



# Insomnia: Online Resources

This handout provides many online resources that can help you improve your sleep.

## Digital CBT-I

### CBT-I Coach

Free, structured program that teaches strategies to improve sleep

**Note:** There are many other CBT-I options online, but they are available for a fee



## Insomnia Resources



### MySleepWell.ca

Canadian resource on insomnia. The following articles can be found on the site:

- 10 tips for better sleep
- Recommended books
- CBT-I compared with sleeping pills
- Stop sleeping pills guide and planner

Sleep Diary to help you track your daily sleep



Information on how to sleep well without medication

Questions about sleeping pills and the answers that may surprise you



### Sleep On It

Information on chronic insomnia. The following article can be found on the site:

- Sleep, a personal and evolving natural need

National Sleep Foundation

A broad range of information on sleep health topics, including information targeted at teens



### Sleep Foundation

A good article on how sleep works

American Academy of Sleep Medicine

Tips on shift work

