333
00:28:22.658 --> 00:28:25.162 seem to do the best for those who got
NOTE Confidence: 0.9036301383333333
00:28:25.162 --> 00:28:27.202 the extend who started the combination.
NOTE Confidence: 0.9036301383333333
00:28:27.210 --> 00:28:29.310 Therapy was continued for CBT.
NOTE Confidence: 0.9036301383333333
00:28:29.310 --> 00:28:32.110 I over a period of time again these
NOTE Confidence: 0.9036301383333333
00:28:32.110 --> 00:28:34.263 start getting out to to smaller
NOTE Confidence: 0.9036301383333333
00:28:34.263 --> 00:28:36.175 groups and this is similar results
NOTE Confidence: 0.9036301383333333
00:28:36.175 --> 00:28:37.427 we're seeing with Remitters.
NOTE Confidence: 0.9036301383333333
00:28:37.430 --> 00:28:39.182 So this is actually the proportion
NOTE Confidence: 0.9036301383333333
00:28:39.182 --> 00:28:40.787 of patients who by definition
NOTE Confidence: 0.9036301383333333
00:28:40.787 --> 00:28:42.287 no longer had insomnia.
NOTE Confidence: 0.9036301383333333
00:28:42.290 --> 00:28:45.250 So there ISI total scores are under 7,
NOTE Confidence: 0.9036301383333333
00:28:45.250 --> 00:28:47.662 so you can see you know both groups in
NOTE Confidence: 0.9036301383333333
00:28:47.662 --> 00:28:50.170 the short term did fairly fairly well.
NOTE Confidence: 0.9036301383333333
00:28:50.170 --> 00:28:53.930 Not much change in the extended CBT group.
NOTE Confidence: 0.9036301383333333
00:28:53.930 --> 00:28:55.904 Whether they got treatment or no treatment,
NOTE Confidence: 0.9036301383333333

00:28:55.910 --> 00:28:57.485 but those who received the
NOTE Confidence: 0.9036301383333333

00:28:57.485 --> 00:28:58.115 initial combination.
NOTE Confidence: 0.9036301383333333

00:28:58.120 --> 00:29:00.661 Therapy actually seem to do better in
NOTE Confidence: 0.9036301383333333

00:29:00.661 --> 00:29:03.530 the long term with either extending
NOTE Confidence: 0.9036301383333333

00:29:03.530 --> 00:29:05.806 this cognitive behavioral therapy.
NOTE Confidence: 0.9036301383333333

00:29:05.810 --> 00:29:09.626 Or the the medication component so you know,
NOTE Confidence: 0.9036301383333333

00:29:09.630 --> 00:29:11.163 sort of the take home message that
NOTE Confidence: 0.9036301383333333

00:29:11.163 --> 00:29:12.748 I see from from these cities?
NOTE Confidence: 0.9036301383333333

00:29:12.750 --> 00:29:16.159 Is that CBT alone has durable effects.
NOTE Confidence: 0.9036301383333333

00:29:16.160 --> 00:29:18.050 Though combining and then tapering with
NOTE Confidence: 0.9036301383333333

00:29:18.050 --> 00:29:20.348 medication seems to have the greatest impact.
NOTE Confidence: 0.9036301383333333

00:29:20.350 --> 00:29:22.765 So that's sort of getting out here.
NOTE Confidence: 0.9036301383333333

00:29:22.770 --> 00:29:23.141 Again,
NOTE Confidence: 0.9036301383333333

00:29:23.141 --> 00:29:26.000 these get it to the smaller groups so
NOTE Confidence: 0.9036301383333333

00:29:26.000 --> 00:29:27.820 it's again hard to be more conclusive
NOTE Confidence: 0.9036301383333333

00:29:27.820 --> 00:29:29.507 than all that what that shows.

NOTE Confidence: 0.9036301383333333
00:29:29.510 --> 00:29:31.062 But this was really one of the first
NOTE Confidence: 0.9036301383333333
00:29:31.062 --> 00:29:32.427 cities to actually look at this.
NOTE Confidence: 0.9036301383333333
00:29:32.430 --> 00:29:34.566 The combination of medications
NOTE Confidence: 0.9036301383333333
00:29:34.566 --> 00:29:36.168 versus CBT CBT.
NOTE Confidence: 0.9036301383333333
00:29:36.170 --> 00:29:38.542 I alone another interpretation,
NOTE Confidence: 0.9036301383333333
00:29:38.542 --> 00:29:39.728 you know,
NOTE Confidence: 0.9036301383333333
00:29:39.730 --> 00:29:41.786 sort of making it as a clinically as
NOTE Confidence: 0.9036301383333333
00:29:41.786 --> 00:29:43.708 simple as a morsel is that despite
NOTE Confidence: 0.9036301383333333
00:29:43.708 --> 00:29:45.445 again the myth that you can't
NOTE Confidence: 0.9036301383333333
00:29:45.445 --> 00:29:46.789 do CBT with medications,
NOTE Confidence: 0.9036301383333333
00:29:46.790 --> 00:29:48.830 it actually clearly shows that zolpidem
NOTE Confidence: 0.9036301383333333
00:29:48.830 --> 00:29:51.169 does not impair the response to CBT.
NOTE Confidence: 0.9036301383333333
00:29:51.170 --> 00:29:52.690 I and actually may.
NOTE Confidence: 0.9036301383333333
00:29:52.690 --> 00:29:54.590 Augment augment the long term
NOTE Confidence: 0.9036301383333333
00:29:54.590 --> 00:29:56.239 effects of the medication,
NOTE Confidence: 0.9036301383333333

00:29:56.240 --> 00:29:58.016 and so again you know there.
NOTE Confidence: 0.9036301383333333

00:29:58.020 --> 00:29:59.175 There's always a time and
NOTE Confidence: 0.9036301383333333

00:29:59.175 --> 00:30:00.099 a place for medications,
NOTE Confidence: 0.9036301383333333

00:30:00.100 --> 00:30:01.765 but this doesn't provide evidence
NOTE Confidence: 0.9036301383333333

00:30:01.765 --> 00:30:03.743 that the the medication doesn't make
NOTE Confidence: 0.9036301383333333

00:30:03.743 --> 00:30:05.535 make the response to CBT any worse,
NOTE Confidence: 0.9036301383333333

00:30:05.540 --> 00:30:08.180 and actually may make it better.
NOTE Confidence: 0.9036301383333333

00:30:08.180 --> 00:30:08.730 So again,
NOTE Confidence: 0.9036301383333333

00:30:08.730 --> 00:30:10.380 this was followed up by Charleston,
NOTE Confidence: 0.9036301383333333

00:30:10.380 --> 00:30:13.152 another study where he has to a
NOTE Confidence: 0.9036301383333333

00:30:13.152 --> 00:30:15.170 related but different questions.
NOTE Confidence: 0.9036301383333333

00:30:15.170 --> 00:30:17.060 So the first day was looking at
NOTE Confidence: 0.9036301383333333

00:30:17.060 --> 00:30:19.370 CBTI versus CBT with medications
NOTE Confidence: 0.9036301383333333

00:30:19.370 --> 00:30:21.218 as the primary comparison,
NOTE Confidence: 0.9036301383333333

00:30:21.220 --> 00:30:23.098 and in the more recent study
NOTE Confidence: 0.9036301383333333

