

CBTi Coach

Provider assisted sleep training app

18+
Age Range



General Information & Features

- CBTi therapy for individuals participating in CBTi therapy with a mental health professional
- Structured program teaches strategies proven to improve sleep and alleviate symptoms of insomnia
- Developed for Veterans but available to everyone, not only veterans
- Guides users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environment
- Customizable and interactive sleep diary, allowing clinicians to calculate and modify treatment plans
- Based on the based on the therapy manual *Cognitive Behavioral Therapy for Insomnia in Veterans*
- Additional resource: [Mobile App: CBT-i Coach for Providers - PTSD: National Center for PTSD](#)

Category

Insomnia

Patient Acuity/Journey

Mild to Moderate; Provider led CBTi Therapy, during care

Clinical Interventions

CBTi

Safety

None



Platforms

Ios, Android and Web



Costs/Fees

N/A
Free through the VA



Sign-Up Details & Discount Codes

Info available in the
Formulary



Clinician Reviewer Trial Access

Available without charge

Patient Talking Points

- Cognitive Behavioral Therapy for Insomnia (CBT-I) is an evidence-based therapy for treating insomnia.
- A Free mobile app for people who have trouble sleeping
- Provides education about CBT-i and how sleep works
- Includes tips to help develop positive sleep routines and improve sleep environments
- Sleep diary to track wake and sleep times
- Tools to help relax while getting ready for sleep or when trying to go back to sleep

CBTi Coach

Provider assisted sleep training app



Article Title	Summary
Dolezal, M. L., Wielgosz, J., Miller, K. E., Taylor, K., Owen, J., & Kuhn, E. (2024). Investigating the effectiveness of CBT-i Coach, a free, publicly available mHealth app for insomnia. Journal of Technology in Behavioral Science. https://doi.org/10.1007/s41347-024-00459-x	<ul style="list-style-type: none">• Study N 1618, patients with clinical or subclinical insomnia symptoms were included.• The study tracked app usage and sleep outcomes but did not specify how many users completed the full intervention.• Outcomes: Users showed statistically significant improvements in: Insomnia symptoms (effect size $d = 0.57$); Sleep efficiency ($d = 0.41$); Sleep quality ($d = 0.24$).• Findings: Greater interaction with the app’s “My Sleep” and “Tools” sections correlated with reduced insomnia symptoms and improved sleep quality, suggesting that clinically meaningful engagement enhances outcomes.

Additional Resources
<ul style="list-style-type: none">• Video: https://www.ptsd.va.gov/professional/tech-care/videos.asp• CBTi Therapy for Providers Mobile App: CBT-i Coach for Providers - PTSD: National Center for PTSD