Cognitive Behavioral Therapy for Insomnia in Patients with Neurological Comorbidities: Clinical Effectiveness and Limitations

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Abstract

Insomnia is a common and clinically significant comorbid condition in patients with neurological disorders. Chronic insomnia further impairs quality of life, cognitive functioning, and the course of the underlying neurological disease. Cognitive behavioral therapy for insomnia (CBT-I) is considered the first-line treatment for chronic insomnia; however, its application in patients with neurological comorbidities requires careful clinical assessment and appropriate adaptations. The aim of this lecture is to present clinical experience and recent research suggesting that CBT-I can significantly improve both subjective and objective sleep parameters, particularly when insomnia is maintained by cognitive and behavioral mechanisms. The lecture will also analyze the effectiveness and limitations of CBT-I in patients with neurological comorbidities, taking into account specific somatic factors. In conclusion, CBT-I represents a valuable therapeutic approach to insomnia in patients with neurological disorders. However, its successful implementation requires interdisciplinary collaboration, careful patient selection, and clearly defined indications for referral.

Keywords: insomnia; neurological comorbidities; cognitive behavioral therapy; quality of life

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Kognitivno-bihevioralna terapija nesanice kod bolesnika s neurološkim komorbiditetima: klinička učinkovitost i ograničenja

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Sažetak

Nesanica je često i klinički značajno komorbidno stanje u bolesnika s neurološkim poremećajima. Kronična nesanica dodatno narušava kvalitetu života, kognitivno funkcioniranje i tijek osnovne neurološke bolesti. Kognitivno-bihevioralna terapija nesanice (KBT-I) smatra se terapijom prvog izbora u liječenju kronične nesanice, no njezina primjena u bolesnika s neurološkim komorbiditetima zahtijeva pažljivu kliničku procjenu i odgovarajuće prilagodbe. Cilj je ovog predavanja prikazati klinička iskustva i novija istraživanja koja upućuju na to da KBT-I može značajno poboljšati subjektivne i objektivne parametre spavanja, osobito kada je nesanica održavana kognitivnim i bihevioralnim mehanizmima. Predavanje će također analizirati učinkovitost i ograničenja KBT-I u bolesnika s neurološkim komorbiditetima, uzimajući u obzir specifične somatske čimbenike. Zaključno, KBT-I predstavlja vrijedan terapijski pristup liječenju nesanice u bolesnika s neurološkim poremećajima. Međutim, njezina uspješna primjena zahtijeva interdisciplinarnu suradnju, pažljiv odabir bolesnika i jasno definirane indikacije za upućivanje na liječenje.

Ključne riječi: nesanica; neurološki komorbiditeti; kognitivno-bihevioralna terapija; kvaliteta života

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