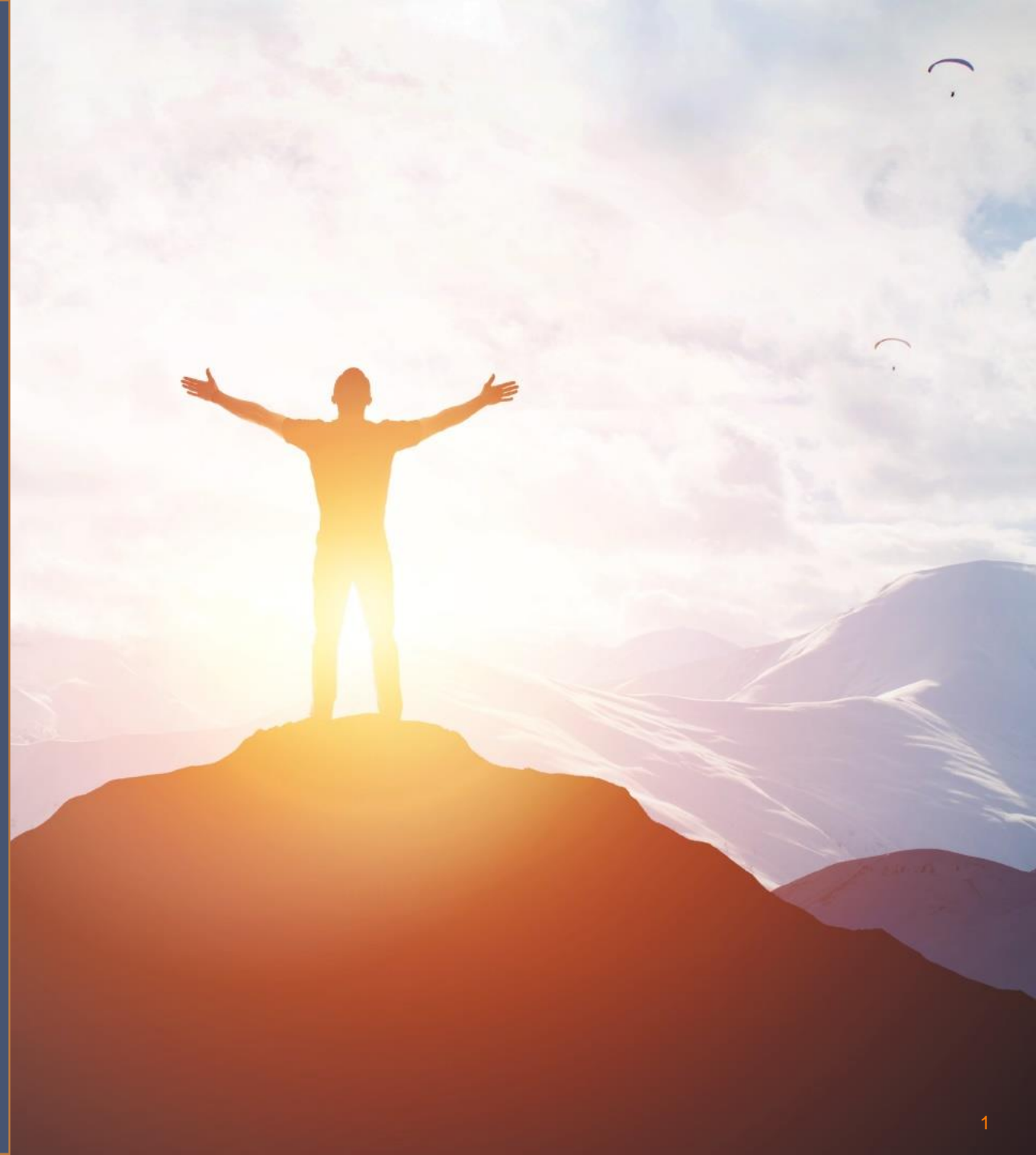


# RESOURCES

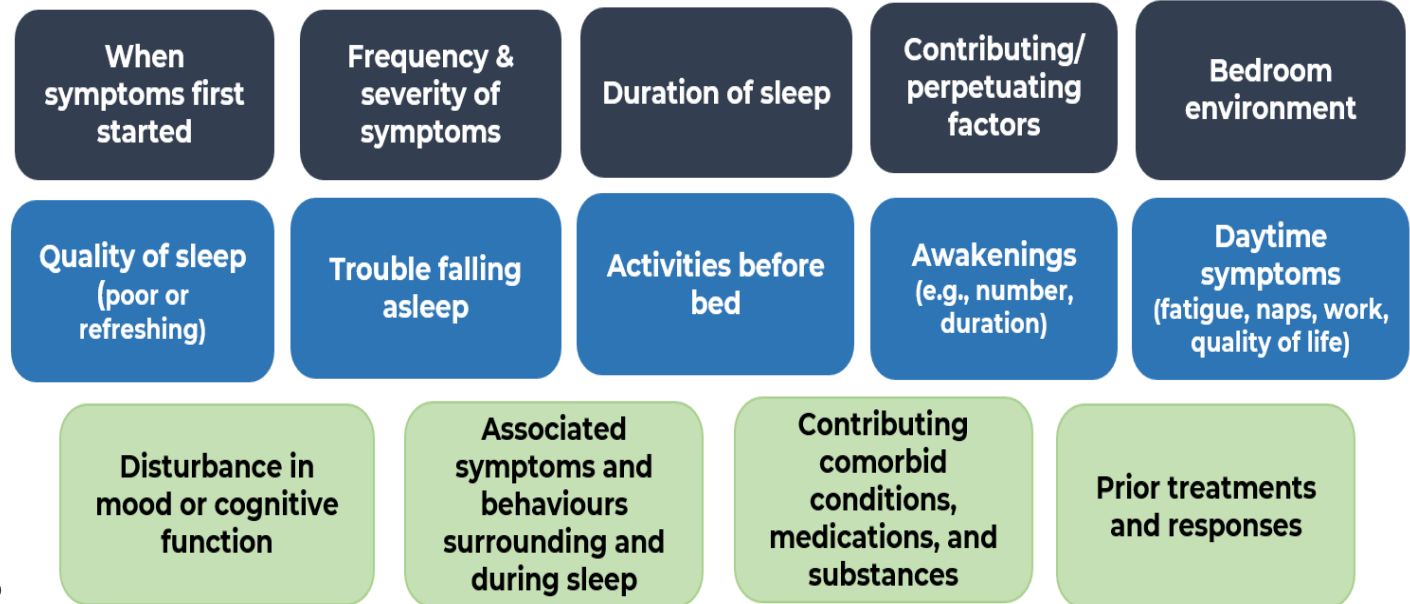
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# Perform a Thorough Sleep History

## Ask Patient About:

- Symptoms
- Sleep quality
- Comorbidities
- Potential contributing factors
- Activities before bed



! Include history from bed partners or caregivers whenever possible

# Sleep Hygiene Is An Important Part of Cognitive Behavioural Therapy for insomnia (CBT-i)

## Patients SHOULD:



- ✓ Keep a consistent sleep schedule (wake up at the same time every morning, even on weekends and holidays)
- ✓ Increase exposure to bright light during the day
- ✓ Establish daily activity routine and avoid exercise in the late evening
- ✓ Establish a relaxing bedtime routine and comfortable sleep environment (e.g., warm bath before bed, quiet and dark room, keep room at a cool temperature)
- ✓ Use bed for sleep and sex only
- ✓ Turn off electronic devices at least 30 min before bedtime

## Patients should AVOID:



- X Napping (unless shift worker)
- X Caffeine, nicotine or other stimulants, particularly in the afternoon or evening
- X Alcohol, particularly before bedtime
- X Bright light during the night
- X Exercising within 3 h of bedtime