00:30:23.098 --> 00:30:24.037 that was published,

NOTE Confidence: 0.903630138333333
00:30:24.040 --> 00:30:25.900 I forget which gym and
NOTE Confidence: 0.903630138333333
00:30:25.900 --> 00:30:27.016 network Jim Psychiatry.
NOTE Confidence: 0.903630138333333
00:30:27.020 --> 00:30:29.260 In 2020 he actually had the question
NOTE Confidence: 0.903630138333333
00:30:29.260 --> 00:30:31.700 of not just one versus the other,
NOTE Confidence: 0.903630138333333
00:30:31.700 --> 00:30:33.008 but actually what is.
NOTE Confidence: 0.903630138333333
00:30:33.008 --> 00:30:35.472 What do we know about the sequencing
NOTE Confidence: 0.903630138333333
00:30:35.472 --> 00:30:37.617 of of medications and CBT?
NOTE Confidence: 0.903630138333333
00:30:37.620 --> 00:30:40.410 I so this is another you know for this field,
NOTE Confidence: 0.903630138333333
00:30:40.410 --> 00:30:43.500 larger study of over 200 people
NOTE Confidence: 0.903630138333333
00:30:43.500 --> 00:30:44.540 and this was you know,
NOTE Confidence: 0.903630138333333
00:30:44.540 --> 00:30:45.925 middle aged adults and have
NOTE Confidence: 0.903630138333333
00:30:45.925 --> 00:30:47.310 no you know more than
NOTE Confidence: 0.860555216470588
00:30:47.375 --> 00:30:49.867 a third had a comorbid psychiatric disorder.
NOTE Confidence: 0.860555216470588
00:30:49.870 --> 00:30:51.640 So so very clinically relevant
NOTE Confidence: 0.860555216470588
00:30:51.640 --> 00:30:53.837 in terms of the population that
NOTE Confidence: 0.860555216470588

00:30:53.837 --> 00:30:55.647 we commonly see with insomnia.
NOTE Confidence: 0.860555216470588

00:30:55.650 --> 00:30:58.891 So this again is another complicated smart
NOTE Confidence: 0.860555216470588

00:30:58.891 --> 00:31:02.367 design study with a 2 step randomization so.
NOTE Confidence: 0.860555216470588

00:31:02.370 --> 00:31:04.704 As the main comparison, they randomized
NOTE Confidence: 0.860555216470588

00:31:04.704 --> 00:31:06.790 people to either behavioral therapy.
NOTE Confidence: 0.860555216470588

00:31:06.790 --> 00:31:08.030 So this is not CBT.
NOTE Confidence: 0.860555216470588

00:31:08.030 --> 00:31:09.980 I this is just behavioral therapy,
NOTE Confidence: 0.860555216470588

00:31:09.980 --> 00:31:12.185 mostly stimulus control and sleep
NOTE Confidence: 0.860555216470588

00:31:12.185 --> 00:31:13.548 restriction, versus azole epidemic.
NOTE Confidence: 0.860555216470588

00:31:13.548 --> 00:31:16.594 Again, I think was like 5 to 1010 milligrams
NOTE Confidence: 0.860555216470588

00:31:16.594 --> 00:31:20.386 at the time and then as a second step.
NOTE Confidence: 0.860555216470588

00:31:20.390 --> 00:31:22.560 If you receive behavioral therapy
NOTE Confidence: 0.860555216470588

00:31:22.560 --> 00:31:25.338 as your first line and continue to
NOTE Confidence: 0.860555216470588

00:31:25.338 --> 00:31:27.162 have symptoms so those that were
NOTE Confidence: 0.860555216470588

00:31:27.162 --> 00:31:28.743 remission were not re randomized
NOTE Confidence: 0.860555216470588

00:31:28.743 --> 00:31:30.567 'cause they no longer had symptoms,

NOTE Confidence: 0.860555216470588
00:31:30.570 --> 00:31:33.090 you were re randomized to
NOTE Confidence: 0.860555216470588
00:31:33.090 --> 00:31:34.830 medication or cognitive therapy.
NOTE Confidence: 0.860555216470588
00:31:34.830 --> 00:31:37.440 So those that had behavioral therapies
NOTE Confidence: 0.860555216470588
00:31:37.503 --> 00:31:39.705 were were bumped and didn't respond,
NOTE Confidence: 0.860555216470588
00:31:39.710 --> 00:31:41.744 were bumped up to either medication
NOTE Confidence: 0.860555216470588
00:31:41.744 --> 00:31:43.790 or cognitive therapy to figure out,
NOTE Confidence: 0.860555216470588
00:31:43.790 --> 00:31:44.190 you know,
NOTE Confidence: 0.860555216470588
00:31:44.190 --> 00:31:45.590 if you don't respond to behavioral therapy,
NOTE Confidence: 0.860555216470588
00:31:45.590 --> 00:31:49.110 what is what's best next?
NOTE Confidence: 0.860555216470588
00:31:49.110 --> 00:31:49.738 And similarly,
NOTE Confidence: 0.860555216470588
00:31:49.738 --> 00:31:51.622 if you started with the medication
NOTE Confidence: 0.860555216470588
00:31:51.622 --> 00:31:52.730 and didn't respond,
NOTE Confidence: 0.860555216470588
00:31:52.730 --> 00:31:55.220 your re randomized to behavioral therapy
NOTE Confidence: 0.860555216470588
00:31:55.220 --> 00:31:58.403 as a second line or switching from
NOTE Confidence: 0.860555216470588
00:31:58.403 --> 00:32:00.813 Zoll Paden to Trazodone medication.
NOTE Confidence: 0.860555216470588

00:32:00.820 --> 00:32:04.324 So a complex study will go through the
NOTE Confidence: 0.860555216470588

00:32:04.324 --> 00:32:06.345 results and you can see once you start
NOTE Confidence: 0.860555216470588

00:32:06.345 --> 00:32:08.169 getting to these these groups down here,
NOTE Confidence: 0.860555216470588

00:32:08.170 --> 00:32:09.420 the numbers do get do,
NOTE Confidence: 0.860555216470588

00:32:09.420 --> 00:32:09.954 get smaller,
NOTE Confidence: 0.860555216470588

00:32:09.954 --> 00:32:11.823 and when they actually power the studies
NOTE Confidence: 0.860555216470588

00:32:11.823 --> 00:32:13.290 they actually powered up the order
NOTE Confidence: 0.860555216470588

00:32:13.290 --> 00:32:15.088 up here just to keep that in mind.
NOTE Confidence: 0.860555216470588

00:32:15.090 --> 00:32:16.830 So this is still the primary
NOTE Confidence: 0.860555216470588

00:32:16.830 --> 00:32:18.324 compare comparison up here and
NOTE Confidence: 0.860555216470588

00:32:18.324 --> 00:32:19.689 this starts giving us some.
NOTE Confidence: 0.860555216470588

00:32:19.690 --> 00:32:21.362 Information about the ordering,
NOTE Confidence: 0.860555216470588

00:32:21.362 --> 00:32:23.142 which are really, you know,
NOTE Confidence: 0.860555216470588

00:32:23.142 --> 00:32:24.447 they're designed to really answer,
NOTE Confidence: 0.860555216470588

00:32:24.450 --> 00:32:26.298 like clinically important,
NOTE Confidence: 0.860555216470588

00:32:26.298 --> 00:32:29.378 important questions that we have.

