A self-help book is better than sleep hygiene advice for insomnia: A randomized controlled comparative study
This study is a randomized controlled trial evaluating the effect of a self-help book for insomnia in patients with co-morbid obstructive sleep apnea (OSA) and insomnia. The aim is to evaluate whether a self-help book or simple sleep hygiene advices will improve sleep parameters and CPAP compliance. 180 patients are randomized to either receive a self-help book (90 patients) or sleep hygiene advice (90 patients). Patients answer questionnaires about sleep and health both at baseline and after three months. Furthermore, CPAP compliance and OSA severity will be evaluated after three months of CP. A self-help book is better than sleep hygiene advice for insomnia: A randomized controlled comparative study. Scandinavian Journal of Psychology 52, 580–585. The objective was to compare the effects of two types of written material for insomnia in a randomized trial with follow-up after three months. Insomniacs were recruited through newspaper advertisements to a web-based survey with validated questionnaires about sleep, anxiety, depression, and use of sleep medications. A self-help book focusing on cognitive behavioral therapy for insomnia was compared to standard sleep hygiene advice; 77 an A self-help book is better than sleep hygiene advice for insomnia: A randomized controlled comparative study. Scandinavian Journal of Psychology. The self-help book gave significantly better scores on the sleep questionnaires compared to sleep hygiene advice. The proportion using sleep medications was reduced in the self-help book group, whereas it was increased in the sleep hygiene group. To conclude, in this randomized controlled trial, the self-help book improved sleep and reduced the proportion using sleep medications compared to sleep hygiene advice. The self-help book is an efficient low-threshold intervention, which is cheap and easily available for patients suffering from insomnia.