Special Issue

New Treatment Avenues for Insomnia: Beyond CBT-I

Message from the Guest Editor

The efficacy of cognitive–behavioral treatment for insomnia (CBT-I) has been shown many times. However, some data also suggest that the gain in sleep time is minimal between pre- and post-treatment (less than 10 minutes). Furthermore, in this new era of digital communication, new modalities for administering CBT-I appear. Still, few studies have provided conclusive positive results. The current Special Issue is for those of you who are using new treatment modalities or new treatments (for example, tDCS, neurofeedback, pharmacotherapy, behavioral design or even dream research design) to increase the efficacy of CBT-I or to offer alternatives to CBT-I altogether. In addition, this current issue has a special interest in treatments targeting different age groups (what about treatment of insomnia in children? In the elderly?) and cultural aspects (CBT-I might not be optimal in different cultures or should be adapted).

Guest Editor

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