

INSOMNIA COACH



Insomnia Coach is a **free, easy-to-use mobile application** created for everyone, including Veterans and Service members, who are suffering from insomnia. It was developed by the Department of Veterans Affairs (VA) in 2020. The app is based on Cognitive Behavioral Therapy for Insomnia (CBT-I)—an evidence-based treatment—and scientific research about how people can change their behaviors and thoughts to improve their sleep. Insomnia Coach is not meant to replace professional care related to sleep problems or mental health conditions, such as PTSD.

LEARN ABOUT INSOMNIA AND SLEEP

Insomnia Coach provides information to help you learn about sleep, insomnia and factors that affect your ability to fall and stay asleep.

- Learn about sleep basics—why we sleep, the stages of sleep and factors that affect sleep
- Get information about how insomnia develops, problems related to insomnia and treatment options

FOLLOW A TRAINING PLAN TO BETTER SLEEP

Your Training Plan will guide you to better sleep over 5 weeks (and beyond).

- Get started by completing a sleep diary and checking your insomnia symptoms
- Improve your “sleep hygiene”—learn how to set up your sleep environment, limit caffeine intake and work on other habits to improve sleep quality
- After you complete your first week of the plan, the app will help you set time in bed recommendations to help limit time you spend awake in bed

TRACK DAILY AND WEEKLY PROGRESS

Just as sleep problems probably didn't start in 1 night, it's not realistic to expect them to change in 1 night. Seeing how your sleep changes over time will help you stick to your Training Plan.

- Review tips from the Sleep Coach to get personal feedback
- View graphs that show your sleep patterns over time
- Set reminders to visit the app each day to enter a sleep diary, wind down for sleep and more

GET YOUR SLEEP BACK ON TRACK WITH HELPFUL TOOLS

Whether you want to quiet your mind, relax your body or work on sleep habits, Insomnia Coach has 17 tools to help. Just a few minutes a day can have a big impact on your sleep.

NOTE: It's recommended that before using this app you consult a health care professional if you have any of the following conditions, as they may be affected by changes to your sleep habits: sleep apnea or restless leg syndrome; bipolar disorder; seizure disorder/epilepsy; sleep walking; night terrors; excessive daytime sleepiness; or, frailty and risk of falling if getting up at night. This app may not be right for you if you are a shift worker, or if your job requires you to be awake at night.