NOTE Confidence: 0.860555216470588
00:32:29.380 --> 00:32:31.572 So what did they find in this figure
NOTE Confidence: 0.860555216470588
00:32:31.572 --> 00:32:33.920 shows the response and remission rates,
NOTE Confidence: 0.860555216470588
00:32:33.920 --> 00:32:35.670 so those are the two different blue
NOTE Confidence: 0.860555216470588
00:32:35.670 --> 00:32:37.420 colors for the Firstline strategy.
NOTE Confidence: 0.860555216470588
00:32:37.420 --> 00:32:38.080 So again,
NOTE Confidence: 0.860555216470588
00:32:38.080 --> 00:32:40.060 this is after the first randomization
NOTE Confidence: 0.860555216470588
00:32:40.060 --> 00:32:42.039 of looking at behavioral therapy.
NOTE Confidence: 0.860555216470588
00:32:42.040 --> 00:32:44.518 Insulted and and you could see that
NOTE Confidence: 0.860555216470588
00:32:44.518 --> 00:32:47.161 the the impact was actually similar in
NOTE Confidence: 0.860555216470588
00:32:47.161 --> 00:32:49.484 terms of response rate across groups.
NOTE Confidence: 0.860555216470588
00:32:49.484 --> 00:32:50.657 The behavioral therapy.
NOTE Confidence: 0.860555216470588
00:32:50.660 --> 00:32:53.180 Had you know, higher remission rate.
NOTE Confidence: 0.860555216470588
00:32:53.180 --> 00:32:54.512 But again,
NOTE Confidence: 0.860555216470588
00:32:54.512 --> 00:32:57.176 patients did well essentially
NOTE Confidence: 0.860555216470588
00:32:57.180 --> 00:32:58.816 have about the same.
NOTE Confidence: 0.860555216470588

00:32:58.816 --> 00:33:00.861 The proportion of patients with
NOTE Confidence: 0.860555216470588

00:33:00.861 --> 00:33:03.069 improvement were similar across groups.
NOTE Confidence: 0.860555216470588

00:33:03.070 --> 00:33:08.410 In the second line of treatment again.
NOTE Confidence: 0.860555216470588

00:33:08.410 --> 00:33:09.930 Looking broadly, you could see,
NOTE Confidence: 0.860555216470588

00:33:09.930 --> 00:33:12.387 so this is these are these two groups here?
NOTE Confidence: 0.860555216470588

00:33:12.390 --> 00:33:14.705 Those who were first randomized
NOTE Confidence: 0.860555216470588

00:33:14.705 --> 00:33:17.020 to behavioral treatment and these
NOTE Confidence: 0.860555216470588

00:33:17.094 --> 00:33:19.090 who received zolpidem first,
NOTE Confidence: 0.860555216470588

00:33:19.090 --> 00:33:22.182 so you could see that those overall those
NOTE Confidence: 0.860555216470588

00:33:22.182 --> 00:33:24.287 who receive behavioral therapy first,
NOTE Confidence: 0.860555216470588

00:33:24.290 --> 00:33:26.635 no matter what their second line is.
NOTE Confidence: 0.860555216470588

00:33:26.640 --> 00:33:28.752 I'm actually continue actually
NOTE Confidence: 0.860555216470588

00:33:28.752 --> 00:33:31.920 improves more than those who had
NOTE Confidence: 0.860555216470588

00:33:32.007 --> 00:33:34.687 zolpidem as first line response.
NOTE Confidence: 0.860555216470588

00:33:34.690 --> 00:33:38.010 So when when patients?
NOTE Confidence: 0.860555216470588

00:33:38.010 --> 00:33:38.460 Oh sorry,

NOTE Confidence: 0.860555216470588

00:33:38.460 --> 00:33:39.360 this sort of got.

NOTE Confidence: 0.74507623

00:33:42.540 --> 00:33:46.938 So the the behavioral the the

NOTE Confidence: 0.74507623

00:33:46.938 --> 00:33:49.137 behavioral therapy nonresponders

NOTE Confidence: 0.74507623

00:33:49.140 --> 00:33:50.988 did better when when offered you

NOTE Confidence: 0.74507623

00:33:50.988 --> 00:33:52.939 know another option for second line,

NOTE Confidence: 0.74507623

00:33:52.940 --> 00:33:56.318 so either medications or cognitive therapy.

NOTE Confidence: 0.74507623

00:33:56.320 --> 00:33:58.840 Those who receive medication first line.

NOTE Confidence: 0.74507623

00:33:58.840 --> 00:34:01.129 If the medications didn't work for them,

NOTE Confidence: 0.74507623

00:34:01.130 --> 00:34:03.460 behavioral therapy was less helpful.

NOTE Confidence: 0.74507623

00:34:03.460 --> 00:34:06.148 So again, you know this may be similar

NOTE Confidence: 0.74507623

00:34:06.148 --> 00:34:08.625 to you know you know whether or not

NOTE Confidence: 0.74507623

00:34:08.625 --> 00:34:11.407 this this is sort of supports the the

NOTE Confidence: 0.74507623

00:34:11.407 --> 00:34:13.547 ACP guideline of offering cognitive

NOTE Confidence: 0.74507623

00:34:13.547 --> 00:34:15.606 therapy first is more more helpful,

NOTE Confidence: 0.74507623

00:34:15.606 --> 00:34:17.400 and I'm not sure really it.

NOTE Confidence: 0.74507623

00:34:17.400 --> 00:34:18.676 It completely supports that,
NOTE Confidence: 0.74507623

00:34:18.676 --> 00:34:21.246 but it's it gives you more options if
NOTE Confidence: 0.74507623

00:34:21.246 --> 00:34:23.614 you have a patient who does a behavioral
NOTE Confidence: 0.74507623

00:34:23.675 --> 00:34:25.708 therapy first switching them too.
NOTE Confidence: 0.74507623

00:34:25.708 --> 00:34:27.838 Pharmacological therapy in this case,
NOTE Confidence: 0.74507623

00:34:27.840 --> 00:34:30.546 so pedem versus adding cognitive therapy.
NOTE Confidence: 0.74507623

00:34:30.550 --> 00:34:31.934 They seem to improve.
NOTE Confidence: 0.74507623

00:34:31.934 --> 00:34:33.664 If they didn't respond initially,
NOTE Confidence: 0.74507623

00:34:33.670 --> 00:34:36.118 whereas if they're on Zhopa damn
NOTE Confidence: 0.74507623

00:34:36.118 --> 00:34:37.841 initially starting behavioral therapy
NOTE Confidence: 0.74507623

00:34:37.841 --> 00:34:40.463 or switching them for trazadone didn't
NOTE Confidence: 0.74507623

00:34:40.463 --> 00:34:42.697 quite have much of an effect as sort
NOTE Confidence: 0.74507623

00:34:42.697 --> 00:34:45.146 of the the bottom line for this study.
NOTE Confidence: 0.74507623

00:34:45.150 --> 00:34:45.708 Interestingly, so,
NOTE Confidence: 0.74507623

00:34:45.708 --> 00:34:47.940 So what I just showed you here is
NOTE Confidence: 0.74507623

00:34:47.997 --> 00:34:49.927 actually the post assessment period,

NOTE Confidence: 0.74507623

00:34:49.930 --> 00:34:50.966 and you can see there's you know,

NOTE Confidence: 0.74507623

00:34:50.970 --> 00:34:52.170 separation of these groups,

NOTE Confidence: 0.74507623

00:34:52.170 --> 00:34:53.970 so up here is behavioral therapy,

NOTE Confidence: 0.74507623

00:34:53.970 --> 00:34:54.674 first line,

NOTE Confidence: 0.74507623

00:34:54.674 --> 00:34:57.138 so this is response rate remission rates.

