

## Insomnia Resources

Insomnia is often related to multiple contributing factors. Cognitive Behavioural Therapy (CBT) for insomnia (CBT-I) is preferred as a first-line therapy for chronic insomnia in most patients. Please review the below information and resources:

### Sleep Tips:

One of the most powerful ways to improve sleep is to make small changes in everyday behaviours. Here are some of the most common sleep hygiene tips.

- Follow the same schedule each day – Wake up on time, go to bed on time.
- Unwind with a routine before bed, avoid use of screen/phones before bedtime.
- No caffeine in the afternoon.
- No alcohol within 2\* hours of bedtime.
- No smoking within 2\* hours of bedtime.
- Regular exercise can help, but do it a few hours before bedtime.
- No naps during the day.
- Make your bedroom comfortable and only use it for sleeping.
- Avoid clock-watching.
- Get up if you do not fall asleep within half an hour. Leave your bedroom and do something relaxing. Avoid watching TV or going on a screen during this time. Go back to bed once you feel drowsy.

### Websites:

<https://mysleepwell.ca>

<https://www.heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep>

<https://www.keltyskey.com/courses/insomnia>

<https://www.cbtforinsomnia.com>

<https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/conditions-and-symptoms/insomnia#.Y55ZguzMK3J>

### Books:

“Goodnight Mind” by Colleen Carney

“Sink Into Sleep” by Judith Davidson

“Overcoming Insomnia” by Jack Edinger and Colleen Carney

“No More Sleepless Nights” by Peter Hauri

### Smartphone Apps:

CBT-I Coach