



PATH TO BETTER SLEEP FOR PROVIDERS

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 insomnia¹⁻⁴. 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)



Keeping Veterans in mind

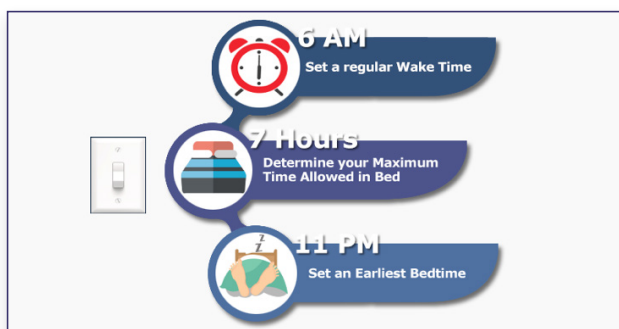
Estimates are that half of all Veterans enrolling in the VA meet criteria for clinically significant insomnia⁵.

Veterans may face a variety of barriers in getting help for insomnia or other sleep disorders. These may include limited access to health care due to geographic location and the limited number of medical professionals trained to treat insomnia. The Department of Veterans Affairs' Office of Mental Health and Suicide Prevention developed Path to Better Sleep- a self-guided, online CBT-i program in order to expand access to this highly impactful intervention. It was designed specifically for Veterans, to accommodate their unique needs and challenges. Path to Better Sleep is:

- **Free** - No registration required.
- **Anonymous**
- **Convenient** - Can be completed at any time from any location.
- **Self-paced** - Users can re-visit course content as often as they wish.

Although Path to Better Sleep can be used on its own, as a self-guided therapy, clinicians can also "prescribe" it in conjunction with coaching or other provider assistance.

Personalized Sleep Scheduling



Sleep Diary

The screenshot shows the 'ADD/EDIT SLEEP' form. It has tabs for 'Nap or Doze', 'Going to sleep', 'During Sleep', 'Waking Up', and 'Sleep Quality'. The 'During Sleep' tab is active. Fields include: Date (MM/DD/YYYY) set to 06/02/2017; 'What time did you get into bed?' set to 10:00 PM with a 'Use Current Time' button; 'What time did you try to go to sleep?' set to 11:00 PM with a 'Use Current Time' button; and 'How long did it actually take you to fall asleep?' set to 10 Minutes. There are 'Save' and 'Close' buttons at the bottom.

Interactive Exercises



1. Schmitz MF. The ACP Guidelines for Treatment of Chronic Insomnia: The Challenge of Implementation. *Behav Sleep Med*. 2016 Nov-Dec; 14(6):699-700. doi: 10.1080/15402002.2016.1220131
2. Morgenthaler T1, Kramer M, Alessi C, Friedman L, Boehlecke B, Brown T, Coleman J, Kapur V, Lee-Chiong T, Owens J, Pancer J, Swick T; American Academy of Sleep Medicine. Practice parameters for the psychological and behavioral treatment of insomnia: an update. An American academy of sleep medicine report. *Sleep*. 2006 Nov; 29(11): 1415-9.
3. Qaseem A, Kangasara D, Forceia MA, et al. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline from the American College of Physicians. *Annals Int Med*. 2016; 165(2):125-133.
4. National Institutes of Health. NIH State-of-the-Science Conference Statement on Manifestations and Management of Chronic Insomnia in Adults. *NIH Consens State Sci Statements*. 2005;22:1-30.
5. Jenkins MM, Colovnen PJ, Norman SB, Afari N, Allard CB, Drummond SP. Prevalence and Mental Health Correlates of Insomnia in First-Encounter Veterans with and without Military Sexual Trauma. *Sleep*. 2015;38(10):154-1554.

For more information visit
www.VeteranTraining.va.gov/Insomnia