



Path to Better Sleep

*Can't fall asleep?
Can't stay asleep?
Path to Better Sleep
can help.*

VISIT TODAY!
www.VeteranTraining.va.gov/Insomnia



U.S. Department
of Veterans Affairs



Path to Better Sleep

A WEB PROGRAM FOR VETERANS WITH INSOMNIA

- Self-guided
- Convenient
- Video stories
- Relaxation exercises
- Free downloadable tip sheets and worksheets
- No login or registration required



WITH TOOLS & TIPS THAT HELP YOU

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



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