



Insomnia Resources

At Terra Nova, we recognize the challenges of insomnia and its impact on daily life. To help you achieve better sleep, we've compiled a selection of trusted resources based on scientific research and expert recommendations.

1. **Sleepwell – Your Guide to Better Sleep**

Sleepwell has carefully reviewed books, apps, and websites dedicated to managing insomnia. Their top-rated resources, backed by research, will teach you how to implement Cognitive Behavioral Therapy for Insomnia (CBT-I) and reclaim restful sleep.

[Explore Sleepwell](#)

2. **Conquering Insomnia CBT-I Program**

Developed by Dr. Gregg Jacobs, this five-week program is based on over 20 years of research and clinical practice at Harvard Medical School. It provides individualized CBT-I strategies with expert guidance and has been proven more effective than sleep medication.

[Learn More](#)

3. **CBT-I Video by Christine Korol**

In this insightful video, psychologist Christine Korol explains how Cognitive Behavioral Therapy can effectively treat insomnia. Watch and learn practical techniques for improving sleep. (*Duration: 1 hour 7 minutes*)

[Watch Here](#)

4. **Reducing Sleeping Pill Dependence**

This comprehensive guide provides evidence-based strategies to minimize reliance on sleep medications and adopt healthier sleep habits.

[Download the PDF](#)

These resources offer practical solutions to help you achieve deeper, more restorative sleep. Take the first step towards better rest today.

Resources collated by Dr. Julie Wilson (JAN 2023) Last updated (MAR 2025)