



**JESSEE DIETCH**

*B.F.A. Film Production,  
emphasis in Cinematography*

*B.A. Psychology*

*Minor: University Honors*

*Mentor: John Flowers, Ph.D.*

## Beckman 202

### To Sleep, Perchance to Dream: Treatments of 21<sup>st</sup> Century Insomnia

Insomnia is one of the most common sleep disorders, with approximately 30% of adults reporting one or more symptoms. It is an underestimated detriment to one's physical and mental health, causing harm to various realms of a sufferer's life. Currently, the most common treatment of insomnia is prescription medication such as Ambien and Lunesta, despite some serious side effects. An equally or more effective treatment with virtually no side effects, cognitive-behavioral therapy, is not as prevalent as its vast benefits appear to warrant. Additionally, elements of this treatment can be used at home to provide insomnia relief without any formal therapy. This presentation will examine the history and current applications of popular insomnia treatments and discuss practical techniques for promoting better sleep.