



# Lifestyle Redesign

## FOR SLEEP DISORDERS

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**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
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**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.

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**Find out more at [chan.usc.edu/otfp](http://chan.usc.edu/otfp)**

**For any questions, email [otfp@med.usc.edu](mailto:otfp@med.usc.edu), call (323) 442 - 3340 or fax (323) 442 - 3351.**

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