

### **Session 1: Assessment**

In this session the nature, duration and impact of the sleep problem was fully explored, a process augmented by the completion of baseline assessments. During this session the structure of the behavioural sleep management programme was explained, and questions were invited.

### **Session 2: Information and sleep hygiene**

Sleep hygiene refers to the systematic process of encouraging those behaviours which optimise sleep quality, while discouraging those behaviours which antagonise sleep. In this session the principles of sleep hygiene were explained, and any specific contra-indicated habits; for example, tea and coffee drinking close to bedtimes, inappropriate exercise regimes, were addressed.

### **Session 3: Stimulus control procedures**

Stimulus control treatments presume the influence of learned 'cues' (stimuli) on sleep onset. Such cues include physical aspects of the bedroom environment. In chronic insomnia however (whatever the cause), long periods in bed are increasingly associated with wakefulness, and associations between these stimuli and sleep onset can be significantly weakened. In this session patients were advised on when to leave the bedroom, and when to return, if sleep onset is delayed.

### **Session 4: Relaxation procedures**

In this session the patient was introduced to, and instructed in, progressive relaxation techniques. Among older patients who found the muscle tension components of progressive relaxation uncomfortable, autogenic training techniques were employed instead. (Autogenic training is essentially a mental exercise during which the patient is encouraged to repeat, in a monotonous fashion, self-suggestions of physical heaviness in a particular limb, alternating with suggestions of physical warmth in that limb.)

### **Session 5: Cognitive therapy**

This session focussed on the control of pre-sleep mentation and provided the patient with strategies for dealing with intrusive and ruminative thoughts which delay sleep onset.

### **Session 6: Review and discharge**

At this session the patient's overall treatment was reviewed, and advice offered on the management of future episodes of insomnia.

*Supplementary Box 1. The six 50-minute sessions of psychological treatment.*