USER’S MANUAL FOR THE
STRUCTURED CLINICAL INTERVIEW FOR DSM-5 SLEEP DISORDERS – REVISED
(SCISD-R)

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1 INTRODUCTION

The Structured Clinical Interview for Sleep Disorders-Revised (SCISD-R) is a semi-structured interview for diagnosing sleep disorders according to the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition* (DSM-5; American Psychiatric Association, 2013). The SCISD-R was developed to allow clinicians to systematically obtain a sleep history, diagnose certain sleep disorders, screen for sleep disorders that require additional objective assessment for a diagnosis (See Section 3 below), and gauge the relative contribution of psychological, behavioral, environmental, and medical factors to sleep disorders when relevant. It is designed to be administered by a clinician or trained health professional who is familiar with DSM-5 sleep disorder classifications and diagnostic criteria. In addition, the interviewer should have basic knowledge regarding psychological and biological mechanisms of sleep and wakefulness as well as familiarity with conducting structured interviews. Those interested in advanced online training in the above areas can go to CBTiweb.org. The language and diagnostic coverage of the SCISD-R makes it appropriate for the assessment of adults.

2 HISTORY OF THE SCISD-R

Development of the SCISD-R began in 2011 when the DSM-5 was still in development. The original SCISD was designed to be consistent with the basic formatting and structure of the Structured Clinical Interview for DSM-IV Axis I Disorders available at the time (SCID-I; First, Spitzer, Gibbon, & Williams, 2002), and items corresponded to the diagnostic criteria recommended by the DSM-5 Sleep-Wake Disorders Workgroup that was available at the time. The resulting SCISD was then included in a research project and underwent psychometric evaluation (Taylor et al., 2018). Overall, there was excellent interrater reliability for insomnia (1.0) and restless legs syndrome (0.83); very good reliability for nightmare disorder (0.78) and obstructive sleep apnea hypopnea (0.73); and good reliability for hypersomolence (0.50) and circadian rhythm sleep-wake disorders (0.50). The current SCISD-R version of the measure was revised to be consistent with the DSM-5.

3 DIAGNOSTIC AND SCREENING COVERAGE

Table 1 below denotes which sections of the SCISD-R evaluate each different sleep disorder. The SCISD-R can be used to diagnose certain sleep disorders and to screen for other sleep disorders that require additional objective and/or medical assessments (such as overnight polysomnography) as indicated in the “SCISD-R Usage” column.

| Table 1. Diagnostic and Screening Coverage of SCISD-R Sections |
|-----------------|-----------------|-----------------|
| Disorders       | Types           | SCISD-R Usage   |
| Insomnia Disorder |                 | Diagnosis       |
| Hypersomolence Disorder |                 | Diagnosis       |
| Circadian Rhythm Sleep-Wake Disorders | Delayed Sleep Phase Type | Diagnosis       |
|                  | Advanced Sleep Phase Type |               |
|                  | Shift Work Type |               |
|                  | Irregular Sleep-Wake Type |               |
|                  | Non-24-Hour Sleep-Wake Type |               |
| Obstructive Sleep Apnea (OSA) Hypopnea Syndrome | Screen: Polysomnography Required |
| Restless Legs Syndrome | Diagnosis |
| Nightmare Disorder | Diagnosis       |
### Non-Rapid Eye Movement (REM) Sleep Arousal Disorders
- **REM Sleep Behavior Disorder**
  - **Screen**: Polysomnography Required
- **Narcolepsy**
  - **Screen**: Medical Assessment and Polysomnography Required

The order of the interview does not follow the order that the disorders are described in the DSM-5. Instead the interview was designed to facilitate the orderly progression across the disorders of insomnia and hypersomnolence and from those diagnosable with interview and those which require advanced medical assessments.

Central Sleep Apnea and Sleep-Related Hypoventilation were not included because a) they are almost impossible to screen for using an interview, and b) polysomnography is required to differentiate these from obstructive sleep apnea. Substance/Medication-Induced Sleep Disorder is also not specifically included but assessment of substance and medication use is included in the interview.

## 4 BASIC FEATURES OF THE SCISD-R

### 4.1 Sleep Patterns and Comorbid Mental and Medical Health History

The SCISD-R begins with sections to assist in the documentation of typical sleep patterns, comorbid mental and medical health problems, and medication and substance use. The information gathered in this section will help guide the rest of the interview.

