

A test of the somnolent mentation theory and the cognitive shuffle insomnia treatment

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Abstract: Insomnia affects about 33% of Americans according to Harvey & Tang (2003) who called for new cognitive treatments. We will report preliminary results from a test of (a) the Somnolent Mentation theory (SMT) of sleep onset (SO) and (b) a new cognitive treatment for insomnia, the cognitive shuffle (CS), derived from the SMT (Beaudoin, 2013, 2014). According to SMT, incoherent mentation characteristic of SO is not merely a side-effect of the SO period but promotes it, meaning it is somnolent. The SMT identifies several types of insomnolent mentation, which involve sense making (e.g., problem solving). SMT postulates counter-insomnolent mentation, thought patterns that interfere with insomnolent mentation. The CS is predicted to be both somnolent and counter-insomnolent (super-somnolent). Participants either engage in constructive worry Carney & Waters (2006) or in the CS using SomnoTest an iOS app developed by CogSci Apps Corp. (led by Beaudoin) based on mySleepButton®.