NOTE Confidence: 0.74507623

00:34:57.140 --> 00:34:59.276 But then as they followed people

NOTE Confidence: 0.74507623

00:34:59.276 --> 00:35:00.344 throughout the study.

NOTE Confidence: 0.74507623

00:35:00.350 --> 00:35:02.870 Again, overtime the groups look the same,

NOTE Confidence: 0.74507623

00:35:02.870 --> 00:35:04.284 and so you know nihilist would say,

NOTE Confidence: 0.74507623

00:35:04.290 --> 00:35:05.122 well, it doesn't matter.

NOTE Confidence: 0.74507623

00:35:05.122 --> 00:35:07.000 You can use any of the combinations,

NOTE Confidence: 0.74507623

00:35:07.000 --> 00:35:08.758 but I think if someone seeing

NOTE Confidence: 0.74507623

00:35:08.758 --> 00:35:10.535 patients and thinking about you know

NOTE Confidence: 0.74507623

00:35:10.535 --> 00:35:12.173 you want your patients to improve

NOTE Confidence: 0.74507623

00:35:12.173 --> 00:35:14.706 us quickly as possible, you know.

NOTE Confidence: 0.74507623

00:35:14.706 --> 00:35:16.680 It seems that.
NOTE Confidence: 0.74507623

00:35:16.680 --> 00:35:20.488 You know the you know the knowing who
NOTE Confidence: 0.74507623

00:35:20.488 --> 00:35:22.765 actually what your second line options
NOTE Confidence: 0.74507623

00:35:22.765 --> 00:35:25.943 would be off to get get go may be
NOTE Confidence: 0.74507623

00:35:25.943 --> 00:35:28.904 helpful but again you know it really.
NOTE Confidence: 0.74507623

00:35:28.904 --> 00:35:29.896 You could.
NOTE Confidence: 0.74507623

00:35:29.900 --> 00:35:31.268 People respond equally well
NOTE Confidence: 0.74507623

00:35:31.268 --> 00:35:32.636 initially to either behavioral
NOTE Confidence: 0.74507623

00:35:32.636 --> 00:35:34.219 therapy or result the dense.
NOTE Confidence: 0.74507623

00:35:34.220 --> 00:35:35.858 So again I think it just
NOTE Confidence: 0.74507623

00:35:35.858 --> 00:35:37.180 it doesn't really steer us,
NOTE Confidence: 0.74507623

00:35:37.180 --> 00:35:38.344 particularly necessarily One
NOTE Confidence: 0.74507623

00:35:38.344 --> 00:35:41.060 Direction or the other is sort of,
NOTE Confidence: 0.74507623

00:35:41.060 --> 00:35:42.110 I think,
NOTE Confidence: 0.74507623

00:35:42.110 --> 00:35:44.735 supports a diversity of approaches
NOTE Confidence: 0.74507623

00:35:44.740 --> 00:35:46.294 based on the evidence and and

NOTE Confidence: 0.74507623

00:35:46.294 --> 00:35:47.760 hopefully we'll have more studies.

NOTE Confidence: 0.74507623

00:35:47.760 --> 00:35:49.700 But these these head-to-head

NOTE Confidence: 0.74507623

00:35:49.700 --> 00:35:52.125 comparisons and I think different

NOTE Confidence: 0.74507623

00:35:52.125 --> 00:35:54.038 combinations of medications and

NOTE Confidence: 0.74507623

00:35:54.038 --> 00:35:55.850 behavioral strategies as well.

NOTE Confidence: 0.74507623

00:35:55.850 --> 00:35:56.865 So then moving into sort

NOTE Confidence: 0.74507623

00:35:56.865 --> 00:35:58.150 of what does this all mean?

NOTE Confidence: 0.74507623

00:35:58.150 --> 00:35:59.194 So that that's really,

NOTE Confidence: 0.74507623

00:35:59.194 --> 00:36:00.870 you know, not a lot of evidence,

NOTE Confidence: 0.74507623

00:36:00.870 --> 00:36:02.910 but that's the data looking at

NOTE Confidence: 0.74507623

00:36:02.910 --> 00:36:04.270 combinations and and comparing

NOTE Confidence: 0.74507623

00:36:04.335 --> 00:36:06.785 directly of behavioral medications to

NOTE Confidence: 0.74507623

00:36:06.785 --> 00:36:08.745 pharmacotherapy medications for insomnia.

NOTE Confidence: 0.74507623

00:36:08.750 --> 00:36:09.866 And it, you know, it's not.

NOTE Confidence: 0.74507623

00:36:09.870 --> 00:36:12.586 I think it is clear that comparison

NOTE Confidence: 0.74507623

00:36:12.586 --> 00:36:15.098 as people sometimes make it out to be.
NOTE Confidence: 0.74507623

00:36:15.100 --> 00:36:15.757 But you know,
NOTE Confidence: 0.74507623

00:36:15.757 --> 00:36:17.622 I think what what matters is then when
NOTE Confidence: 0.74507623

00:36:17.622 --> 00:36:19.338 we bring this information to patients.
NOTE Confidence: 0.74507623

00:36:19.340 --> 00:36:21.293 And I think this is where you know ACP,
NOTE Confidence: 0.74507623

00:36:21.300 --> 00:36:21.640 you know,
NOTE Confidence: 0.74507623

00:36:21.640 --> 00:36:22.830 sort of hit the nail on the
NOTE Confidence: 0.74507623

00:36:22.830 --> 00:36:23.737 head of like you know,
NOTE Confidence: 0.74507623

00:36:23.740 --> 00:36:26.590 it really is a shared decision
NOTE Confidence: 0.74507623

00:36:26.590 --> 00:36:27.540 making process.
NOTE Confidence: 0.74507623

00:36:27.540 --> 00:36:29.097 And for those of you who are not familiar,
NOTE Confidence: 0.74507623

00:36:29.100 --> 00:36:29.826 sort of there,
NOTE Confidence: 0.74507623

00:36:29.826 --> 00:36:31.036 there's a whole field of
NOTE Confidence: 0.74507623

00:36:31.036 --> 00:36:31.880 shared decision making,
NOTE Confidence: 0.74507623

00:36:31.880 --> 00:36:33.770 and you know it's defined as
NOTE Confidence: 0.74507623