### 4.2 Three-Column Format

A three-column format is used for all additional sections of the SCISD-R. From left to right, the columns include “Questions,” “Criteria,” and “Present.” The left-most “Questions” column contains structured questions and optional follow-up questions, where applicable, that the interviewer uses to obtain the necessary information from the patient. The middle column lists the DSM-5 diagnostic criteria that is being considered with each question. The right-most “Present” column lists the scoring options where the interviewer makes a determination regarding each “Criteria” and each sleep disorder.

### 4.3 Section Format

Each section lists the numbered criteria that are rated, followed by the sleep disorder in bold that is given a preliminary rating at the end of each section. Some sections then include prompts to obtain information needed for DSM-5 specifiers (e.g., mild, moderate, or severe; acute, subacute or chronic).

### 4.4 Scoring Criteria

Ratings in the SCISD-R reflect the evaluation of the specific DSM-5 diagnostic criteria of a given sleep disorder. During administration, criteria are rated by circling the ?, 1, 2, or 3 in the “Present” column where ? = Insufficient information, 1 = Absent (no), 2 = Subthreshold, and 3 = Threshold (yes; see Table 2).
These scoring classifications also listed in the header of each page for the interviewer’s convenience.

Preliminary diagnosis decisions are indicated by circling the ?, 1, 2, or 3 in bold at the bottom of each section. For example, in the section evaluating insomnia disorder (on page 2 of the SCISD-R), the final line of text in bold (before the note section) is where a preliminary diagnosis decision would be indicated for this disorder. Remember to ensure that all bolded rows of text are completed (i.e., scored).

4.5 Reverse Scoring
Items are noted with the term “[Reverse Score]” when a patient answering “yes” to a prompt question indicates a rating of “1” (absent) to the criteria for that item. For example, in the section evaluating insomnia disorder, an item reads: “Do you think this sleep problem might be caused by a medication or substance you are taking (refer to pg. 1).” If the patient answers “yes” this would indicate that the associated criteria (i.e., The insomnia is not attributable to the physiological effects of a substance [e.g., a drug of abuse, a medication]) should be scored as a “1” (i.e., absent [no]).

4.6 Summary Page
The Summary Page at the end of the SCISD-R is where final differential diagnosis and screening decisions are made along with specifiers for any disorders that are determined to be present. As indicated on the Summary Page for insomnia disorder and hypersomnolence disorder, the interviewer should only score a “3” if the disturbance is not better explained by and does not occur exclusively during the course of another sleep-wake disorder. This means that an interviewer may rate a “3” for insomnia disorder in the Insomnia Disorder Section, but may list a “1” on the Summary Page if it is determined that the insomnia complaints are better explained by another disorder such as delayed sleep phase circadian rhythm sleep-wake disorder.

If a disorder is determined to be present, the Summary Page includes the DSM-5 Specifiers should be completed using the information gathered during the interview.

5 LABELS & INSTRUCTIONS FOR INTERVIEWERS

5.1 [If not known]
It is common for the SCISD-R to be included as a part of a larger assessment and questions within different sections of the SCISD-R may cross-reference each other. It is possible that questions can become repetitive and the interviewer is encouraged to use their clinical judgment to reduce burden on the patient if information is already known. Therefore, the SCISD-R includes “[If not known]” prior to questions that are the most likely to be redundant. For these questions, if the information is already known to the interviewer, the interviewer may skip the question and score the associated criteria using information obtained previously.

5.2 CAPS, BOLD, ITALIC, AND UNDERLINED
Special instructions for the interviewer are portrayed at the top of certain sections in the following format: **CAPS, BOLD, ITALIC, AND UNDERLINED.** These are important notes for the interviewer that should be read and considered prior to administering the section. The following sections include special instructions: hypersomnia disorder, circadian rhythm sleep-wake disorders, non-REM sleep arousal disorders (sleepwalking and sleep terrors), and narcolepsy.

### 5.3 BOLD, CAPITAL LETTERS

Skip logic is included at the bottom of sections in **BOLD, CAPITAL LETTERS.** For example, at the bottom of the insomnia disorder section, the skip logic states, **“IF 1 TO ANY ITEM, GO TO NEXT SECTION.”** In other words, if the score for any insomnia disorder criteria (1-6) is “1”, the interviewer should score the preliminary diagnosis for insomnia disorder as “1” and then proceed to the next section of the SCISD-R.

