

Insomnia Coach

At A Glance



What Is Insomnia Coach?

Insomnia Coach is a free, easy-to-use mobile application created for Veterans and civilians to help manage insomnia symptoms. The app provides a five-week training plan structured to reset your biological clock and sleep system to make it easier to go to sleep and sleep soundly through the night. The app also teaches you about insomnia and normal sleep, developing good sleep habits, and getting rid of habits that interfere with sleep.

Insomnia Coach is based on CBT-i Coach and the therapy manual Cognitive Behavioral Therapy for Insomnia in Veterans.

What is CBT-i?

CBT-i involves two well-developed and evidence-based treatments: Stimulus Control and Sleep Restriction Therapy. Stimulus Control helps eliminate the association between the bed or bedroom and wakefulness. Sleep Restriction Therapy works by initially reducing the amount of time spent in bed in order to increase the need for sleep, which leads to reduction in the amount of unwanted wakefulness.

Helpful Tips

You will get the most out of this app if you make a commitment to incorporate the app's Training Plan into your daily routine. Just a few minutes a day can have a big impact on your sleep. Set reminders within the app to ensure you complete your sleep diary and self-assessments.

Help and Additional Information

For assistance with the Insomnia Coach app, dial 1-877-470-5947 to speak with a VA representative. More resources can be found on mobile.va.gov/app/insomnia-coach.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care

Insomnia Coach

Get Started

Anyone with an Android device, iPhone or iPad can access Insomnia Coach by following these steps:

1. Go to the Google Play Store or Apple App Store and search for Insomnia Coach.
2. On the app's page, tap **Install** (Android) or **Get** (iOS) to download the app.
3. From your device's home screen, tap the Insomnia Coach **app icon**.
4. Read the Software End User License Agreement and tap **Accept**, then tap **Allow** (iOS only) when prompted to allow the app to send you notifications.
5. You will see three options on the welcome screen: Start Using Now, Find Out If This App Is Right For Me, and Learn More About This App. Tap **Start Using Now** to access the app's main features.
6. Tap **Allow** (Android only) when prompted to allow the app to send you notifications.

Access App Features

From anywhere in the app, tap the three-line **menu** in the top left corner of the screen to access features and information about the app including a sleep self-assessment, sleep diary history, help for insomnia, and the Veterans Crisis Line. You can also set reminders related to these features by tapping the **clock icon** in the top right corner of the screen.

Training Plan

Start changing your sleep patterns through completing a daily sleep diary. Over the course of five weeks, complete self-assessments regarding your insomnia symptoms and sleep hygiene, set goals, and curb habits that will disrupt your sleep. Tap **TRAINING PLAN** on the home screen to begin.

Sleep Coach

The Sleep Coach provides you with personal feedback about your sleep as well as tips to help improve your sleep quality. Tap **SLEEP COACH** on the home screen to access this feature.

Tools

The tools feature offers resources to help you improve your sleep hygiene, adopt healthy sleep habits, relax your body, quiet your mind, and prevent insomnia in the future. Tap **TOOLS** on the home screen to learn more.

Learn

The Learn feature offers additional information on insomnia, stages of sleep, sleep regulators, the importance of setting bed and wake time, how thoughts impact sleep, and other factors that can affect sleep. Tap **LEARN** on the home screen for more information.

Progress

Track your progress through completed sleep diary entries, compare results daily or weekly, and monitor the amount of time you spend in bed compared to time spent actually asleep. Tap **PROGRESS** on the home screen to view.

Sleep Rules

Follow the sleep rules as a guide to building better sleep habits. Try your best to stick with these rules as you follow the Training Plan. Tap **SLEEP RULES** on the home screen to view.

