

CBT-I Resources for Patients

Resource	Description	Where to find
CBT-i Coach	Mobile App developed by US Veteran Affairs (free)	iTunes/ Google Play
Conquering Insomnia	5-week self-paced program available in downloadable format	www.cbtforinsomnia.com
Online-Therapy Insomnia	Online tailored program with daily interaction with a therapist & forum access	www.online-therapy.com/insomnia
Haleo	Online CBT-i program that patients can access (approx. \$500 Cnd; may be partially or fully covered by extended health insurance)	https://www.haleoclinic.com/
Sleepio	Online tailored CBT (approx. \$400/year) Allows monitoring by HCP as patients work through CBT sessions and sleep diaries Requires US IP address	www.sleepio.com
SlumberPro	4-8 weeks of daily online self-help	www.sleeptherapy.com.au
Sleepwell	List of recommended CBT-i resources provided	www.mysleepwell.ca/cbti/
Go! To Sleep	Cleveland Clinic Wellness program (cost: \$40 USD) 6-week online course	http://www.clevelandclinicwellness.com/Pages/GoToSleep.htm
Insomnia Solved	Self-Guided CBT-I program by Dr. Brandon Peters (cost: \$89 USD)	https://www.brandonpetersmd.com/fix-my-insomnia