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Name of Journal: *World Journal of Psychiatry***Manuscript NO:** 64511**Manuscript Type:** SYSTEMATIC REVIEWS**Neurofeedback for insomnia: Current state of research**

Florence Lambert-Beaudet, William-Girard Journault, Alexandre Rudziavic Provençal,
Célyne H Bastien

Abstract

BACKGROUND

Chronic insomnia affects about 6%-13% of the Canadian population. Although

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Insomnia is an epidemic in the US. **Neurofeedback** (NFB) is a little used, psychophysiological treatment with demonstrated usefulness for treating **insomnia**. Our objective was to assess whether two distinct Z-Score NFB protocols, a modified sensorimotor (SMR) protocol and a sequential, quantitative EEG ...

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In this review article an overview of the history and **current** status of **neurofeedback** for the treatment of ADHD and **insomnia** is provided. Recent insights suggest a central role of circadian phase delay,



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