Path to Better Sleep is a free, online training course that provides Veterans with Cognitive Behavioral Therapy for Insomnia (CBT-i); the recommended standard care for treatment of chronic insomnia.

The Society of Behavioral Sleep Medicine, the American Academy of Sleep Medicine, the American College of Physicians, and the National Institutes of Health recommend CBT-i as the standard treatment for chronic insomnia. CBT-i is highly effective in reducing insomnia severity, depression, and suicidal ideation. Many Veterans who would benefit from CBT-i are currently unable to access it because the demand far outweighs the number of trained providers. Additionally, many Veterans do not have the time to travel to weekly appointments.

How it works

As the name suggests, Cognitive Behavioral Therapy for Insomnia targets the thoughts and behaviors that cause and perpetuate insomnia. CBT-i specifically targets sleep schedules, sleep-related habits, and unhelpful thoughts about sleep. CBT-i typically produces reductions of insomnia severity within 6 weeks of beginning treatment.

Path to Better Sleep’s features include:

- Sleep Disorders Screening Tool
- Education on Normal Sleep Processes
- Personalized sleep scheduling
- Sleep Restriction Therapy (a behavioral intervention targeting awakenings)
- Stimulus Control Therapy (a behavioral intervention to promote the psychological association between bed and sleep)
- Relaxation Exercises (to reduce physical and cognitive arousal)
For more information visit www.VeteranTraining.va.gov/Insomnia