

# Sleep Disorders & Insomnia

## Helpful Resources

### Websites

**Sleepwell** ([mysleepwell.ca](https://mysleepwell.ca))

Access an excellent list of [recommended resources](#) for cognitive behavioural therapy for insomnia (CBTi). Use their [Sleep Diary](#) to help track your sleep patterns. Calculate your sleep efficiency with their [Sleep Calculator](#).

**American Academy of Sleep Medicine** ([sleepeducation.org](https://sleepeducation.org))

This website is a valuable resource for people with sleep disorders and has reliable information about sleep, sleep disorders, and treatment options. It provides accurate medical and scientific insight in a concise and easy-to-understand manner. You can also find very good resources, including a [bedtime calculator](#) and a [sleep diary](#).

### Books

*Sink into Sleep: A Step-by-Step Guide for Reversing Insomnia* by Judith Davidson. Second Edition. Demos Health, 2020.

*Quiet your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain* by Colleen Carney and Rachel Manber. New Harbinger Publications, 2009.

### Apps

**CBT-i Coach** ([CBT-i Coach](#))

Developed by the U.S. Department of Veterans Affairs, [CBT-i Coach](#) is a free app available for both iOS (Apple) and Android smartphones. It is intended to augment face-to-face care with a healthcare professional. It can be used on its own, but it is not intended to replace therapy for those who need it.

The app guides users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.

## **Workbook**

### **Improve Your Sleep – A Self-Guided Approach for Veterans with Insomnia**

This [free downloadable 90-page self-help workbook](#) developed by the U.S. Department of Veterans Affairs is relevant to anyone with insomnia who cannot, or does not want to, engage in face-to-face treatment. It is recommended that the workbook be used along with the CBT-i Coach app to support your efforts.

## **Interactive Online Course**

### **SleepEZ – Digital Cognitive Behavioural Therapy for Insomnia (dCBT-i)**

This [free online, open-access course](#) developed by the U.S. Department of Veterans Affairs is relevant to anyone with insomnia. The course is designed to be taken over six weeks and includes e-learning modules, videos, downloadable resources, and other interactivities to put you on the path to better sleep.

## **Sleep Apnea Screening**

### **STOP-Bang Questionnaire ([stopbang.ca](http://stopbang.ca))**

The [STOP-Bang Questionnaire](#) is a concise, user-friendly screening tool for obstructive sleep apnea developed by Dr. Frances Chung and colleagues from the University of Toronto.