### 6  ADMINISTRATION OF EACH SECTION

#### 6.1 Sleep Patterns and Comorbid Mental and Medical Health History

- Page 1 of the SCISD-R begins with a general question regarding the patient’s sleep, **“Currently, what are your main concerns about your sleep?”** This question functions to obtain a “chief complaint” from the patient and identify what is bothering them the most about their sleep. Once this information is gathered, the interviewer will move on to the table which includes more detailed questions about the patient’s sleep.
- The initial question in this table, **“Is your sleep the same on days when you work (e.g., work week) as days when you are off of work (e.g., weekends)?”** helps to determine if the interviewer will need to ask all questions about both work nights and off work nights and potentially Circadian Rhythm Sleep-Wake Sleep Disorders (e.g., shift work type, delayed sleep phase type). If the patient’s answer to the first question is “no,” it is recommended that the clinician ask all questions about work nights, working down the column. Then, the interviewer should repeat all questions, working down the column, instead referencing off work nights. The language “work nights” and “off work” is used as this terminology is applicable to patients who may not adhere to a conventional Monday to Friday work week.
- Some patients have sleep that varies widely and may have difficulty answering the questions in the table that are very open-ended by design. In some cases, it may be helpful to ask follow-up questions that are more directive and that can really help streamline the section and inform the insomnia criteria. Specifically,
  - “How often does it take you at least 30 minutes to fall asleep once you start trying to sleep?”
  - “How often are you awake during the night for at least 30 minutes?”
  - “How often do you wake up at least 30 minutes early than planned without dozing back to sleep?”
- A “Notes” section is included after the first table for the interviewer to write any additional, pertinent details gathered. It may be helpful to make a note of the estimated total sleep time based on the information gathered in the sleep patterns section. The estimated total sleep time will guide whether or not questions will need to be asked for the following sections (e.g., hypersomnia disorder questions are only asked if the patient reports sleeping at least 7 hours per night on average).
- The bottom half of page 1 functions to gather additional information about the patient’s sleep wake cycles (e.g., napping, natural circadian rhythm, comorbid diagnoses, medication use). All of the information
gathered on page 1 serves to guide the rest of the interview. The question asking “If you had no responsibilities, what time would your body tell you to go to sleep and wake up?” helps the interviewer to determine if a Circadian Rhythm Sleep-Wake Disorder is likely present (e.g., delayed sleep phase type) and guide the questions for the Circadian Rhythm Sleep-Wake Disorders section of the interview (see section 6.3). Finally, the last table on page 1 prompts the interviewer to gather information on any medication/alcohol/caffeine the patient may be currently using; it is important for the interviewer to query about the indication/purpose of these substances. For example, the purpose of the patient’s alcohol use may be to help him/her fall asleep and/or as a social activity.

6.2 Insomnia Disorder

- For insomnia disorder, 7 diagnostic criteria are necessary. Skip logic for this section states that, once any criteria is scored “1” (absent), the interviewer should rate the preliminary diagnosis for insomnia disorder as “1” and go to the next section.
- Interviewers should connect problems in daily functioning (e.g., mood, etc.) to the insomnia symptoms. Daily dysfunction that is unrelated to insomnia should not be considered when scoring this diagnostic criteria.
- The bottom of the insomnia section includes an important note relating to Items 1 and 3.
  - The criteria for Item 1 is: “A predominant complaint of dissatisfaction with sleep quantity or quality, associated with one (or more) of the following: Difficulty initiating sleep, maintaining sleep, (i.e. frequent awakenings or problems returning to sleep after awakenings), and early-morning awakenings with inability to return to sleep.”
    - The note also clarifies that, according to DSM-5, “When a complaint of nonrestorative sleep occurs in isolation (i.e., in the absence of difficulty initiating and/or maintaining sleep) but all diagnostic criteria with regard to frequency, duration, and daytime distress and impairments are otherwise met, a diagnosis of other specified insomnia disorder or unspecified insomnia disorder is made” (p. 363). It is important for the interviewer to note that, for this type of diagnosis, the insomnia is present without difficulty initiating and/or maintaining sleep because this will have different treatment implications (e.g., sleep restriction may not be effective).
  - The criteria for Item 3 is: “The sleep difficulty occurs despite adequate opportunity for sleep.” The DSM-5 does not define “adequate opportunity for sleep” in the insomnia disorder diagnostic criteria, but does indicate “despite a main sleep period lasting at least 7 hours” in the hypersomnolence disorder diagnostic criteria, so this example was used in the insomnia definition in brackets “e.g., at lasting at least 7 hours.”

