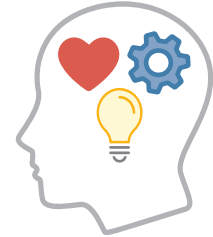


Cognitive behavioral therapy for insomnia

Many adults have a hard time going to sleep or staying asleep, also called insomnia. Cognitive behavioral therapy for insomnia (CBT-I) is one of the best treatments. CBT-I uses a personalized approach that can help you identify and address the causes of poor sleep.

CBT-I helps you work through your behaviors, thoughts, and feelings around sleep.



There are many benefits to CBT-I.

- ✓ Improved sleep continues **months to years** after finishing CBT-I sessions.
- ✓ Unlike medications, there are **no side effects to CBT-I**.
- ✓ CBT-I may also **help with other conditions**, like depression or anxiety.

Medicare and other insurance providers cover CBT-I when insomnia is diagnosed by your healthcare professional. Ask your insurance provider what is covered and whether a referral is needed.

Find the CBT-I format that works for you.

CBT-I is usually 4 to 8 sessions, spread out over weeks or months. There are several format options to choose from.

Group/individual therapy



Find a group or therapist near you:

- [cbti.directory](https://www.cbt.directory)
- [findatherapist.com](https://www.findatherapist.com)
- [mentalhealthmatch.com](https://www.mentalhealthmatch.com)
- [helloalma.com](https://www.helloalma.com)
- [headway.co](https://www.headway.co)

Telehealth



- Insurance covers some online platforms, such as:
 - TalkSpace
 - Thriveworks
 - Brightside
- Some therapists offer virtual appointments

Digital apps



Free option:

- CBT-I Coach (best used along with a clinician)

Other options:

- Sleep Reset
- Night Owl

Online modules



These programs typically aren't covered by insurance. Examples include:

- [cbtforinsomnia.com](https://www.cbtforinsomnia.com)
- [drugfreesleep.com](https://www.drugfreesleep.com)

For links to the digital apps and online modules listed above, scan this code:



Service providers listed above are not specifically recommended or endorsed by Alosa Health.



Balanced information for better care

Copyright 2024 by Alosa Health. All rights reserved.



Pharmaceutical Assistance
Contract for the Elderly



These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. This material is provided by Alosa Health, a nonprofit organization which accepts no funding from any pharmaceutical company. It was supported by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania.

Mar 2024