Lifestyle Redesign
FOR SLEEP DISORDERS

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

We can help you:
- Track your sleep patterns to identify barriers to high quality sleep
- Modify your environment
- Develop a sleep wind down routine
- Establish a consistent sleep/wake schedule
- Reduce worry about sleep and sleep effort through Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Implement energy management techniques to continue to engage in meaningful daily activities
- Improve positive airway pressure (PAP) therapy tolerance
- Create health-promoting routines to support eating and physical activity
- Learn strategies to manage other chronic conditions impacting sleep
- Utilize mindfulness strategies to improve sleep related anxiety

How much time will this take?
Sessions are typically held for 30-60 minutes, one time per week. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?
We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan and if any co-pays apply.

Find out more at chan.usc.edu/oftp
For any questions, email oftp@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.