

INSOMNIA INTERVENTIONS

Self-Help Resources



BOOKS

- Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia
- Quiet your Mind and Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety or Chronic Pain
- The Insomnia Workbook



ONLINE RESOURCES

- mysleepwell.ca
- sinkintosleep.com
- sleeponitcanada.ca
- deprescribingnetwork.ca



ONLINE CBT-I

- Go! To Sleep
- SHUTi (now Somryst)
- HALEO
- Sleepio



APPS

- CBTi Coach



RESOURCES FOR YOUTH SLEEP PROBLEMS

- Book: Goodnight Mind for Teens
- Website and app: dozeapp.ca
- Online program: betternightsbetterdays.ca