Getting Started

The first module introduces users to the different factors that are helpful and unhelpful in terms of sleep, including a synopsis of Insomnia and other sleep issues. Core concepts of cognitive behavioral therapy (CBT) are presented, and the module examines how this approach can support users in improving their relationship to sleep.

Good Sleep Habits

This module helps users figure out what sleeping habits they have been engaging in up to this point and which of these are helpful or hindering. It will also give users some suggestions on how to develop positive sleeping habits, so that they can create a healthier bedtime routine.

Improving Sleep Association

This module helps users understand how their sleeping difficulties may have contributed to a long-term association between bed and having trouble sleeping. It will explore why this can happen, so that they can get better acquainted with their own bed/sleep associations and will look at what they can do to improve these associations.

Sleeping Less to Sleep Better (Unlockable)

Sleeping less may initially sound counterproductive, however there are times when restricting sleep helps to improve sleeping. This module will give users information on how and when sleep restriction can benefit them.

Sleeping Less to Sleep Better (Shiftwork) (Unlockable)

Sleeping less may initially sound counterproductive, however there are times when restricting sleep helps to improve sleeping. This module will give users information on how and when sleep restriction can benefit them. It can be particularly helpful for people who engage in shiftwork and as a result have difficulties with getting an optimal amount of sleep.

Managing Thoughts And Worries

Sometimes we can be kept awake because we cannot stop thinking about something that has happened or something which may happen in the future. This module will help users address this issue by understanding the effect that thoughts can have and learning how best to manage thoughts or worries when they want to go to sleep.

Keeping Your Sleep Cycle Healthy

This final module will look at how users can maintain the changes they've made so far and be on the lookout for any signs that may hinder their sleeping in the future.

Insomnia and Sleep Issues

MODULE	KEY TOPICS	GOALS	TOOLS
Getting Started	• Sleep and its effects on the body • The TFB cycle of Insomnia and other Sleep Difficulties • CBT & Sleep • Introduction to Progressive Muscle Relaxation (PMR)	• Understand sleep problems • Learn about the tools to overcome sleep issues • Develop techniques to sleep better	• Sleep Diary • Time in Bed Prescription • Progressive Muscle Relaxation (PMR) • Goals
Good Sleep Habits	• Identifying sleep habits • Developing a Bedtime Routine • Preparing the environment and mindset for sleep	• Develop good sleep habits • Associating the bed with sleep • Build a daily 'time for bed' routine	• Planning a Bedtime Routine • Visualization and Relaxation
Improving Sleep Association	• Identifying sleep associations • Learning and improving bed and sleep association • How to relax for sleep	• Learning how to drop off to sleep more easily by improving mind and body associations	• Improving Sleep Association Plan • White Noise and Relaxation
Sleeping Less To Sleep Better (Unlockable)	• Sleep restriction • Figure out 'time in bed' based on sleep efficiency • Calculate sleep prescription	• Learn about sleep restriction, an evidence-based technique for better sleep	• Calculating a Sleep Prescription • Breathing and Relaxation
Sleeping Less to Sleep Better (Shiftwork) (Unlockable)	• Sleep restriction • Figure out 'time in bed' based on sleep efficiency • Adapt a sleep routine to a shift • Calculate a sleep prescription	• Learn about sleep restriction, tailored for people who have shift pattern work schedules	• Calculating a Sleep Prescription • Breathing and Relaxation
Managing Thoughts And Worries	• Controlling thoughts and worries • How to plan and prepare to switch off and focus on sleep • How to connect to the moment and focus on breathing	• Learn a number of evidence-based techniques to help manage disruptive thoughts and worries	• Challenging Thoughts • Worry Time Technique • The Counteract It Tool • Planning, Preparation & Problem Solving • Staying In The Present
Keeping Your Sleep Cycle Healthy	• Maintaining a health sleep cycle • Being aware of warning signs and progress	• Build on the work done so far to improve sleep • Keeping the sleep cycle healthy in the future	• Noticing Early Warning Signs • Reflecting On Progress • Keeping An Eye On Sleep