



PATH TO BETTER SLEEP

Clinician Fact Sheet – Product Comparison

Research has shown that Cognitive Behavioral Therapy for Insomnia (CBT-i) delivered by computer and/or mobile app is effective in reducing the time it takes to fall asleep and time spent awake in the middle of the night. These treatments not only reduce the severity of insomnia, but have been proven to also reduce symptoms of depression. Sleepio and SHUTi are very popular commercial CBT-i programs and have strong research supporting their effectiveness. Path to Better Sleep utilizes the same tools and techniques, and was designed by the Department of Veterans Affairs' Office of Mental Health and Suicide Prevention to address the unique needs of Veterans.



Created for Veterans	✓		
Can be used anonymously	✓		
Can be used on computer	✓		✓
Can be used on mobile device	✓	✓	
Educational materials and videos from sleep experts	✓	✓	✓
Personalized sleep schedule	✓	✓	✓
Sleep journal/tracking	✓	✓	✓
Relaxation exercises	✓	✓	✓
Research results	The self-management workbook used to develop Path to Better Sleep was tested with Veterans. Preliminary findings show improved sleep quality, reduced insomnia severity, less wake time and more sleep time ¹ .	Total sleep time increased by more than 1 hour, sleep onset decreased by 26 minutes; and middle night awakenings decreased by 48 minutes ² .	Total sleep time increased by 50 minutes; sleep onset decreased by 22 minutes; middle night wake time decreased by almost 50 minutes ³ .

1. Ulmer CS, Bosworth HB, Voils CI, Germain A, Macy S, Jeffreys AS, Beckham JC. Tele-Self CBT: Provider Supported Self-Management Cognitive Behavioral Therapy for Insomnia, *SLEEP*, Volume 41 (Suppl.) 0403.

2. Espie CA, Kyle SD, Williams C, Ong JC, Douglas NJ, Hames P, Brown JSL. A randomized, placebo-controlled trial of online cognitive behavioral therapy for chronic insomnia disorder delivered via an automated media-rich web application. *SLEEP* 2012;35(6):769-781.

3. Ritterband LM, Thorndike FP, Ingersoll KS, Lord HR, Gonder-Frederick L, Frederick C, Quigg MS, Cohn WF, Morin CM. Effect of a Web-Based Cognitive Behavior Therapy for Insomnia Intervention With 1-Year Follow-up: A Randomized Clinical Trial. *JAMA Psychiatry*. 2017 Jan 1;74(1):68-75. doi: 10.1001/jamapsychiatry.2016.3249.



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