INSOMNIA INTERVENTIONS
Self-Help Resources

BOOKS
- Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia
- Quiet your Mind and Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety or Chronic Pain
- The Insomnia Workbook

ONLINE RESOURCES
- mysleepwell.ca
- sinkintosleep.com
- sleeponitcanada.ca
- deprescribingnetwork.ca

ONLINE CBT-I
- Go! To Sleep
- SHUTi (now Somryst)
- HALEO
- Sleepio

APPS
- CBTi Coach

RESOURCES FOR YOUTH SLEEP PROBLEMS
- Book: Goodnight Mind for Teens
- Website and app: dozeapp.ca
- Online program: betternightsbetterdays.ca