

CBTi Coach

Clinician guided CBTi training

18+
Age Range



General Information & Features

- CBTi therapy for individuals participating in CBTi therapy with a mental health professional
- Structured program teaches proven strategies to improve sleep and alleviate symptoms of insomnia; including stimulus control and sleep restriction
- Developed for Veterans but available to everyone
- 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

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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