- X Large or heavy meals within 3 h of bedtime
- X Excessive heat/cold in bedroom
- X Watching the clock
- X High fluid intake before bedtime

# First-line Treatment: Cognitive Behavioural Therapy for Insomnia (CBT-i)

Addresses sleep-related beliefs and behaviours that may perpetuate insomnia

Component	Purpose	Recommendations
<b>Stimulus control</b>	Reduce arousal in sleep environment Associate bed with sleep	Go to bed when sleepy; use bed only for sleep or sexual activity; get out of bed when awake or anxious
<b>Sleep restriction</b>	Increase sleep drive Stabilize circadian rhythm	Reduce amount of time in bed (no less than 5-6 h); gradually increase time in bed as sleep symptoms improve
<b>Sleep hygiene</b>	Minimize behaviors that disrupt sleep drive or increase arousal	Avoid napping; limit caffeine and alcohol; increase exercise (but not close to bedtime); keep bedroom dark and quiet
<b>Cognitive therapy</b>	Restructure maladaptive beliefs about consequences of insomnia	Challenge perception of catastrophic consequences of insomnia; manage expectations about sleep
<b>Relaxation therapy</b>	Reduce arousal (physical, physiological) in sleep environment	Practice breathing exercises, meditation, progressive muscle relaxation

