

2nd International Conference on**Sleep Disorders, Medicine & Integrative Medicine****November 28-30, 2016 Atlanta, USA*****Kathy sexton-Radek***

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Value in using Sleep Hygiene approaches with patients

The cognitive behavioral literature has numerous listings substantiating the effectiveness of CBT approaches with sleep disorders. Of particular note, is the use of CBT with Insomnia. In close examination of the components of CBT, the sleep hygiene section is believed to add little to the overall change factors from this therapy approach. It is plausible that the varied presentation and degree of inclusion of information about sleep hygiene may account for some of these conclusions. Additionally, the value of the content resonating with the patient maybe in need of further study specifically, the reactance effects of a sleep hygiene approach may be therapeutic. Case studies and treatment elements will be addressed in this presentation to underscore these areas in need of further investigation.

Biography

Kathy sexton-Radek has received her doctorate of Philosophy degree from Illinois institute of technology in 1989 and interned at Rush Medical University 1988-1989 in sleep Medicine, Behavioural Medicine, Geriatric Medicine and Health Psychology rotations. Currently, she is working as professor in Elmhurst College, Psychology Department since 1988. She received her board certification in Behavioural Sleep Medicine. She completed two-year Doctorate certificate program in Clinical Psychopharmacology which included a yearlong preceptor ship with psychiatry and pulmonary rotation.

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