### 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



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.



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#### Treatment

Insomnia is treated with talk therapy or medication, or a combination of both. The most effective treatment for Insomnia is Cognitive Behavioral Therapy for Insomnia (CBTi). This treatment focuses on retraining your body to sleep better through changing sleep related behaviors and thoughts. The strategies on this app are based on CBTi principles. If you would like to find professional care for Insomnia, check out the resources below to locate a mental health provider trained in working with sleep difficulties:

#### For Service Members & Veterans

VA Benefits: If you are a Veteran and have never used the VA before, see if you are eligible and apply for benefits.

#### Apply for benefits

VA Facility Locator: Many VA medical centers and clinics have providers trained in providing treatment for insomnia. You can also find a Vet Center near you.

#### Find a Vet Center

DoD Outreach Center for Psychological Health and Traumatic Brain Injury: Service members, veterans, and families can contact via web, phone or email.

Visit website

- 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**

## **USE TOOLS**

Tools

Improve Your Sleep Hygiene

Following The Sleep Rules

Relax Your Body

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Help

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- 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

- Quiet Your Mind
  Prevent Insomnia In The Future
- Work on changing habits to improve the quality of your sleep
- Set up your sleep enviornment
- Get help quieting your mind and relaxing your body
- Use tools for extra support when you can't fall or stay asleep