

178th WPI-IIIS Seminar

Expansion of behavioral science approach to insomnia using digital technology

Cognitive Behavioral Therapy for Insomnia (CBT-I) is recognized as the first-line treatment for insomnia in treatment guidelines worldwide. Although CBT-I apps have been developed recently, many older adults who suffer from insomnia have limited access to digital therapy due to their difficulty with digital devices. In this lecture, I will introduce recent research trends in CBT-I and my ongoing clinical trials of CBT-I that do not limit access to CBT-I for patients.



Dr. Shun Nakajima

National Center for Cognitive Behavior Therapy and Research,

National Center of Neurology and Psychiatry

Date: **Tuesday, March 28, 2023**

Time: **11:00 – 12:00**

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



IIIS

INTERNATIONAL INSTITUTE FOR INTEGRATIVE
SLEEP MEDICINE



Contact: International Institute for Integrative Sleep Medicine, University of Tsukuba
029-853-5857 (ext.5857) | wpi-iiis-alliance@ml.cc.tsukuba.ac.jp