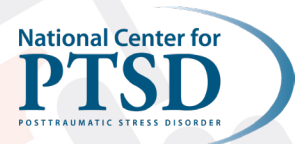




Roadmap for using CBT-i Coach in Treatment



Quick Overview of App Sections

Learn Section: This component contains psychoeducational material about different topics.

- Consider assigning 1-2 of the readings for homework to reinforce material discussed in session.

Tool Section: This section presents ideas for creating new sleep habits, like what to do if you are not sleeping. In the Quiet Your Mind section, you will see self-help coping strategies, like slow breathing and guided imagery.

- Consider practicing a strategy in session and assigning for homework between sessions.

Reminder Section: Set reminders to help the Veteran stick to their schedule (bed time, wind down time) and their personalized goals (e.g., limiting caffeine).

- Consider setting reminders at the end of session.

Helpful Tips:

- Have Veteran download the app in session (if WiFi/data plan available) or provide instructions on how to do it at home.
- While it is best to have them not use electronics close to bedtime, consider helping the Veteran download an app or change the filters on their phone to reduce blue light at night. Newer iPhones have a “night shift mode” filter available in settings (looks like a little sun/moon icon). Apps like “Twilight” or “Bluelight filter” may be useful.

CBT-I Session Topic	Potential Corresponding CBT-i Coach Component		
	Learn	Tool	Reminder
Introducing Treatment	Sleep 101: <ul style="list-style-type: none"> - What is CBT-I? - The Stages of Sleep - Why do we Sleep? CBT-I Glossary (terms)	My Sleep: <ul style="list-style-type: none"> - Sleep Diary - ISI Assessment 	<ul style="list-style-type: none"> - Set Sleep Diary Entry (this could be helpful even if using paper form)
Stimulus Control	Sleep 101: <ul style="list-style-type: none"> - Sleepiness vs. Tiredness Habits & Sleep: <ul style="list-style-type: none"> - Using the bedroom for Two Activities Only 	Sleep Habits: <ul style="list-style-type: none"> - Go to bed only when sleepy - Get out of bed when you can't sleep - Get out of bed at your prescribed time 	
Creating a Buffer Zone	Habits & Sleep: <ul style="list-style-type: none"> - Winding Down 	Quiet your Mind: <ul style="list-style-type: none"> - Winding Down 	<ul style="list-style-type: none"> - Set Wind Down Time



CBT-I Session Topic	Potential Corresponding CBT-i Coach Component		
	Learn	Tool	Reminder
Tackling Dysfunctional Beliefs about Sleep	Habits & Sleep: <ul style="list-style-type: none"> - Worrying in Bed 	Quiet Your Mind: <ul style="list-style-type: none"> - Change your Perspective - Observe Thoughts - Schedule Worry Time (has place to track a topic to think about) 	<ul style="list-style-type: none"> - Set Worry Time
Reducing hyperarousal at night	Habits & Sleep: <ul style="list-style-type: none"> - Worrying in Bed - Watching the Clock 	Quiet your Mind: <ul style="list-style-type: none"> - Schedule Worry Time (has place to track a topic to think about) - Breathing Tool - Progressive Muscle Relaxation - Guided Imagery - Observe Sensations 	<ul style="list-style-type: none"> - Set Worry Time
Special topics: <ul style="list-style-type: none"> - PTSD - Nightmares - Sleep Apnea - Depression 	Sleep 101: <ul style="list-style-type: none"> - PTSD and sleep - Nightmares - Weapons and Sleep - Depression and Sleep - Sleep Apnea 	My Sleep: <ul style="list-style-type: none"> - Sleep Diary Comment Section at bottom of diary (could track nightmare occurrence or CPAP use) 	
Medication Use	Sleep 101: <ul style="list-style-type: none"> - Medications 	My Sleep: <ul style="list-style-type: none"> - Sleep Diary Comment Section at bottom of diary (could track meds) 	<ul style="list-style-type: none"> - Consider setting separate alarm (out of app) for when to take medications
Relapse Prevention	<i>All sections could be re-read for reminders of information</i>	Prevent Insomnia in the Future My Sleep: <ul style="list-style-type: none"> - Sleep Diary Entry - Assessment Sleep Prescription (to update on own, if needed)	<ul style="list-style-type: none"> - Set Sleep Diary Entry - Set Update Sleep Prescription