

Suggested Resources

Books

Perlis, M. L., Aloia, M., & Kuhn, B. (Eds.). (2010). Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions. Academic Press.

This book breaks the CBT-I down into the individual techniques, looks at the evidence for them, explains why they work, how to do them and how to modify them. It also covers behavioural interventions in children and in other sleep disorders. Highly recommended!

Perlis, M. L., Jungquist, C., Smith, M. T., & Posner, D. (2008). Cognitive behavioral treatment of insomnia: A session-by-session guide (1st ed.). Springer.

This is based on a model of 1:1 therapy over 10 sessions but is useful as it gives lots of sample dialogues showing how to deal with resistance etc.

Free Websites & Apps

<https://sleepful.me> – British based free CBT-I web and app based program.

CBT-I Coach – U.S.A. based app that is not a full CBT-I program but has lots of resources like a diary, PMR script etc.

Insomnia Coach – This is the beefed up version of CBT-I Coach with a more complete CBT-I program.

<https://on.soundcloud.com/gxXCL> - My recording of PMR which is free for anyone to use and can be shared with patients.