



## Cognitive Behavioral Therapy (CBT) for Insomnia Electronic Patient Resources

Cognitive Behavior Therapy (CBT) is focused psychotherapy. It helps identify beliefs/behaviors contributing to a health problem and then supports modification of these patterns as a solution.

CBT is the treatment of choice for insomnia, persistent trouble with sleep that affects daytime functioning. Studies show 70-80% of patients respond to CBT for insomnia and many among these achieve complete resolution.<sup>1</sup> Some online resources are:

<b>SHUTi</b>	<b>6 week structured online sessions</b>	<b>shuti.me</b>
<b>Sleepio</b>	<b>Online tailored CBT; Allows monitoring by MD as patients work through CBT sessions and sleep diaries</b>	<b>www.sleepio.com</b>
<b>Online-Therapy Insomnia</b>	<b>Online tailored program with daily interaction with a therapist &amp; forum access</b>	<b>https://www.online-therapy.com/insomnia</b>
<b>SlumberPro</b>	<b>4-8 weeks of daily online self-help</b>	<b>www.sleeptherapy.com.au</b>
<b>Conquering Insomnia</b>	<b>5 week self-paced program available in downloadable format</b>	<b>www.cbtforinsomnia.com</b>
<b>CBT-i Coach</b>	<b>Mobile App developed by US Veteran Affairs</b>	<b>iTunes/ Google Play</b>

1.Hood HK, Rogojanski J, Moss TG. Cognitive Behavioral Therapy for Chronic Insomnia. Curr Treat Options Neurol. 2014 Dec; 16:321.

