

**Poster Session IV**  
**Poster #4**

***Cognitive Behavioral Therapy for Insomnia in Stable Heart Failure***

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**Purpose:** Insomnia is very common among patients with stable heart failure (HF). Cognitive behavioral therapy (CBT-I) is an efficacious treatment for insomnia in many patient groups, but has not previously been studied in patients with HF. The purpose of this study was to evaluate the feasibility and preliminary efficacy of cognitive-behavioral therapy (CBT-I) in patients with stable heart failure.

**Theoretical Framework:** "3 P" (Predisposing, Precipitating, and Perpetuating Factors) Model of Insomnia.

**Methods:** We conducted a randomized clinical trial to evaluate the feasibility and preliminary efficacy of CBT-I. Patients with stable HF (total planned n = 40) and complaints of insomnia and no other significant sleep disorders (e.g., restless leg syndrome, periodic limb movements) were recruited from the community and randomized to the intervention ("Healthy Sleep" -- CBT-I) or an attention control condition ("Healthy Hearts" -- Education about HF symptoms, sodium, exercise, medications, and diet). Outcome measures included objective and self-reported sleep characteristics, fatigue, insomnia symptoms, depressive symptoms, anxious symptoms, and physical function and. We also evaluated urinary cortisol, catecholamines, and melatonin, patient satisfaction, and intervention validity.

**Results:** Data collection and analysis are underway. We will present the results of the qualitative and quantitative analysis regarding feasibility and effect size.

**Conclusions and Implications:** Data collection are underway.