

Insomnia Coach

Self managed CBTi Sleep Training



18+
Age Range

General Information & Features

- Patient managed CBTi therapy available through the VA
- 5-week sleep training program developed for Veterans but available to everyone
- Based on CBT-i Coach and the therapy manual Cognitive Behavioral Therapy for Insomnia in Veterans Guides
- Features include guided weekly training, sleep diary, and resources on sleep hygiene
- Additional resource: [Insomnia Coach | VA Mobile](#)
- At a glance [Insomnia Coach At A Glance](#)

Categories

Insomnia,

Patient Acuity/Journey

Mild to Moderate; Prior to care or during to augment 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 Sample

N/A
App is Free

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
- Features include weekly guided sleep training, a sleep diary and tools to improve 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. |
| Reilly et al. Interactive Journal of Medical Research - Mobile App Use for Insomnia Self-Management: Pilot Findings on Sleep Outcomes in Veterans | <ul style="list-style-type: none">• Pilot study evaluated the feasibility and preliminary effectiveness of a mobile app-based intervention for insomnia among U.S. veterans, focusing on changes in sleep outcomes over a 6-week period.• N 38; 30 completing the post-intervention assessment.• Participants used the app independently, without clinician guidance.• Outcomes: Significant improvements were observed in: Insomnia Severity Index (ISI) scores (mean reduction of 5.4 points); Sleep efficiency and sleep onset latency; Daytime functioning, suggesting meaningful clinical benefit from app use.• Findings support the feasibility and acceptability of mobile app-based insomnia interventions |

| Additional Resources |
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| <ul style="list-style-type: none">• Video: Introduction to the Insomnia Coach app• At a Glance: Insomnia Coach At A Glance |