00:36:33.770 --> 00:36:35.030 an interactive process between

NOTE Confidence: 0.948451220555556
00:36:35.091 --> 00:36:36.796 patient and or their family
NOTE Confidence: 0.948451220555556
00:36:36.796 --> 00:36:37.819 members and clinicians.
NOTE Confidence: 0.948451220555556
00:36:37.820 --> 00:36:40.606 And the goal is to engage patients
NOTE Confidence: 0.948451220555556
00:36:40.606 --> 00:36:42.257 and decision making provide
NOTE Confidence: 0.948451220555556
00:36:42.257 --> 00:36:44.085 patients with accurate information
NOTE Confidence: 0.948451220555556
00:36:44.085 --> 00:36:45.913 about options and outcomes,
NOTE Confidence: 0.948451220555556
00:36:45.920 --> 00:36:48.254 and then tailor the treatment plans
NOTE Confidence: 0.948451220555556
00:36:48.254 --> 00:36:50.720 to patients goal and preferences.
NOTE Confidence: 0.948451220555556
00:36:50.720 --> 00:36:53.132 So even though I tend to have a bias,
NOTE Confidence: 0.948451220555556
00:36:53.140 --> 00:36:54.177 I thought as I you know, I.
NOTE Confidence: 0.948451220555556
00:36:54.177 --> 00:36:55.753 I sort of almost tell all my patients,
NOTE Confidence: 0.948451220555556
00:36:55.760 --> 00:36:57.856 I want them to do some behavioral therapy.
NOTE Confidence: 0.948451220555556
00:36:57.860 --> 00:36:59.846 Just because I think it's effective
NOTE Confidence: 0.948451220555556
00:36:59.846 --> 00:37:02.109 and I think it's safer, you know it's.
NOTE Confidence: 0.948451220555556
00:37:02.109 --> 00:37:03.250 I know it's not going to work
NOTE Confidence: 0.948451220555556

00:37:03.293 --> 00:37:04.518 for all my patients and you know,
NOTE Confidence: 0.948451220555556

00:37:04.520 --> 00:37:07.480 every time I see a patient with insomnia,
NOTE Confidence: 0.948451220555556

00:37:07.480 --> 00:37:09.568 we the first conversation we have
NOTE Confidence: 0.948451220555556

00:37:09.568 --> 00:37:11.342 is the shared decision making
NOTE Confidence: 0.948451220555556

00:37:11.342 --> 00:37:12.897 like you know what are,
NOTE Confidence: 0.948451220555556

00:37:12.900 --> 00:37:14.690 what are the benefits of
NOTE Confidence: 0.948451220555556

00:37:14.690 --> 00:37:16.906 medications or behavioral therapies?
NOTE Confidence: 0.948451220555556

00:37:16.906 --> 00:37:19.676 Let's think through the process.
NOTE Confidence: 0.948451220555556

00:37:19.680 --> 00:37:20.856 What would work best for you?
NOTE Confidence: 0.948451220555556

00:37:20.860 --> 00:37:22.340 What are you interested in and you know
NOTE Confidence: 0.948451220555556

00:37:22.340 --> 00:37:24.040 I can guide some of the conversation.
NOTE Confidence: 0.948451220555556

00:37:24.040 --> 00:37:25.398 You know 'cause I I bring some
NOTE Confidence: 0.948451220555556

00:37:25.398 --> 00:37:27.360 of that to the table, but again,
NOTE Confidence: 0.948451220555556

00:37:27.360 --> 00:37:29.510 it's individualized for every patient.
NOTE Confidence: 0.948451220555556

00:37:29.510 --> 00:37:30.908 And these are the three components,
NOTE Confidence: 0.948451220555556

00:37:30.910 --> 00:37:33.646 so it's shared decision making essentially

NOTE Confidence: 0.948451220555556
00:37:33.646 --> 00:37:36.210 combines medical evidence where it's clear,
NOTE Confidence: 0.948451220555556
00:37:36.210 --> 00:37:37.407 accurate and unbiased.
NOTE Confidence: 0.948451220555556
00:37:37.407 --> 00:37:39.402 Medical evidence about what are
NOTE Confidence: 0.948451220555556
00:37:39.402 --> 00:37:40.989 the alternatives to treatment,
NOTE Confidence: 0.948451220555556
00:37:40.990 --> 00:37:42.142 including no intervention.
NOTE Confidence: 0.948451220555556
00:37:42.142 --> 00:37:42.910 So again,
NOTE Confidence: 0.948451220555556
00:37:42.910 --> 00:37:43.975 when treating insomnia,
NOTE Confidence: 0.948451220555556
00:37:43.975 --> 00:37:45.750 we can try behavioral strategies.
NOTE Confidence: 0.948451220555556
00:37:45.750 --> 00:37:48.290 We can try pharmacological strategies.
NOTE Confidence: 0.948451220555556
00:37:48.290 --> 00:37:51.500 We can try new treatment.
NOTE Confidence: 0.948451220555556
00:37:51.500 --> 00:37:53.006 And this action and this meets
NOTE Confidence: 0.948451220555556
00:37:53.006 --> 00:37:53.759 together with you,
NOTE Confidence: 0.948451220555556
00:37:53.760 --> 00:37:55.692 know your your skills and knowledge
NOTE Confidence: 0.948451220555556
00:37:55.692 --> 00:37:57.703 and all that training you have
NOTE Confidence: 0.948451220555556
00:37:57.703 --> 00:37:59.358 as a clinician in communicating.
NOTE Confidence: 0.948451220555556

00:37:59.360 --> 00:38:01.520 You know what the options are to treatment.

NOTE Confidence: 0.948451220555556

00:38:01.520 --> 00:38:04.308 What is the evidence?

NOTE Confidence: 0.948451220555556

00:38:04.310 --> 00:38:06.115 Taking that information and tailoring

NOTE Confidence: 0.948451220555556

00:38:06.115 --> 00:38:08.410 tailoring it to your specific patient,

NOTE Confidence: 0.948451220555556

00:38:08.410 --> 00:38:09.676 their beliefs,

NOTE Confidence: 0.948451220555556

00:38:09.676 --> 00:38:12.208 attitudes and medical needs,

NOTE Confidence: 0.948451220555556

00:38:12.210 --> 00:38:13.788 and engaging with the patients who

NOTE Confidence: 0.948451220555556

00:38:13.788 --> 00:38:15.782 and trying to help them think through

NOTE Confidence: 0.948451220555556

00:38:15.782 --> 00:38:17.861 what are their personal values and goals,

NOTE Confidence: 0.948451220555556

00:38:17.870 --> 00:38:19.610 what are their preferences and

NOTE Confidence: 0.948451220555556

00:38:19.610 --> 00:38:22.488 and this is a real skill to to do,

NOTE Confidence: 0.948451220555556

00:38:22.490 --> 00:38:24.954 but this is really the crux I think

NOTE Confidence: 0.948451220555556

00:38:24.954 --> 00:38:26.780 of how we take this medication,

NOTE Confidence: 0.948451220555556

00:38:26.780 --> 00:38:28.760 how how we take this information

NOTE Confidence: 0.948451220555556

00:38:28.760 --> 00:38:30.568 actually bring it to to the bedside.

NOTE Confidence: 0.948451220555556

00:38:30.570 --> 00:38:31.326 So in summary,

NOTE Confidence: 0.948451220555556

00:38:31.326 --> 00:38:33.518 you know these are the the the the

NOTE Confidence: 0.948451220555556

00:38:33.518 --> 00:38:35.726 central steppes of shared decision making.

NOTE Confidence: 0.948451220555556

00:38:35.730 --> 00:38:37.848 So you have to seek your

NOTE Confidence: 0.948451220555556

00:38:37.848 --> 00:38:38.554 patients participation,

NOTE Confidence: 0.948451220555556

00:38:38.560 --> 00:38:40.828 help the patients explore their options,

NOTE Confidence: 0.948451220555556

00:38:40.830 --> 00:38:42.890 assess their values and preferences,

NOTE Confidence: 0.948451220555556

00:38:42.890 --> 00:38:44.430 and sometimes it's clear and

NOTE Confidence: 0.948451220555556

00:38:44.430 --> 00:38:45.970 upfront and sometimes it's not.