6.3 Hypersomnolence Disorder
For hypersomnolence disorder, 6 criteria are necessary. Skip logic for this section states that, once any criteria is scored “1” (absent), the interviewer should rate the preliminary diagnosis for hypersomnolence disorder as “1” and go to the next section.

It is important to attend to the instruction for interviewers at the top of the section: “ASK ONLY IF PATIENT REPORTS SLEEPING AT LEAST 7 HOURS PER NIGHT ON AVERAGE.” If the patient reported sleeping less than 7 hours per night on average when describing their sleep functioning on the first page of the SCISD-R, the interviewer is instructed to score hypersomnolence disorder as “1” (absent) and go to the next section.

### 6.4 Circadian Rhythm Sleep-Wake Disorders

- This section is largely guided by information gathered from page 1 of the SCISD-R.

- It is important to attend to the instruction for interviewers at the top of the section: “ASK ONLY IF PATIENT REPORTS INSOMNIA SYMPTOMS OR EXCESSIVE DAYTIME SLEEPINESS.” The interviewer should only ask these questions if the patient endorsed insomnia symptoms or excessive daytime sleepiness (e.g., excessive napping, unintentional dozing, self-reported excessive sleepiness).

- If the patient does not endorse any criteria 1-5, the interviewer should score the preliminary diagnosis for circadian rhythm sleep-wake disorder as “1” and go to the next section (obstructive sleep apnea hypopnea syndrome). However, if the patient endorses any of the criteria for 1-5, the interviewer is instructed to ask questions 6 and 7 in regard to the type of sleep-wake disturbance endorsed; this allows the interviewer to determine if a diagnosis of circadian rhythm sleep-wake disorder is warranted. For Delayed Sleep Phase Type, the DSM-5 criteria state “A pattern of delayed sleep onset and awakening times (usually more than 2 hours), with an inability to fall asleep and awaken at a desired or conventionally acceptable earlier time.” Although not specified in DSM-5, delayed sleep onset is typically defined as 1:00AM or after and a delayed awakening is typically defined as 10:00am or after.

- For Advanced Sleep Phase Type, the DSM-5 criteria state “A pattern of advanced sleep onset and awakening times (usually more than 2 hours), with an inability to remain awake or asleep until the desired or conventionally acceptable later sleep or wake times.” Although not specified in DSM-5, advanced sleep onset is typically defined as before 9:00 pm and advanced awakenings is typically defined as before 4:00 am.

- The interviewer should ALWAYS query Shift Work Type; it is important to clarify if the patient engages in shift work by asking: “Does your shift ever start before 6 a.m.?” Patients may not always consider this to be shift work.

- Questions 8 and 9 for this section are not required for a diagnosis of circadian rhythm sleep-wake disorder. These questions are used to inform diagnostic specifiers on the Summary Page at the end of the interview.

### 6.5 Obstructive Sleep Apnea Hypopnea Syndrome

- For this section, it is important to note there is no skip logic. Therefore, the interviewer is instructed to ask all questions in order to score all 4 criteria.

- This section is different from the previous sections in that not all criteria are necessary for a preliminary diagnosis. Specifically, a rating of 3 on ≥ 2 criteria will result in an overall rating of 3.
• Furthermore, it is important for the interviewer to understand that obstructive sleep apnea (OSA) must be confirmed by diagnostic polysomnography (PSG). Therefore, this section serves as a screen for possible OSA unless the patient has previously undergone a PSG and has received a diagnosis.

• It is very important to ask the patient if they have received a PSG prior to the interview and record their answer at the bottom of the section in the designated area allotted. If the patient has been diagnosed with OSA per PSG, score the rating in the “Present” column as “3” regardless of scores for criteria 1-4. If the patient has been diagnosed with OSA, it is possible that their OSA diagnosis is being treated and thus their symptoms have improved. However, the condition is still present and so a rating of “3” is appropriate.

