



Insomnia Resources

At Terra Nova we understand that many people have insomnia and difficulty sleeping. Check out these resources to improve your sleep.

1. Sleepwell

Sleepwell has done the hard work for you. We extensively searched for and reviewed books, apps, and websites focusing on the management of insomnia. Recommended are the best resources, based on their quality and supporting research. Each teaches you how to use CBTi to help you get your sleep back.

mysleepwell.ca

2. Kelty's Key

Kelty's Key has a series of online courses to improve your sleep. Sleepless nights can have a negative effect on your concentration, judgment, and mood. The good news is that insomnia can be treated. Here you will learn more about insomnia and how to beat it. You can use any lesson at any time.

www.keltyskey.com/courses/insomnia/

3. Conquering Insomnia CBT-I program

A CBT-Insomnia program by a recognized insomnia expert. This is the only CBT-I program world-wide that includes weekly individualized CBT-I guidelines and feedback from an internationally-recognized insomnia expert. It was developed from Dr. Jacobs' research that was funded by the National Institutes of Health, and published in the Archives of Internal Medicine, demonstrating that a similar CBT-I program was more effective than Ambien. It is a five week PDF-based CBT-I program based on Dr. Gregg Jacobs' twenty years of CBT-I research and clinical practice at Harvard Medical School.

www.cbtforinsomnia.com/

4. CBT-I Video by Christine Korol

What is Insomnia and How to Cure it with Cognitive Behavior Therapy (1 hour 7 minutes)

<https://www.youtube.com/watch?v=YjJGfDHCaBU>

5. How to reduce sleeping pill usage (pdf)

<https://www.rxfiles.ca/rxfiles/uploads/documents/insomnia-patient-booklet.pdf>