

| CBT for Insomnia: Self-Guided Options | | |
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| Program | Details | Cost |
| Restore http://restore.cbtprogram.com | Offers computerized CBT-i as well as other cognitive-behavioral modules. | \$125, one time |
| CBT for Insomnia www.cbtforinsomnia.com | Old-school PDF and MP3 format. Allows users to contact a therapist in the premium version. Based on a proven approach, but not independently tested. | \$50–\$70, one time |
| CBT-i Coach | This app was designed to be used with a therapist, but a motivated patient can benefit from it solo. Created by the VA, but suitable for civilians. | Free |
| Books | <i>Say Good Night to Insomnia</i> by Gregg Jacobs (Holt Publishing, 2009); <i>End the Insomnia Struggle</i> by Colleen Ehrnstrom and Alisha Brosse (New Harbinger Publications, 2016) | \$10–\$20 |

From the Article
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