

Sleep Case Assignments

CASE #1:

B.T. is a 46-year-old female who has trouble sleeping through the night. She will wake up two to three times between the hours of 3 and 6 a.m. almost every night and has a difficult time falling back asleep once she wakes up. B.T. states that she has a stressful job and rates her work stress as a 7 out of 10. Per the patient, home life is relatively calm, as she states that she and her husband have a great relationship and she adores her two children. However, she does note that keeping up with the household is a lot of work, and she's busy doing things around the house until about 9 p.m. each night. She watches TV with her husband at night from about 9 p.m. until 11 p.m., at which point they retire to bed for the night. B.T. says she usually falls asleep at around midnight each night.

Her main goal working with you is to start sleeping through the night.