

CBT-i COACH



CBT-i Coach is a **free, easy-to-use mobile application**. It was released by the Department of Veterans Affairs (VA) in 2013. The app is meant to be used by Veterans, Servicemembers, and others who have trouble sleeping and are engaged in Cognitive Behavioral Therapy for Insomnia (CBT-I) with a clinical provider. Although CBT-i Coach can be used on its own, it is not meant to replace therapy for those who need it.

WHAT IS CBT-I?

CBT-I is a non-medication evidence-based treatment for insomnia that is based on scientific knowledge about sleep. The goals of CBT-I are to help you fall asleep and stay asleep. When your sleep improves, so will your daytime functioning. The “cognitive” part of CBT-I focuses on your thoughts and feelings about sleep. The “behavioral” part helps you change habits to help you sleep better.

LEARN ABOUT SLEEP

Read articles on topics, like:

- The stages of sleep
- PTSD and sleep
- Nightmares

Find out which habits can prevent you from sleeping, including:

- Worrying in bed
- Napping late in the day
- Consuming caffeine, alcohol, or nicotine close to bedtime

USE TOOLS TO HELP YOU SLEEP

Get tips on how to quiet your mind before you sleep and prevent insomnia in the future. The tools section of the app can also help you create new sleep habits, like:

- Going to bed only when you're sleepy
- Getting out of bed when you can't sleep
- Setting up a sleep environment that is quiet, dark, safe, and comfortable

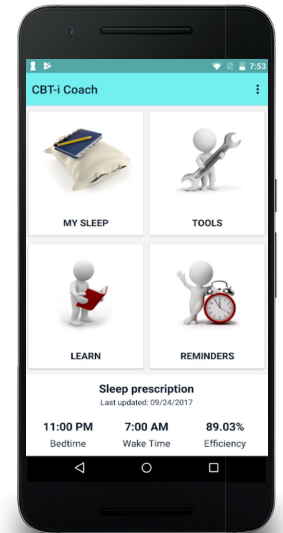
YOUR SLEEP DIARY: THE KEY TO BETTER SLEEP

Use CBT-i Coach to keep a daily sleep diary. When you wake in the morning, record your sleep experiences from the night before. Important details include what time you got into bed, what time you tried to fall asleep, and how many times you woke during the night.

When you have recorded your sleep over five nights, the app will offer you a “sleep prescription.” Your prescription will suggest a bedtime and wake-up time based on your sleep patterns. This prescription can help you set a regular sleep schedule and reduce unwanted wakefulness during the night.

TRACK PROGRESS WITH REMINDERS

Use the app's reminders to help you stick with your new habits. Schedule regular assessments to measure your progress as your sleep habits improve.



REFERENCE

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07