






Online Resources: Cognitive Behavioral Therapy for Insomnia (CBT-I)

Online CBT-I platforms:

Name and website:	QR code:
Go! to Sleep www.ClevelandClinicWellness.com/pages/GoToSleep.htm	
DrLullaby www.DrLullaby.com	
Sleep EZ www.VeteranTraining.va.gov/apps/insomnia/index.html	
Conquering Insomnia www.CBTforInsomnia.com/products-page	
Stellar Sleep StellarSleep.com	

Name and website:	QR code:
Sleep Reset www.TheSleepReset.com/partners/welcome	
A Mindful Way www.AMindfulWay.com.au	
Sleep School www.SleepSchool.org	
Sleep Easy SleepEasyMethod.com/app	
Somly Somly.com	
Full Sleep www.FullSleep.com	
Insomnia Solved www.BrandonPetersMD.com/products/insomnia-solved-full-program	

Name and website:	QR code:
Sleepio Sleepio.com/sleepio/michigansleep	
CBT-i Coach mobile.va.gov/app/cbt-i-coach	
Free CBTi FreeCBTi.com	

Other online CBT-I resources:

Name and website:	QR code:
Sleep Foundation: “Cognitive Behavioral Therapy for Insomnia (CBT-I): An Overview” www.SleepFoundation.org/insomnia/treatment/cognitive-behavioral-therapy-insomnia	
NBC News: “Can’t Sleep? New Study Says Try Therapy, Not Pills” www.NBCNews.com/health/health-news/new-insomnia-guidelines-advise-counseling-pills-n566236	
Mayo Clinic: “Insomnia treatment: Cognitive behavioral therapy instead of sleeping pills” www.MayoClinic.org/diseases-conditions/insomnia/in-depth/insomnia-treatment/ART-20046677	

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

Author: Deirdre Conroy, PhD
Edited by: Brittany Batell, MPH MSW

Patient Education by [U-M Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last revised 01/2024