

# Path to Better Sleep



## Interactive Tools & Tips That Help You

- ▶ Set a sleep schedule
- ▶ Reduce unhelpful thoughts
- ▶ Improve sleep quality
- ▶ Treat chronic insomnia
- ▶ Screen for other sleep disorders

**VISIT TODAY!**

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



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