

# 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](https://mysleepwell.ca)



Health  
Canada

Santé  
Canada

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

*Financial contribution:*