• If a patient has been diagnosed with OSA, it will be helpful to ask if the patient is being treated for OSA, typically using Continuous Positive Airway Pressure (CPAP). This will inform the assessment and treatment and this information will be noted on the Summary Page at the end of the interview.


6.6 Restless Legs Syndrome

• For restless legs syndrome, 10 criteria are necessary. Skip logic for this section states that, once any criteria is scored “1” (absent), the interviewer should score the preliminary diagnosis for restless legs syndrome as “1” and go to the next section (nightmare disorder).

• It is often difficult for patients to describe the unpleasant sensations accompanying restless legs syndrome. Because of this, it is important for the interviewer to ask open ended questions when gathering information about a patient’s urge to move their legs. If the patient is having difficulty describing the sensation, the interviewer is encouraged to ask follow-up queries that may be helpful to the patient. Some example sensation descriptions are provided in question 1b.

6.7 Nightmare Disorder

• For nightmare disorder, 5 criteria are necessary. Skip logic for this section states that, once any criteria is scored “1” (absent), the interviewer should score the preliminary diagnosis for nightmare disorder as “1” and go to the next section (non-REM sleep arousal disorders).

• It is important to note that, although criterion 1 describes “repeated occurrences” of dreams, the dreams do not have to be the exact same every time to constitute a diagnosis of nightmare disorder. Rather, the extended, dysphoric, well-remembered dream should occur more than once.

• Criteria 1c-1e are not necessary for a score of “3” for criterion 1 but are included in the assessment to facilitate full assessment of the DSM-5 criteria.
  o Item 1d indicates that the dreams, “generally occur during the second half of the major sleep episode.” It is important to note that interviewees often have difficulty recalling the timing of nightmares and are unable to answer and this alone does not preclude a diagnosis.
  o For item 1e, the verbiage “that usually terminate with awakening and rapid return of full alertness,” is not included in the DSM-5 criteria but is included in the “Diagnostic Features.” This is further
delineated in the note at the bottom of the nightmare disorder section which states, “According to DSM-5, nightmares usually terminate with awakening and rapid return of full alertness. However, the dysphoric emotions may persist into wakefulness and contribute to difficulty returning to sleep and lasting daytime distress. Some nightmares, known as ‘bad dreams,’ may not induce awakening and are recalled only later” (p. 405). Item 1e was included in the assessment because some clinicians and researchers may be interested in distinguishing between “bad dreams” that “may not induce awakening” from nightmares that “usually terminate with awakening.”

- Questions 6 and 7 for this section are not required for a diagnosis of nightmare disorder. DSM-5 does not include a criterion evaluating the frequency or duration of distressing dreams for nightmare disorder. These questions are used to inform diagnostic specifiers on the Summary Page at the end of the interview.

6.8 Non-REM Sleep Arousal Disorders
- There are two sections for non-REM sleep arousal disorders: sleepwalking (page 8) and sleep terrors (page 9). Both sections require all 7 criteria to be met for a diagnosis and contain skip logic.
  o Skip logic for the non-REM sleep arousal disorders: sleepwalking section states that, once any criteria is scored “1” (absent), the interviewer should score the preliminary diagnosis for non-REM sleep arousal disorders: sleepwalking as “1” and go to the next section (non-REM sleep arousal disorders: sleep terrors).
  o Skip logic for the non-REM sleep arousal disorders: sleep terrors section states that, once any criteria is scored “1” (absent), the interviewer should score the preliminary diagnosis for non-REM sleep arousal disorders: sleep terrors as “1” and go to the next section (REM sleep behavior disorder).

- It is important to attend to the instruction for interviewers listed at the top of both sections: **RECURRENT EPISODES OF INCOMPLETE AWAKENING FROM SLEEP, USUALLY OCCURRING DURING THE FIRST THIRD OF THE MAJOR SLEEP EPISODE, ACCOMPANIED BY THE FOLLOWING.**

- Questions 8 and 9 for both sections of this section are not required for a DSM-5 diagnosis of a non-REM sleep arousal disorder. These questions are instead used to inform diagnostic specifiers on the Summary Page at the end of the interview.

