



PATH TO BETTER SLEEP

FOR VETERANS

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

Path to Better sleep is the latest, **free** online training course found on www.VeteranTraining.VA.gov/Insomnia. Created by VA sleep experts, Path to Better Sleep was designed with Veterans in mind to identify and treat Insomnia and screen for other sleep disorders.

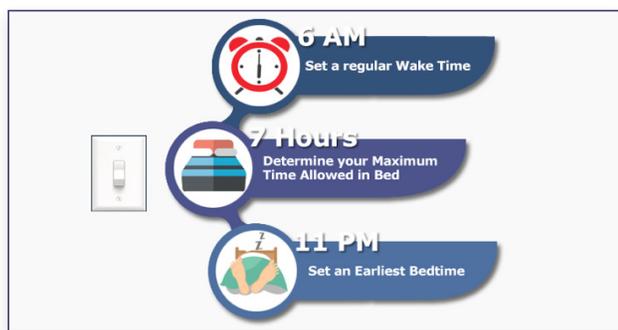
What is CBT-i?

Cognitive Behavioral Therapy for Insomnia (CBT-i) is a program that is very effective in treating chronic insomnia without using drugs. It helps you retrain your brain to sleep better by changing your sleep patterns and reducing unhelpful thoughts and behaviors. This approach takes work, but it is proven to be the most effective way to cure long-term insomnia.

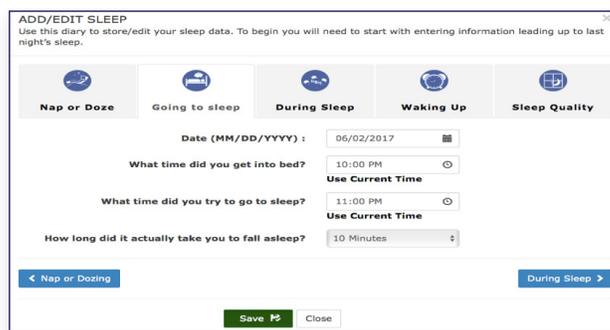
Veterans in Mind

Path to Better Sleep was developed in collaboration with Veterans, many of whom share their stories in the course. Path the Better Sleep offers a variety of features to help you manage your sleep, including:

Personalized Sleep Scheduling



Sleep Diary



Interactive Exercises



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



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