

FAQ

How does Insomnia Coach work?

Insomnia Coach is designed to be used daily for 5 weeks by following the Training Plan. After that, you can continue to use the app to track your sleep and maintain good sleep habits. The tools in the app can be used at any time. This app is based on Cognitive Behavioral Therapy for Insomnia (CBT-I). Scientific research shows that CBT-I is effective in helping people change their behaviors and thoughts to improve their sleep.

Do I have to be in insomnia treatment to use Insomnia Coach?

No, Insomnia Coach can be used by people who are not actively seeking sleep treatment. It contains information and tools to help you get better sleep. If you do choose to work with a mental health professional, talk to them about how Insomnia Coach can be used to support your treatment.

Where does my information go?

When you use a VA mobile mental health app, no data that could be used to identify you is sent to VA or third parties. Any information that you enter into the app, such as names, phone numbers, addresses, images, or music, cannot be accessed, stored, or shared by VA. For more information, read the full privacy policy for mobile mental health apps:

www.ptsd.va.gov/appvid/mobile/#privacy

For more information about insomnia, Insomnia Coach, or PTSD, please visit:

www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp

Do you have any questions or concerns about Insomnia Coach? We would love to hear from you!

MobileMentalHealth@va.gov



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

VA



U.S. Department
of Veterans Affairs



INSOMNIA COACH

Insomnia Coach is a mobile app that can help you learn about and manage insomnia so you can improve your sleep.

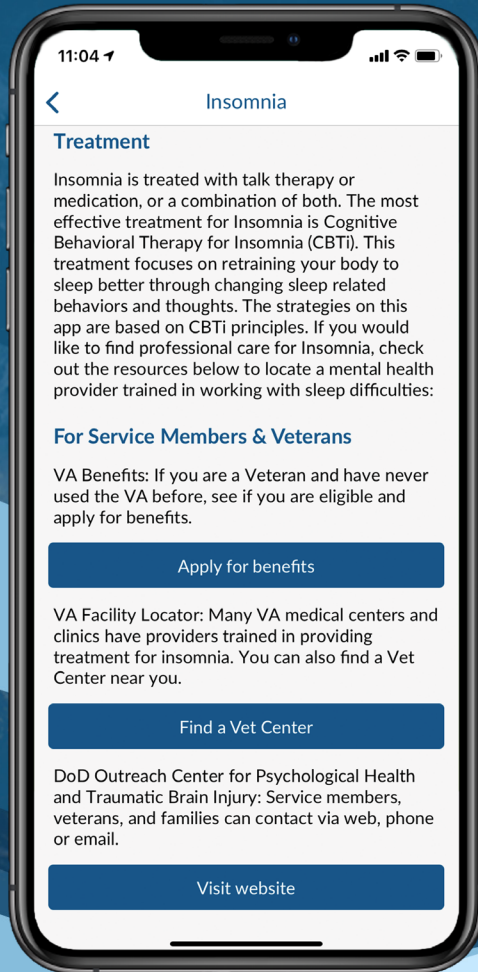
"The training plan made it straightforward to learn about how to improve my sleep and the reminders were helpful for keeping me on track."

- Insomnia Coach User



Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

LEARN



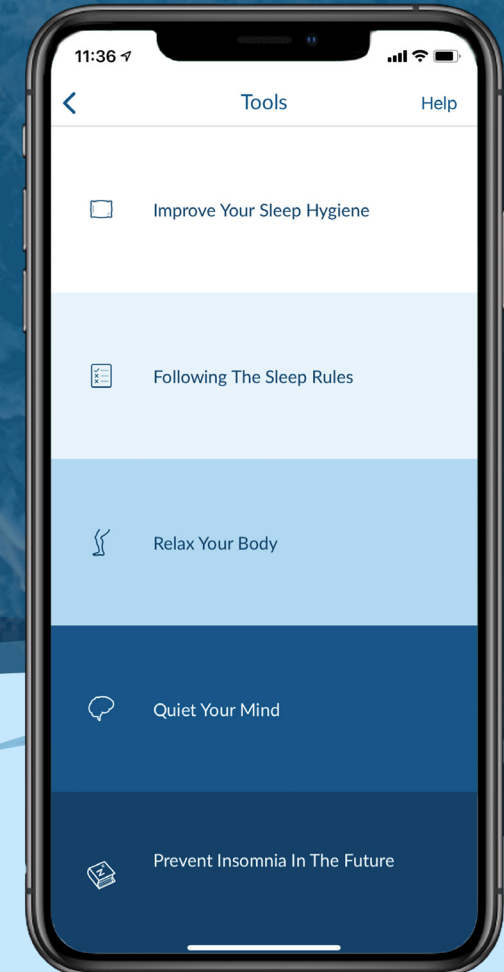
- Learn about sleep basics – why we sleep, the stages of sleep, and factors that affect sleep – and how this app can help you make specific changes to get better sleep
- Get information about how insomnia develops, problems related to insomnia, and treatment options

TRAIN AND TRACK PROGRESS



- Record your sleep each day with the sleep diary
- Review personalized feedback from the sleep coach with helpful tips for changing sleep habits
- Get a tailored recommendation for when to go to bed
- Follow a training plan to get better quality sleep
- Track your daily and weekly progress, and sleep patterns over time

USE TOOLS



- Work on changing habits to improve the quality of your sleep
- Set up your sleep environment
- Get help quieting your mind and relaxing your body
- Use tools for extra support when you can't fall or stay asleep