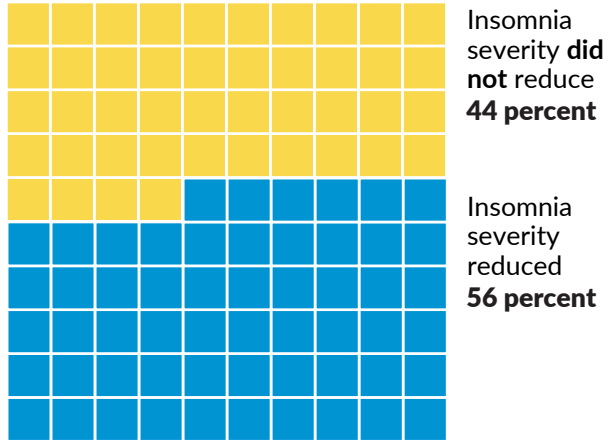


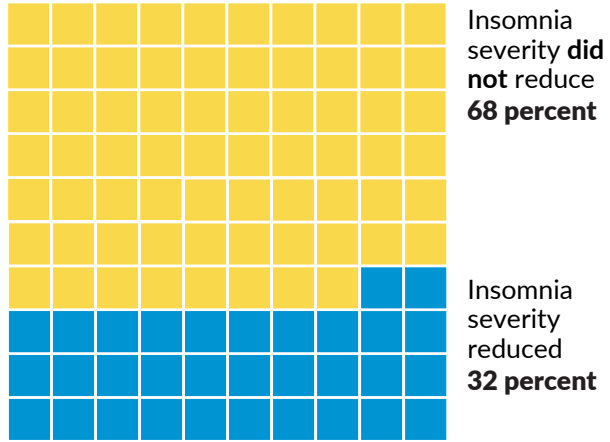
Cognitive therapy may decrease insomnia for drinkers

Researchers from the University of Missouri School of Medicine recently discovered that **cognitive behavioral therapy**, which emphasizes changing behavioral and thought patterns, **more effectively helps active binge drinkers with insomnia than simply focusing on a sleep hygiene and routine**. Researchers say the data reveal that treating insomnia may be a good first step in treating of binge-drinking young adults.

Cognitive behavioral therapy participants



Sleep hygiene session participants



Note: The study included 56 people ages 18-30 who reported at least one binge drinking episode in the last month. The researchers defined binge drinking as four or more drinks on one occasion.