

Insomnia Coach

Self guided CBTi App

18+
Age Range



General Information & Features

- Self-guided support for managing insomnia, using CBTi, develop by the US Department of Veteran Affairs
- 5-week sleep training program focused on general sleep hygiene and coping strategies
- Based on CBT-i Coach app 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](#)

Category

Insomnia

Patient Acuity/Journey

Mild to Moderate

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.
- Features include guided weekly training, sleep diary, and resources to improve sleep
- A Free mobile app for people who have trouble sleeping

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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

- Video: [Introduction to the Insomnia Coach app](#)
- At a Glance: [Insomnia Coach At A Glance](#)