

# Insomnia and Sleep Issues Program

Good sleep is essential for our health and well-being. If you're not sleeping well, it can affect your mood and your health. My Military Health offers a digital therapy program that can help you to figure out the causes of your sleep problems. You will learn ways to improve your sleep, so you wake up feeling more refreshed.



## Understanding and knowledge

You will learn about the sleep cycle, and why it's the key to good sleep. As each person's sleep needs are different, you'll track your own sleep to work out your sleep patterns and see what might be affecting them.



## Skills and strategies

The program will help you to gain good sleep habits, which are the basis of better sleep. And if thoughts and worries are keeping you awake, you'll learn to manage them, so they don't disrupt your sleep.



## Forging ahead

By knowing about your unique sleep needs, you can start to have a healthy sleep cycle and make a plan to maintain it, even when other things in your life change. You'll worry less about sleep, because you'll have the tools and techniques to help you address any sleep problems in the future.

## Is this program for me?

This program can help you learn how to improve your sleep. You can access the Insomnia and Sleep Issues program on your phone, computer or tablet – wherever and whenever you need it. There are five modules to work through at your own pace. For most people it takes about six weeks.

## Cognitive behavioral therapy

This program is based on cognitive behavioral therapy (CBT). CBT helps people improve their well-being. It allows you to become more aware of how you are feeling and how to make the changes you need to feel better.

## Program modules

- **Getting Started** – First learn how CBT can help you improve your sleep.
- **Good Sleep Habits** – Discover what helps you to sleep well and what can disrupt sleep.
- **Improving Sleep Associations** – Fall asleep more easily by improving the association you have with your bed and sleeping.
- **Managing Thoughts and Worries** – This module teaches you how to manage thoughts and worries that might keep you awake.
- **Keeping your Sleep Cycle Healthy** – Find out what to watch out for to make sure you don't slip back into poor sleep habits.



“A good night’s sleep makes everything seem possible. I am so proud of the changes I have managed to make; they have made a big difference to my sleep.”

- Heather, program user

## Tools and activities

The Insomnia and Sleep Issues program contains many helpful tools and activities including:

- **Sleep Diary** – Record and review your sleep to understand your sleep patterns.
- **Thoughts, Feelings, and Behavior Cycle** – Track your thoughts and feelings and see how they affect what you do.
- **Guided Visualization** – Prepare your mind and body for sleep by listening to a relaxing visualization exercise.
- **Bedtime Routine Plan** – Create a healthy bedtime routine.
- **Sleep Efficiency Calculator** – Work out how much time you should be spending in bed based on your sleep efficiency.

For technical assistance, contact the My Military Health Help Desk:  
844-DIAL-MMH (844-342-5664) [dhasupport.mymilitary@health.mil](mailto:dhasupport.mymilitary@health.mil)

