

Online CBT-I Resources

- **MySleepWell**
 - <https://mysleepwell.ca/>
 - Information and resources on insomnia, CBT-I, and sleeping pills
 - Sleepwell Recommends listing of available
- **Sink Into Sleep**
 - <https://sinkintosleep.com/>
 - Additional resources and handouts to support the Sink Into Sleep workbook
- **CBT-I Coach**
 - Free mobile phone app developed by US Dept of Veterans Affairs to support CBT-I treatment
- **Consensus Sleep Diary**
 - <https://consensusleepdiary.com/>
 - Free web-based app for logging/tracking sleep during insomnia treatment
 - Developed by Dr. Colleen Carney, Canadian expert
- **Sleep Ontario, Self-management of insomnia program**
 - <http://www.sleepontario.com/login.php>
 - Free 5 session online program, you must create an account to log in
- **Free CBT-I**
 - <http://freecbti.com/cbti>
 - Free and open access CBT-I to help with insomnia. Information provided in English, Korean, Spanish, Italian and Chinese.

Workbook-based Self-guided CBT-I Programs

- **Sink Into Sleep** by Judith Davidson
 - <https://sinkintosleep.com/> \$27 (paperback)
 - Book site includes PDF handouts and online sleep calculator
- **Quiet Your Mind and Get to Sleep** by Colleen E. Carney and Rachel Manber
 - <https://www.newharbinger.com/9781572246270/> \$23 (paperback); \$13 (e-book)
- **End the Insomnia Struggle** by Colleen Ehrnstrom and Alisha Brosse
 - <https://www.newharbinger.com/9781626253438/end-the-insomnia-struggle/> \$35 (paperback)
- **The Insomnia Workbook** by Stephanie Silberman
 - <https://www.chapters.indigo.ca/en-ca/books/the-insomnia-workbook-a-comprehensive/9781572246355-item.html> \$30 (paperback)
- **Improve Your Sleep: A Self-Guided Approach for Veterans With insomnia**
 - Developed by US Dept of Veterans Affairs. Free resource (google book title)