



# CBT-i

**Have Insomnia? CBT-i Online Can Help.**

Insomnia affects more than 60 million people each year, and VA research suggests that Veterans have insomnia at twice the rate of non-Veterans. **CBT-i** online is a **free Path to Better Sleep** program that's designed to help Veterans treat their insomnia. You can use it on your own or while in treatment with a provider.



## WHAT IS CBT-i?

### Cognitive Behavioral Therapy for Insomnia (CBT-i)

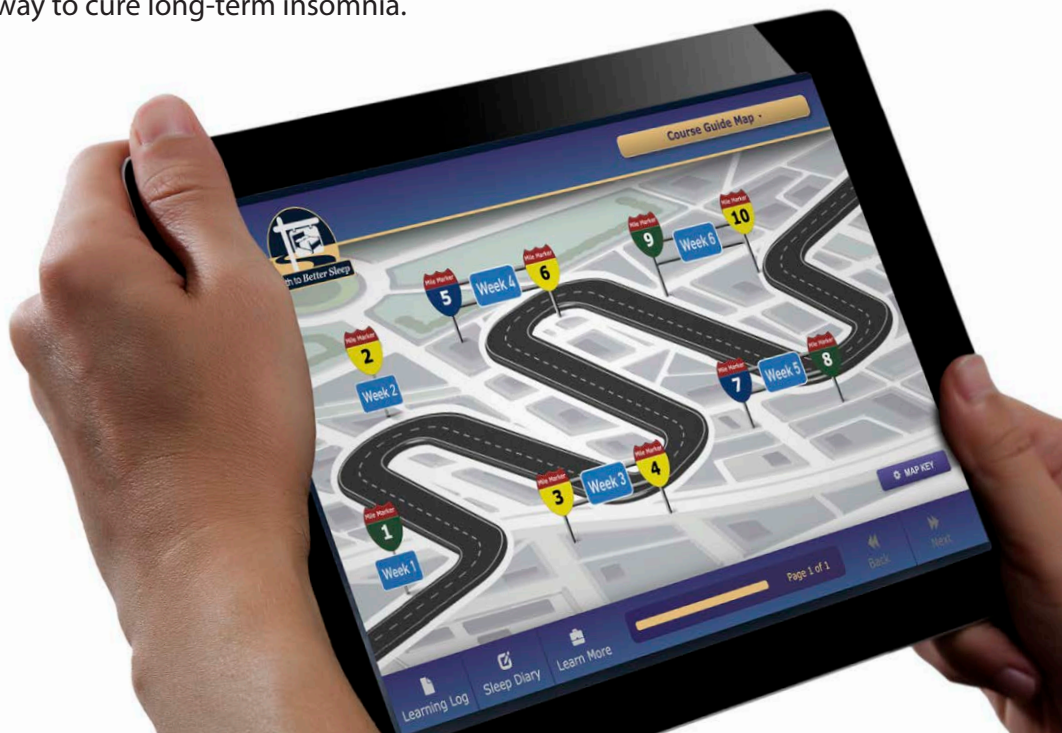
is the recommended method for treating chronic insomnia. It helps you retrain your brain to sleep better by changing your sleep patterns and reducing unhelpful thoughts and behaviors. This approach takes work, but it is proven to be the most effective way to cure long-term insomnia.

## VETERANS IN MIND

VA sleep experts developed this **Path to Better Sleep** program in collaboration with Veterans, many of whom share their stories in the course. The six-week program features tools and exercises that can help you manage and reduce your insomnia.

## TALK TO YOUR DOCTOR

The **CBT-i** program on the **Path to Better Sleep** website is not intended to replace treatment from a health care professional. Talk to your doctor about your symptoms and next steps you should take.



**Visit Today!**  
[www.VeteranTraining.va.gov/Insomnia](http://www.VeteranTraining.va.gov/Insomnia)



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