

ABSTRACT**Sleep hygiene therapy for insomnia in patients with PTSD****- A systematic literary review of treatment results**

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Introduction

Sleep disorders occur in 70-87 % of patients with PTSD, and is often considered a hallmark of the condition. It can have severely debilitating effects on the affected patients, worsening already serious symptoms of PTSD, causing daytime sluggishness and lack of concentration. PTSD itself manifests itself in sensations of re-experiencing traumatic events both during the day, but often also in nightmares.

A component of cognitive behavioral therapy, sleep hygiene (SH) is the therapy of education on beneficial guidelines to promote healthy sleep habits. It is easy and cheap to administer, with no negative side-effects.

Method and Material

This thesis systematically reviews relevant literature found on Pubmed, Embase, PsycINFO and The Cochrane Library relating to the use of this therapy with the purpose of elucidating the effect of this treatment. 11 studies were reviewed.

Results and Discussion

All studies utilized SH-therapy as part of their regimen, and enjoyed overall significant improvements in patient sleep measures, with some variations in certain parameters. In veterans, where PTSD-occurrence is high, SH-therapy is an easily-applied therapy that can be reinforced by spouses and family of otherwise reluctant patients.

Conclusion

There is sporadic evidence of SH having an independent positive effect, but more research is required to elucidate the singular effect of the therapy, as well as the effect of adding SH-therapy to a multi-therapy regimen. Its appliance does seem indicated in multi-therapy treatments, although more research on this topic is also necessary.