

164th WPI-IIIS Seminar

What is insomnia healing?

Insomnia is a mysterious disease. Diagnostic criterion is extremely simple and are defined only by the presence of subjective insomnia symptoms and daytime impairment, and no cut-off value on objective sleep parameters is given. In fact, many insomnia patients put emphasis on subjective distress, and dissociation often occurs between objective sleep parameters and subjective severity. A typical example of such dissociation is a sleep state misperception, and it has also been observed in clinical trial data of the majority of chronic insomnia patients. The effect size of popular hypnotics is small. Also, the objective sleep parameters have hardly changed before and after subjective symptom improvement by cognitive behavioral therapy. What does it mean to get rid of insomnia? In my talk I will introduce the results of cognitive behavioral therapy we recently conducted in Japan, and discuss the involvement of cognitive and physiological hyperarousal and mood/anxiety in the onset and improvement of insomnia.



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Date: **Friday, November 29, 2019**

Time: **12:00 – 13:00**

Venue: **1F Auditorium, IIIS Building**



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