

Name: Jamar Little | DOB: 6/13/1986 | MRN: 111012202087 | PCP: Naveed Muhammad, MD | Legal Name: Jamar Little

Progress Notes

Jennifer M. Mundt at 2/5/2024 1:00 PM

Behavioral Sleep Medicine Progress Note

Little, Jamar

DOB: 6/13/1986

Visit Date: 2/5/2024

Visit Duration: 43 minutes

Diagnosis: Insomnia Disorder

Chief Concern/Reason for Visit:

Follow-up visit to continue with Cognitive Behavioral Therapy for insomnia (CBT-I). This visit was conducted using audio-visual telecommunications.

Review of Progress:

Patient reported using CPAP about half the nights but it continues to be uncomfortable and disrupt sleep. Pain and nightmares also continue to disrupt sleep. Has been using brown noise and thunderstorm noise at night which feels helpful. Thu/Fri nights he immediately checks his bank account upon awakening because he is afraid someone will have taken his paycheck after it was deposited (he noted having some issue with a bill being taken out in the last month). After waking early he gets up to do productive things like VA claim paperwork

Patient arrived on time and was dressed/groomed appropriately. Patient was attentive and actively participated in the session. Anxious mood with broad/congruent affect. Speech/thoughts WNL. No indicators of SI/HI.

Review of sleep:

No sleep diaries completed but patient estimated the following:

Bed time: 1111pm

LO: 1130

SOL: 30-45 mins

NWAK: 2-3

Wake time: 3-4am

TST: 3-4hr

Nap/doze: 1-2hr afternoon

Intervention:

Discussed stimulus control and the need to set aside time for rest/sleep and reserve productive activity for the daytime. Set a goal of refraining from any productive tasks until 5am. Until then, pt will get out of bed if not sleeping and engage in a relaxing activity such as reading, nonstimulating video games, brown noise

Assessment/Plan:

The patient reports continued symptoms consistent with insomnia disorder. Patient will return in 1 week. Pt has VA sleep medicine appt in a month to discuss CPAP but prefers to keep his care at NM if possible. Referral placed and he will check with billing dept regarding coverage before scheduling.

Jennifer M. Mundt, PhD DBSM

Clinical Psychologist

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