

## FAQ

### Who can use CBT-i Coach?

- CBT-i Coach is for Veterans, service members, and civilians who are engaged in Cognitive Behavioral Therapy for Insomnia (CBT-I) or have experienced symptoms of insomnia and want to improve their sleep habits.

### Can I use CBT-i Coach if I am not in treatment?

- The app is designed to support people who are participating in CBT-I with a mental health professional. It can be used on its own, but it is not intended to replace therapy for those who need it. If you are not in treatment with a mental health professional, consider Insomnia Coach, a self-care app for insomnia:

[www.ptsd.va.gov/mobile](http://www.ptsd.va.gov/mobile)

### How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- VA mobile mental health apps are held to strict privacy standards, so no data that could identify you is sent to VA or third parties.
- Any information you choose to enter into the app, such as names, phone numbers or images, stays on the app. It cannot be accessed, stored or shared by VA. You have the option to share the work you complete in the app with your health care team. Your data stays on your device unless you choose to share it.
- For more information, read the privacy policy for VA mental health apps:

[www.ptsd.va.gov/appvid/mobile/#privacy](http://www.ptsd.va.gov/appvid/mobile/#privacy)

### What happens if I replace or lose my device?

- Information that you enter into the app will be automatically backed up to your device's cloud account.
- CBT-i Coach data can be restored if you are setting up a replacement device.

For more information about other apps from the National Center for PTSD, please visit:

[www.ptsd.va.gov/mobile](http://www.ptsd.va.gov/mobile)

Do you have questions about CBT-i Coach? We would love to hear from you!

[MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)



## CBT-i COACH

CBT-i Coach is a free and secure mobile app for individuals who are participating in Cognitive Behavioral Therapy for Insomnia (CBT-I) with a mental health professional.

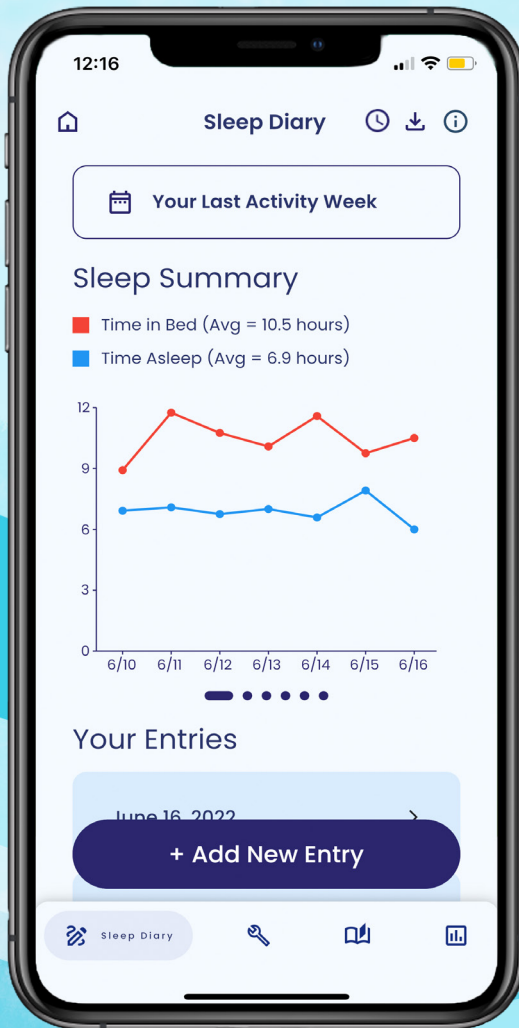
*"The best app for insomnia and CBT. I used the lessons from this app, with help from a sleep CBT specialist. Cured my chronic insomnia. Now I use the exercises for overcoming other obstacles in life."*

