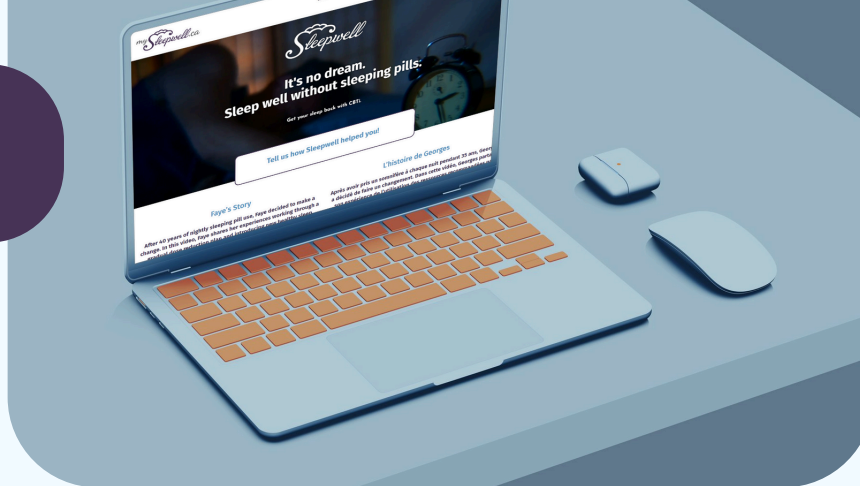


Cognitive Behavioural Therapy for insomnia



With CBTi, make changes to your sleep routine and take advantage of its **sleep-enhancing techniques** to get a **better night's sleep without sleeping pills.**

5 components of CBTi



CONTROL

Fix your relationship with your bed and stop your mind from racing.



SLEEP DRIVE

Reduce your time in bed short-term to enhance your sleep long-term.



RELAXATION

Practice your chosen relaxation technique to prepare your body and mind for sleep.



THOUGHTS

Work through the “thinking traps” that keep you awake.



HYGIENE

Adopt healthy sleep habits during the day, before bed, and when in bed.

Sleepwell recommends:



Books



Apps



Websites



Therapists online

mysleepwell.ca



Financial contribution:



Health Canada

Santé Canada



DALHOUSIE UNIVERSITY

The views expressed herein do not necessarily reflect those of Health Canada.