# CBT-I Resources for Patients

Resource	Description	Where to find
<b>CBT-i Coach</b>	Mobile App developed by US Veteran Affairs (free)	iTunes/ Google Play
<b>Conquering Insomnia</b>	5-week self-paced program available in downloadable format	<a href="http://www.cbtforinsomnia.com">www.cbtforinsomnia.com</a>
<b>Online-Therapy Insomnia</b>	Online tailored program with daily interaction with a therapist & forum access	<a href="http://www.online-therapy.com/insomnia">www.online-therapy.com/insomnia</a>
<b>Haleo</b>	Online CBT-i program that patients can access (approx. \$500 Cnd; may be partially or fully covered by extended health insurance)	<a href="https://www.haleoclinic.com/">https://www.haleoclinic.com/</a>
<b>Sleepio</b>	Online tailored CBT (approx. \$400/year) Allows monitoring by HCP as patients work through CBT sessions and sleep diaries Requires US IP address	<a href="http://www.sleepio.com">www.sleepio.com</a>
<b>SlumberPro</b>	4-8 weeks of daily online self-help	<a href="http://www.sleeptherapy.com.au">www.sleeptherapy.com.au</a>
<b>Sleepwell</b>	List of recommended CBT-i resources provided	<a href="http://www.mysleepwell.ca/cbti/">www.mysleepwell.ca/cbti/</a>
<b>Go! To Sleep</b>	Cleveland Clinic Wellness program (cost: \$40 USD) 6-week online course	<a href="http://www.clevelandclinicwellness.com/Pages/GoToSleep.htm">http://www.clevelandclinicwellness.com/Pages/GoToSleep.htm</a>
<b>Insomnia Solved</b>	Self-Guided CBT-I program by Dr. Brandon Peters (cost: \$89 USD)	<a href="https://www.brandonpetersmd.com/fix-my-insomnia">https://www.brandonpetersmd.com/fix-my-insomnia</a>

# Sleep Resources

## General Sleep Resources

- **Canadian Sleep Society (CSS):** <https://css-scs.ca/>
- **Canadian Sleep and Circadian Network (CSN):** <https://www.cscnweb.ca/>
- **Sleep on it (CSS & CSCN):** <https://sleeponitcanada.ca/sleep-disorders/chronic-insomnia/>
- **Sleep Foundation:** <https://www.sleepfoundation.org/>
- **MySleepWell:** <https://mysleepwell.ca/>

## Insomnia Guidelines & Recommendations

- **Alberta TOP Guidelines in Insomnia Management:** <https://actt.albertadoctors.org/CPGs/Pages/Adult-Insomnia.aspx>
- **British Association of Psychopharmacology Consensus Statement on Insomnia Treatment:** [https://www.bap.org.uk/pdfs/BAP\\_Guidelines-Sleep.pdf](https://www.bap.org.uk/pdfs/BAP_Guidelines-Sleep.pdf)
- **American Academy of Sleep Medicine Clinical Practice Guideline for Chronic Insomnia:** <https://jcsn.aasm.org/doi/10.5664/jcsn.6470>

# Online Mental Health Resources

- Bounce Back
  - <https://bouncebackontario.ca/>
  - Free, guided self-help program for people aged 15 years and up
  - Participants receive telephone coaching, skill-building workbooks, and online videos
  - Requires referral from primary care provider or self-referral
- Mood Gym
  - <https://moodgym.com.au/>
  - Online self-help program to help users prevent and manage symptoms of depression and anxiety
  - Annual Subscription: \$27 USD
- CAMH COVID Resource Portal: Sleep, Eating, Healthy Lifestyle
  - <https://camh.echoontario.ca/COVID-category/sleep-eating-healthy-lifestyle/>

# Workbooks

1. Sink into Sleep: A Step-by-Step Workbook for Reversing Insomnia  
Judith Davidson
2. Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach  
Jack Edinger, Colleen Carney
3. Goodnight Mind: Turn Off Your Noisy Thoughts & Get A Good Night's Sleep  
Colleen Carney, Rachel Manber
4. No More Sleepless Nights  
Peter Hauri
5. The Insomnia Workbook  
Stephanie Silberman