NOTE Confidence: 0.948451220555556

00:38:45.970 --> 00:38:46.950 And then actually you know,

NOTE Confidence: 0.948451220555556

00:38:46.950 --> 00:38:48.938 formulate that treatment plan

NOTE Confidence: 0.948451220555556

00:38:48.938 --> 00:38:51.920 based on these decisions you have.

NOTE Confidence: 0.948451220555556

00:38:51.920 --> 00:38:53.649 Assess how the patient is feeling about

NOTE Confidence: 0.948451220555556

00:38:53.649 --> 00:38:55.610 them so you know the you know based,

NOTE Confidence: 0.948451220555556

00:38:55.610 --> 00:38:58.368 so your role just to summarize is

NOTE Confidence: 0.948451220555556

00:38:58.368 --> 00:39:00.068 providing information on benefits

NOTE Confidence: 0.948451220555556

00:39:00.068 --> 00:39:02.756 and risks talking to the patients
NOTE Confidence: 0.948451220555556

00:39:02.756 --> 00:39:04.871 about their preferences and then
NOTE Confidence: 0.948451220555556

00:39:04.871 --> 00:39:06.616 also not just telling them.
NOTE Confidence: 0.948451220555556

00:39:06.620 --> 00:39:07.574 What to do?
NOTE Confidence: 0.948451220555556

00:39:07.574 --> 00:39:10.594 But actually how to do it so the
NOTE Confidence: 0.948451220555556

00:39:10.594 --> 00:39:11.724 implementation there?
NOTE Confidence: 0.948451220555556

00:39:11.724 --> 00:39:13.380 There's some small literature.
NOTE Confidence: 0.948451220555556

00:39:13.380 --> 00:39:15.921 Janet Chung actually published a study and
NOTE Confidence: 0.948451220555556

00:39:15.921 --> 00:39:17.960 thinking about patient decision making.
NOTE Confidence: 0.948451220555556

00:39:17.960 --> 00:39:18.860 You know for insomnia,
NOTE Confidence: 0.948451220555556

00:39:18.860 --> 00:39:20.619 I'm not going to go through it here,
NOTE Confidence: 0.948451220555556

00:39:20.620 --> 00:39:21.283 but you know,
NOTE Confidence: 0.948451220555556

00:39:21.283 --> 00:39:22.830 she sort of lays out a similar
NOTE Confidence: 0.948451220555556

00:39:22.887 --> 00:39:24.592 pathway in a recent publication
NOTE Confidence: 0.948451220555556

00:39:24.592 --> 00:39:25.956 in Behavioral Sleep Medicine.
NOTE Confidence: 0.9479281275

00:39:25.960 --> 00:39:28.928 For this as well.

NOTE Confidence: 0.9479281275

00:39:28.930 --> 00:39:30.634 And then also just to keep in mind

NOTE Confidence: 0.9479281275

00:39:30.634 --> 00:39:32.430 that you know keep that the patient

NOTE Confidence: 0.9479281275

00:39:32.430 --> 00:39:34.262 in preferences are are not in a

NOTE Confidence: 0.9479281275

00:39:34.262 --> 00:39:35.660 vacuum in the patients much more

NOTE Confidence: 0.9479281275

00:39:35.660 --> 00:39:37.895 than than the person in clinic and

NOTE Confidence: 0.9479281275

00:39:37.895 --> 00:39:39.660 their preferences and their ability

NOTE Confidence: 0.9479281275

00:39:39.725 --> 00:39:41.405 to actually implement their plan

NOTE Confidence: 0.9479281275

00:39:41.405 --> 00:39:43.497 are actually going to be influenced

NOTE Confidence: 0.9479281275

00:39:43.497 --> 00:39:45.615 by not just the knowledge that

NOTE Confidence: 0.9479281275

00:39:45.615 --> 00:39:47.332 you're giving them in clinic,

NOTE Confidence: 0.9479281275

00:39:47.332 --> 00:39:51.390 which is up here and skills, but also.

NOTE Confidence: 0.9479281275

00:39:51.390 --> 00:39:53.845 Their their motivation for treatment

NOTE Confidence: 0.9479281275

00:39:53.845 --> 00:39:55.809 for different treatment options,

NOTE Confidence: 0.9479281275

00:39:55.810 --> 00:39:57.522 their goals for treatment,

NOTE Confidence: 0.9479281275

00:39:57.522 --> 00:39:59.662 their beliefs about the treatments

NOTE Confidence: 0.9479281275

00:39:59.662 --> 00:40:02.209 and consequences of the treatments,
NOTE Confidence: 0.9479281275

00:40:02.210 --> 00:40:03.750 emotions, how they think they're
NOTE Confidence: 0.9479281275

00:40:03.750 --> 00:40:05.724 going to respond to a treatment
NOTE Confidence: 0.9479281275

00:40:05.724 --> 00:40:07.228 as well as opportunity.
NOTE Confidence: 0.9479281275

00:40:07.230 --> 00:40:08.532 So again, you know you could have
NOTE Confidence: 0.9479281275

00:40:08.532 --> 00:40:10.013 a patient who absolutely wants to
NOTE Confidence: 0.9479281275

00:40:10.013 --> 00:40:11.189 do cognitive behavioral therapy,
NOTE Confidence: 0.9479281275

00:40:11.190 --> 00:40:13.060 but if they can't access,
NOTE Confidence: 0.9479281275

00:40:13.060 --> 00:40:16.012 you know someone who provide that
NOTE Confidence: 0.9479281275

00:40:16.012 --> 00:40:17.980 insurance coverage language barriers.
NOTE Confidence: 0.9479281275

00:40:17.980 --> 00:40:20.200 That's just going to, you know,
NOTE Confidence: 0.9479281275

00:40:20.200 --> 00:40:23.446 impeach or implementation of the plan.
NOTE Confidence: 0.9479281275

00:40:23.450 --> 00:40:25.412 Relatedly, it's important to know you
NOTE Confidence: 0.9479281275

00:40:25.412 --> 00:40:27.649 know what's acceptable for the patients too,
NOTE Confidence: 0.9479281275

00:40:27.650 --> 00:40:29.387 and we hear a lot of this in in
NOTE Confidence: 0.9479281275

00:40:29.387 --> 00:40:31.390 in insomnia clinic to, you know,

NOTE Confidence: 0.9479281275

00:40:31.390 --> 00:40:33.065 medications don't work for me.

NOTE Confidence: 0.9479281275

00:40:33.070 --> 00:40:34.063 Behavioral treatments going

NOTE Confidence: 0.9479281275

00:40:34.063 --> 00:40:35.387 to be too difficult.

NOTE Confidence: 0.9479281275

00:40:35.390 --> 00:40:36.630 My my meds are working,

NOTE Confidence: 0.9479281275

00:40:36.630 --> 00:40:37.830 so it's just important to

NOTE Confidence: 0.9479281275

00:40:37.830 --> 00:40:39.030 to emphasize what it what.

