CBT-i Coach Mobile App

CBT-i Coach is designed for use by people having difficulty sleeping and who are participating in Cognitive Behavioral Therapy for Insomnia (CBT-i). It is meant to be used in conjunction with face-to-face treatment with a healthcare professional, and while some of the interventions can be used on their own with ease, it is not intended to replace therapy for those who need it.

Sleep difficulties are very common, especially among patients with depression, posttraumatic stress disorder, and physical pain. Treatment with pharmaceuticals is an option, but research suggests that CBT-i, a specific adaptation of cognitive behavioral therapy to insomnia, can also have a tremendous benefit, sometimes with better results than medication. With CBT-i, patients are provided education about how sleep works, are taught to recognize how their thoughts and sleep-related behaviors affect their sleep patterns, and are guided on how to adjust both their sleep routines and their approach to sleep to enhance sleep quality and duration.

CBT-i Coach is based on the therapy manual Cognitive Behavioral Therapy for Insomnia in Veterans by Rachel Manber, Ph.D., Leah Friedman, Ph.D., Colleen Carney, Ph.D., Jack Edinger, Ph.D., Dana Epstein, Ph.D., Patricia Haynes, Ph.D., Wilfred Pigeon, Ph.D. and Allison Siebern, Ph.D. CBT-i has been shown to be an efficacious treatment for insomnia in a number of clinical trials, including when it co-occurs with other medical and psychiatric conditions. The development team for this app included a team of expert sleep researchers and clinicians.

CBT-i Coach was a collaborative effort between the Department of Veterans Affairs’ National Center for PTSD (NCPTSD), Stanford University Medical Center, and the Department of Defense’s National Center for Telehealth and Technology (T2).
CBT-i Coach Features

Sleep Diary, an interactive sleep record, facilitates convenient daily logging of sleep habits.

Sleep Prescription helps user decide how long to spend in bed for sleep. It can be updated manually using provider recommendation, or automatically based on the last five days of sleep data.

I Need More Sleep assesses daytime sleepiness through a questionnaire and can automatically adjust user’s sleep prescription.

Assessment contains the Insomnia Severity Index (ISI), a validated insomnia measure, and a graph to view progress.

Interactive exercises based on sleep hygiene guidelines encourage users to adopt positive sleep habits and to personalize routines and reminders.

Standard relaxation and cognitive exercises adapted for mobile devices are presented as dynamic tools to facilitate sleep.

A motivational relapse prevention module assesses skill maintenance through an interactive quiz which provides tailored feedback to encourage the maintenance of progress.

User can review the sleep prescription and current sleep efficiency at a glance.

Customizable reminders allow users to personalize alarms and notifications to encourage behavioral modification. Includes reminders for when to prepare for bed, go to sleep, and get out of bed, and prompts to record sleep habits and take assessments.

Three comprehensive psychoeducational modules explain the physiology of sleep, the benefits of sleep hygiene, and CBT-I terms.

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