

# CBT-I Resources for Patients

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