NOTE Confidence: 0.9479281275

00:40:39.030 --> 00:40:40.770 Is that patient actually bringing to

NOTE Confidence: 0.9479281275

00:40:40.770 --> 00:40:42.721 the table when you're making these

NOTE Confidence: 0.9479281275

00:40:42.721 --> 00:40:44.644 decisions and party Rule 2 is to

NOTE Confidence: 0.9479281275

00:40:44.644 --> 00:40:46.772 help guide the patients and what is

NOTE Confidence: 0.9479281275

00:40:46.772 --> 00:40:48.836 actually feasible and appropriate for them.

NOTE Confidence: 0.9479281275

00:40:48.840 --> 00:40:51.040 So you know there's some of the obvious

NOTE Confidence: 0.9479281275

00:40:51.040 --> 00:40:52.754 things you know costs language barriers.

NOTE Confidence: 0.9479281275

00:40:52.754 --> 00:40:55.406 Can but things that may not be as obvious

NOTE Confidence: 0.9479281275

00:40:55.406 --> 00:40:57.650 like what are their competing priorities?

NOTE Confidence: 0.9479281275

00:40:57.650 --> 00:40:59.156 Do they actually have time to
NOTE Confidence: 0.9479281275

00:40:59.156 --> 00:41:01.425 like attend 6 to 8 sessions for
NOTE Confidence: 0.9479281275

00:41:01.425 --> 00:41:02.628 cognitive behavioral therapy?
NOTE Confidence: 0.9479281275

00:41:02.630 --> 00:41:03.546 What are their comorbidities?
NOTE Confidence: 0.9479281275

00:41:03.546 --> 00:41:05.215 And you know how is that going
NOTE Confidence: 0.9479281275

00:41:05.215 --> 00:41:05.947 to influence you?
NOTE Confidence: 0.9479281275

00:41:05.950 --> 00:41:07.786 Know, do you choose behavioral therapies?
NOTE Confidence: 0.9479281275

00:41:07.790 --> 00:41:08.930 Do you choose medications?
NOTE Confidence: 0.9479281275

00:41:08.930 --> 00:41:10.640 What medications are you actually going
NOTE Confidence: 0.9479281275

00:41:10.691 --> 00:41:12.245 to choose based on that comorbidity?
NOTE Confidence: 0.9479281275

00:41:12.250 --> 00:41:14.330 'cause it may vary substantially.
NOTE Confidence: 0.9479281275

00:41:14.330 --> 00:41:15.998 Your medication selection based
NOTE Confidence: 0.9479281275

00:41:15.998 --> 00:41:17.249 on those factors,
NOTE Confidence: 0.9479281275

00:41:17.250 --> 00:41:18.832 and then I think it's also important
NOTE Confidence: 0.9479281275

00:41:18.832 --> 00:41:20.670 to keep in mind as a practitioner,
NOTE Confidence: 0.9479281275

00:41:20.670 --> 00:41:22.518 what are your time and costs.

NOTE Confidence: 0.9479281275

00:41:22.520 --> 00:41:24.420 You know, I I do.

NOTE Confidence: 0.9479281275

00:41:24.420 --> 00:41:26.496 Behavioral treatments in my my practice.

NOTE Confidence: 0.9479281275

00:41:26.500 --> 00:41:27.850 I do brief behavioral treatments,

NOTE Confidence: 0.9479281275

00:41:27.850 --> 00:41:28.450 but you know,

NOTE Confidence: 0.9479281275

00:41:28.450 --> 00:41:30.210 I can't do it for all of the

NOTE Confidence: 0.9479281275

00:41:30.210 --> 00:41:32.016 patients 'cause I simply don't have.

NOTE Confidence: 0.9479281275

00:41:32.020 --> 00:41:33.485 You know enough clinic slob

NOTE Confidence: 0.9479281275

00:41:33.485 --> 00:41:34.950 and enough follow-up slob and

NOTE Confidence: 0.9479281275

00:41:35.006 --> 00:41:36.678 enough support to be able to do it

NOTE Confidence: 0.9479281275

00:41:36.678 --> 00:41:38.237 all the time for each patient.

NOTE Confidence: 0.9479281275

00:41:38.240 --> 00:41:40.128 So I sort of have to select which

NOTE Confidence: 0.9479281275

00:41:40.128 --> 00:41:41.753 patients I'm actually able to do it

NOTE Confidence: 0.9479281275

00:41:41.753 --> 00:41:43.579 in and then you know refer to CBT.

NOTE Confidence: 0.9479281275

00:41:43.580 --> 00:41:45.281 Those patients that that I don't feel

NOTE Confidence: 0.9479281275

00:41:45.281 --> 00:41:47.555 like I can work with and I think it's

NOTE Confidence: 0.9479281275

00:41:47.555 --> 00:41:49.619 important to have that honest conversation.

NOTE Confidence: 0.9479281275

00:41:49.620 --> 00:41:50.124 So again,

NOTE Confidence: 0.9479281275

00:41:50.124 --> 00:41:51.636 this is just a slide showing

NOTE Confidence: 0.9479281275

00:41:51.636 --> 00:41:53.397 that even in the best laid plans,

NOTE Confidence: 0.9479281275

00:41:53.400 --> 00:41:55.470 you know the actual implementation

NOTE Confidence: 0.9479281275

00:41:55.470 --> 00:41:58.026 of these plans is always gonna

NOTE Confidence: 0.9479281275

00:41:58.026 --> 00:42:00.468 vary and and be more challenging

NOTE Confidence: 0.9479281275

00:42:00.468 --> 00:42:02.469 and unexpected that you think.

NOTE Confidence: 0.9479281275

00:42:02.470 --> 00:42:03.765 One thing we do to sort of,

NOTE Confidence: 0.860839245384615

00:42:03.770 --> 00:42:06.278 you know, counteract some of the

NOTE Confidence: 0.860839245384615

00:42:06.278 --> 00:42:08.932 the preferences or beliefs and and

NOTE Confidence: 0.860839245384615

00:42:08.932 --> 00:42:10.744 and sometimes distorted beliefs

NOTE Confidence: 0.860839245384615

00:42:10.744 --> 00:42:13.510 that patients have about any of

NOTE Confidence: 0.860839245384615

00:42:13.510 --> 00:42:15.258 these treatments for insomnia.

NOTE Confidence: 0.860839245384615

00:42:15.260 --> 00:42:16.820 Is to is to, you know,

NOTE Confidence: 0.860839245384615

00:42:16.820 --> 00:42:17.840 change their expectations,

NOTE Confidence: 0.860839245384615
00:42:17.840 --> 00:42:20.220 even if it's settled for not and
NOTE Confidence: 0.860839245384615
00:42:20.278 --> 00:42:22.180 you know every patient with insomnia
NOTE Confidence: 0.860839245384615
00:42:22.180 --> 00:42:24.582 needs to be taught about realistic
NOTE Confidence: 0.860839245384615
00:42:24.582 --> 00:42:26.440 expectations and and you know.
NOTE Confidence: 0.860839245384615
00:42:26.440 --> 00:42:28.062 And we always discuss no.
NOTE Confidence: 0.860839245384615
00:42:28.062 --> 00:42:30.478 Just start with the basic that you know.
NOTE Confidence: 0.860839245384615
00:42:30.480 --> 00:42:32.826 Sleep is an involuntary biological process
NOTE Confidence: 0.860839245384615
00:42:32.826 --> 00:42:34.960 they can't will themselves to sleep.
NOTE Confidence: 0.860839245384615
00:42:34.960 --> 00:42:37.802 The sleep medications don't work by
NOTE Confidence: 0.860839245384615
00:42:37.802 --> 00:42:40.394 making sleep a more voluntary process,
NOTE Confidence: 0.860839245384615
00:42:40.400 --> 00:42:41.822 you know that they're not that
NOTE Confidence: 0.860839245384615
00:42:41.822 --> 00:42:43.312 great for knocking people out that
NOTE Confidence: 0.860839245384615
00:42:43.312 --> 00:42:44.542 they're actually good with giving
NOTE Confidence: 0.860839245384615
00:42:44.542 --> 00:42:45.918 people a little bit of a push.
NOTE Confidence: 0.860839245384615
00:42:45.920 --> 00:42:46.808 So you need to have that.
NOTE Confidence: 0.860839245384615