- For the sleep terrors section, it is important to differentiate waking with intense fear/terror from nightmares. Clarifying questions are included for the interviewer (see questions 1a and 1b); interviewers are reminded to query about this important differentiation by the text that states ‘[If nightmares are endorsed clarify “aside from a nightmare”]’ at the end of Item 1.

6.9 REM Sleep Behavior Disorder
- REM sleep behavior disorder is similar to OSA in that it cannot be diagnosed by interview alone. A diagnosis of REM sleep behavior disorder also requires confirmation by PSG or all criteria in conjunction with a diagnosis of synucleinopathy (a neurodegenerative disease such as Parkinson’s disease, dementia with Lewy bodies, or multiple system atrophy). Because of this, it is important for the interviewer to ask all patients if they have undergone PSG or received a synucleinopathy diagnosis and record their answer in the designated area provided at the bottom of the section.

- For possible REM sleep behavior disorder, 6 criteria are necessary. Skip logic for this section states that, once any criteria is scored “1” (absent), the interviewer should score the preliminary diagnosis for REM sleep behavior disorder as “1” and go to the next section (narcolepsy).
• However, prior to moving on to the next section, the interviewer must ask the patient if he/she has received a diagnosis of REM sleep behavior disorder as confirmed by PSG or if they have an established synucleinopathy (neurodegenerative disease) diagnosis. If they have received a diagnosis per PSG score, definite diagnosis for REM sleep behavior disorder is scored as a “3” regardless of the ratings for criteria 1-6.

6.10 Narcolepsy
• It is important to attend to the instruction for interviewers listed at the top of this section: **ASK ONLY IF PATIENT MEETS CRITERIA FOR HYPERSONOMNOLENCE DISORDER.** As designated by these instructions, questions in this section should only be asked if the patient meets DSM-5 criteria for hypersomnolence disorder.

• Narcolepsy is similar to OSA and REM sleep behavior disorder in that it cannot be diagnosed by interview alone. A diagnosis for narcolepsy requires confirmation by either PSG or a cerebrospinal fluid (CSF) tap. Because of this, it is important for the interviewer to ask patients if they have undergone PSG or a CSF tap and record their answer in the designated area provided at the bottom of the section.

• For possible narcolepsy, 4 criteria are necessary. Skip logic for this section states that, once any criteria is scored “1” (absent), the interviewer should score the preliminary diagnosis for narcolepsy as “1” and go to the next section (Summary Page).

• However, prior to moving on to the next section, the interviewer must ensure they have asked the patient if they have ever received a diagnosis of narcolepsy as confirmed by either PSG or a CSF tap. If the patient has received a diagnosis of narcolepsy, the interviewer should score the preliminary diagnosis for narcolepsy as “3” regardless of the ratings for criteria 1-4.

• Questions 5 and 6 for this section are not required for a diagnosis of narcolepsy. These questions are instead used to inform diagnostic specifiers on the Summary Page at the end of the interview.

7 **DO’S AND DON’TS**

• **DO** develop rapport by using a conversational style and asking less structured follow-up questions.

• **DO** review the entire SCISD-R and SCISD-R manual prior to conducting the interview with a patient. It is important for interviewers to familiarize themselves with the language and terminology used throughout the measure.

• **DON’T** stray unnecessarily or excessively from the content of the questions.

• **DON’T** provide the interview to the patient as a self-report measure. Clinical judgment of the trained interviewer is necessary to rate criteria based on patients’ responses.

8 **RESOURCES FOR ADDITIONAL TRAINING IN SLEEP MEDICINE**

8.1 Books


8.2 Websites/Trainings

• Provider-focused, web-based learning course in cognitive behavioral therapy for insomnia: www.cbtweb.org

• The Society of Behavioral Sleep Medicine Website: www.behavioralsleep.org

• The American Academy of Sleep Medicine Website: www.aasmnet.org

• The Center for Deployment Psychology Website: www.deploymentpsych.org

• Defense Centers of Excellence Wellness Resources for the Military Community: https://afterdeployment.dcoe.mil/topics-sleep

• University of Pennsylvania CBT-I Conference Website: http://www.med.upenn.edu/cbti/index.html

• University of Pennsylvania Case Review Webinar and telephone consultation: http://www.med.upenn.edu/bsm/cbt.html

9 REFERENCES


