

# INSOMNIA INTERVENTIONS

## Self-Help Resources



Thames Valley  
Family Health Team



### Books

Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia

Quiet your Mind and Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety or Chronic Pain

The Insomnia Workbook



### Online Resources

[mysleepwell.ca](https://mysleepwell.ca)

[sinkintosleep.com](https://sinkintosleep.com)

[sleeponitcanada.ca](https://sleeponitcanada.ca)

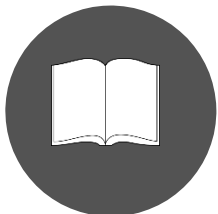
[deprescribingnetwork.ca](https://deprescribingnetwork.ca)



### Apps for Mobile Phones/Tablets/iPads

CBTi Coach

HALEO Virtual Sleep Clinic



### Sleep Diary

- [Sleep Diary \(Fillable\)](#)

Resource provided by: JR Davidson, <https://sinkintosleep.com>