00:42:46.810 --> 00:42:48.605 Homeostatic sleep drive and just
NOTE Confidence: 0.860839245384615

00:42:48.605 --> 00:42:50.838 let the medications push them into
NOTE Confidence: 0.860839245384615

00:42:50.838 --> 00:42:53.435 sleep and patients also need to have
NOTE Confidence: 0.860839245384615

00:42:53.435 --> 00:42:55.490 realistic expectations about how well
NOTE Confidence: 0.860839245384615

00:42:55.490 --> 00:42:58.850 the sleep medications are going to work.
NOTE Confidence: 0.860839245384615

00:42:58.850 --> 00:43:00.020 But also you know what,
NOTE Confidence: 0.860839245384615

00:43:00.020 --> 00:43:02.029 what do we expect from the medications
NOTE Confidence: 0.860839245384615

00:43:02.029 --> 00:43:03.809 in terms of their response,
NOTE Confidence: 0.860839245384615

00:43:03.810 --> 00:43:04.242 you know,
NOTE Confidence: 0.860839245384615

00:43:04.242 --> 00:43:05.538 and and often tell patients you
NOTE Confidence: 0.860839245384615

00:43:05.538 --> 00:43:06.170 know they're not.
NOTE Confidence: 0.860839245384615

00:43:06.170 --> 00:43:07.465 They're not going to be able to
NOTE Confidence: 0.860839245384615

00:43:07.465 --> 00:43:09.088 be on like the Olympic sleep team.
NOTE Confidence: 0.860839245384615

00:43:09.090 --> 00:43:11.204 They're not going to be elite sleepers.
NOTE Confidence: 0.860839245384615

00:43:11.210 --> 00:43:12.488 Our goal is to getting them.
NOTE Confidence: 0.860839245384615

00:43:12.490 --> 00:43:14.324 You know enough sleep so that they're

NOTE Confidence: 0.860839245384615

00:43:14.324 --> 00:43:15.972 actually able to function during the

NOTE Confidence: 0.860839245384615

00:43:15.972 --> 00:43:17.869 day and feel like they have improved

NOTE Confidence: 0.860839245384615

00:43:17.924 --> 00:43:19.580 mood and concentration and memory and

NOTE Confidence: 0.860839245384615

00:43:19.580 --> 00:43:21.396 not let their sleep disturbance you

NOTE Confidence: 0.860839245384615

00:43:21.396 --> 00:43:24.220 know be be a focus or cause problems

NOTE Confidence: 0.860839245384615

00:43:24.291 --> 00:43:26.937 and how they're feeling during the day.

NOTE Confidence: 0.860839245384615

00:43:26.940 --> 00:43:28.816 In terms of leaving in so against,

NOTE Confidence: 0.860839245384615

00:43:28.820 --> 00:43:30.690 these are even patients were

NOTE Confidence: 0.860839245384615

00:43:30.690 --> 00:43:32.186 prescribing medications and we're

NOTE Confidence: 0.860839245384615

00:43:32.186 --> 00:43:34.553 weaving in some of these behavioral

NOTE Confidence: 0.860839245384615

00:43:34.553 --> 00:43:35.714 principles about expectations,

NOTE Confidence: 0.860839245384615

00:43:35.720 --> 00:43:38.120 and it's also equally important when

NOTE Confidence: 0.860839245384615

00:43:38.120 --> 00:43:40.213 you're prescribing medications to actually

NOTE Confidence: 0.860839245384615

00:43:40.213 --> 00:43:42.358 go through the patient instructions.

NOTE Confidence: 0.860839245384615

00:43:42.360 --> 00:43:44.590 'cause taking out a medication

NOTE Confidence: 0.860839245384615

00:43:44.590 --> 00:43:46.760 is actually a daily behavior,
NOTE Confidence: 0.860839245384615

00:43:46.760 --> 00:43:48.610 and often they they're very
NOTE Confidence: 0.860839245384615

00:43:48.610 --> 00:43:50.460 motivated to take the medications.
NOTE Confidence: 0.860839245384615

00:43:50.460 --> 00:43:52.224 But what we find in sleep clinic
NOTE Confidence: 0.860839245384615

00:43:52.224 --> 00:43:53.935 and what they've actually shown in
NOTE Confidence: 0.860839245384615

00:43:53.935 --> 00:43:55.430 studies that people often don't
NOTE Confidence: 0.860839245384615

00:43:55.430 --> 00:43:57.420 take the medications the right way.
NOTE Confidence: 0.860839245384615

00:43:57.420 --> 00:43:59.450 Either 'cause they have unrealistic
NOTE Confidence: 0.860839245384615

00:43:59.450 --> 00:44:01.480 expectations about how the medications
NOTE Confidence: 0.860839245384615

00:44:01.542 --> 00:44:03.077 work haven't explained some of
NOTE Confidence: 0.860839245384615

00:44:03.077 --> 00:44:04.612 the safety issues we see.
NOTE Confidence: 0.860839245384615

00:44:04.620 --> 00:44:06.535 Patients often dose long acting
NOTE Confidence: 0.860839245384615

00:44:06.535 --> 00:44:09.159 medications in the middle of the night,
NOTE Confidence: 0.860839245384615

00:44:09.160 --> 00:44:11.680 and so you need to be really clear
NOTE Confidence: 0.860839245384615

00:44:11.680 --> 00:44:13.240 on what medication they're taking,
NOTE Confidence: 0.860839245384615

00:44:13.240 --> 00:44:15.100 what time they're supposed to take,

NOTE Confidence: 0.860839245384615
00:44:15.100 --> 00:44:15.922 the medications,
NOTE Confidence: 0.860839245384615
00:44:15.922 --> 00:44:18.799 and about you know details of the
NOTE Confidence: 0.860839245384615
00:44:18.799 --> 00:44:20.698 medication in terms of you know,
NOTE Confidence: 0.860839245384615
00:44:20.700 --> 00:44:23.948 should they take over food or avoid out.
NOTE Confidence: 0.860839245384615
00:44:23.950 --> 00:44:25.780 Patient for how long they're gonna
NOTE Confidence: 0.860839245384615
00:44:25.780 --> 00:44:27.936 be on the medication on so these
NOTE Confidence: 0.860839245384615
00:44:27.936 --> 00:44:29.108 are all really important.
NOTE Confidence: 0.860839245384615
00:44:29.110 --> 00:44:30.088 You know,
NOTE Confidence: 0.860839245384615
00:44:30.088 --> 00:44:32.044 behavioral principles towards implementing
NOTE Confidence: 0.860839245384615
00:44:32.044 --> 00:44:34.000 a pharmacological and insomnia.