– CBT-i Coach User



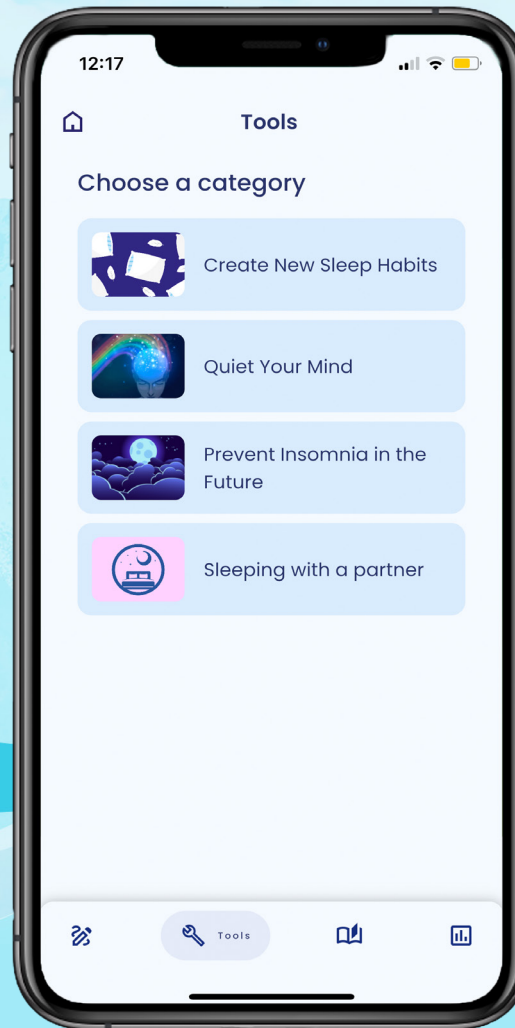
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

## SLEEP DIARY



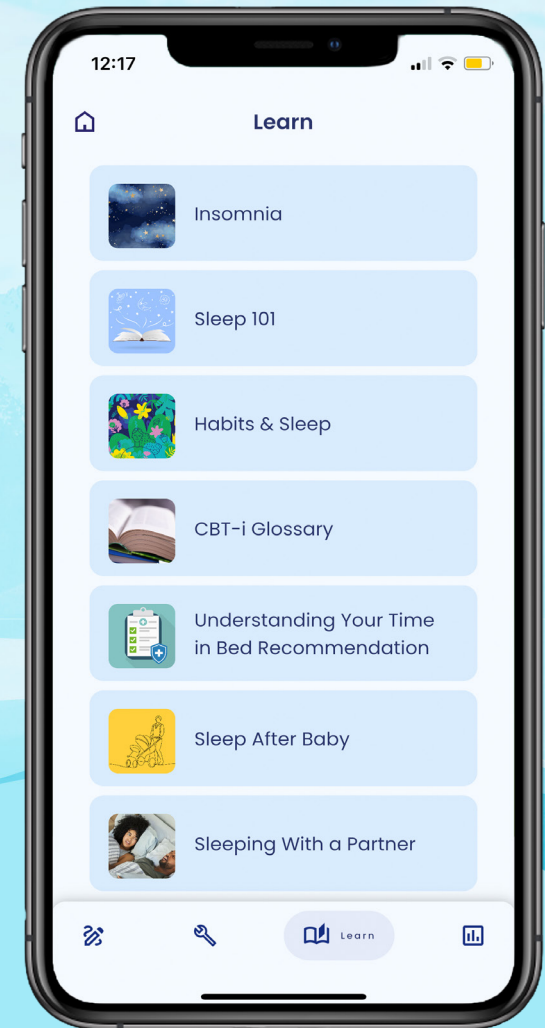
- Log your sleep data, including information about the quantity and quality of your sleep.
- Track your progress over time.
- Get personalized recommendations to improve your sleep.

## TOOLS



- Make a plan to create better sleep habits.
- Access tools to relax and wind down before bed.
- Gets tips and suggestions for keeping your sleep on track.

## LEARN



- Learn about sleep and insomnia.
- Find out how different habits and life events can affect your sleep.
- Get answers to your questions about CBT-I, including your time-in-bed recommendation.