

Adult Self-Help Resources for Insomnia During a Pandemic

Electronic Resources

- CBT-I Coach App

Access <https://mobile.va.gov/app/cbt-i-coach> for information. Download the at the Apple App store or Google Play

For: Adults

Cost: Free

Description: CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have symptoms of insomnia and would like to improve their sleep habits. The app guides users through the process of learning about sleep, developing positive sleep routines, and improving the sleep environment. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.

CBT-i Coach is intended to augment face-to-face care with a healthcare professional. It can be used on its own, but it is not intended to replace therapy for those who need it.

- Sleepio www.sleepio.com. evidence-based online treatment for chronic insomnia.

For: Adults

Cost: \$400.

Description: Sleepio is a digital sleep improvement program for people who may have insomnia. Sleepio teaches you Cognitive Behavioral Therapy (CBT) techniques that have been shown to work for many individuals. The program provides six online sessions, personalized to your needs.

Sleepio also offers additional features to help you get to sleep, including a sleep diary, online community, and articles written by sleep experts.

Self-Help Insomnia Books

- Quiet Your Mind and Get to Sleep (Carney and Manber)
<https://www.newharbinger.com/quiet-your-mind-and-get-sleep>
- Overcoming Insomnia and Sleep Problems (Espie)
<https://www.littlebrown.co.uk/titles/colin-espie/overcoming-insomnia-and-sleep-problems/9781472105769/>

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