

What is Insomnia? According to the American Academy of Sleep Medicine's International Classification of Sleep Disorders (3rd edition), insomnia is defined as having persistent difficulty with falling asleep, staying asleep, inadequate sleep duration or sleep quality. Your Primary Care Practitioner may refer you for an overnight sleep study to rule in/out insomnia. The sleep study is a comprehensive test used to diagnose sleep disorders that records your brain waves, oxygen level in your blood, heart rate, breathing, as well as eye and leg movements during sleep. Insomnia is a common issue and is unlikely to get better without treatment.

CBT-I is a structured, evidence-based treatment that involves stimulus control therapy, sleep restriction, relaxation training and other behavioural methods, including keeping track of sleep using a diary. CBT-I treatment has been shown to be an effective long term treatment for sleep problems and is considered a first-line treatment as it does not carry any risks associated with sleep medication.

FREE/OHIP COVERED & SLIDING SCALE TREATMENT

Family Service Toronto | A team of therapists who offer CBT-I and support with sleep issues and insomnia | Sliding scale fees are based on household income | Self-refer: Tel: 416-595-9618 | <https://familyservicetoronto.org/our-services/programs-and-services/counselling/>

Centre for Interpersonal Relationships | Team of Psychologists, Social Workers & Psychotherapists who offer support with sleep issues and insomnia | Sliding scale fees start at \$70 per session | Self-refer: Tel: 1-855-779-2347 Email: Toronto.admin@cfir.ca | <https://cfir.ca/2019/12/13/five-easy-tips-to-improve-your-sleep-quality/>

Shift Collab | Team of Social Workers and Psychotherapists offering support with sleep issues and insomnia | Sliding scale fee of \$90 per therapy session | Self-refer: Tel: 416-962-8255 Email: hello@shiftcollab.com | <https://www.shiftcollab.com/>

Mind Beacon | Therapist Guided Program helps to address stress, anxiety, sleep issues and insomnia | Free for Ontario residents | Self-refer by signing up: https://info.mindbeacon.com/freetherapy-1?utm_campaign=Ontario&utm_source=google&utm_medium=sem&utm_content=performance&gclid=Cj0KQCjw8vqGBhC_ARIsADMSd1BFR8B1Twnfk1RC2i1eT-qNvX4nupdxCaNXmc8Snf0y7gBVnnaF_ZYaAkQ9EALw_wcB

Sleep & Depression (SAD) Lab | Sleep research & treatment lab run by Dr. Colleen Carney | Contact the lab re: edibility to participate in research and receive free CBT-I treatment | Tel: 416-979-5000 ext. 552185 Email: sadlab@ryerson.ca | <https://psychlabs.ryerson.ca/carney/be-a-participant/>

PRIVATE CBT-INSOMNIA TREATMENT (FULL FEE)

CBT Associates | Team of Psychologists, Social Workers & Psychotherapists who offer structured CBT-I treatment | Self-refer: 416-363-4228 Online Intake Form: <https://signupform.info/form/cbtassociates> | <https://www.cbtassociates.com/adults/problems-addressed/insomnia/>

The Clinic on Dupont | Team of Psychologists who offer structured CBT-Insomnia treatment | Self-refer: Tel: 416-515-2649 Email: info@theclinicondupont.com | <https://www.theclinicondupont.com/treatments/cbt-sleep-clinic/>

Sleep on the Bay | Team of sleep experts who provide CBT-Insomnia treatment | Self-refer: Tel: 416-551-8296 Email: admin@sleeponthebay.ca | <https://sleeponthebay.ca/behavioural-sleep-medicine-and-psychology/>

Toronto Psychology Centre | Team of Psychologists & Social Workers who offer structured CBT-Insomnia treatment | Self-refer: Tel: 416-333-4909 Email: info@torontopsychologycentre.com | <https://torontopsychologycentre.com/areas-of-focus/insomnia/>

The Mindfulness Clinic | Team of Psychotherapists, Social Workers and Psychologists who offer CBT-Insomnia treatment | Self-refer: Tel: 416-847-7118 Email: info@themindfulnessclinic.ca | <https://www.themindfulnessclinic.ca/issues/insomnia/>

WEBSITES & APPS

My Sleep Well | Website with CBT-Insomnia rules, sleep diary, sleep efficiency calculator and other resources | <https://mysleepwell.ca/>

Sink into Sleep | Sleep website run by Dr. Judith Davidson, a Canadian scientist-clinician in the field of sleep and sleep disorders | <https://sinkintosleep.com/>

Sleep On It | Canadian public health campaign website about all things sleep related | <https://sleeponitcanada.ca/>

CBT-I App | Free app that includes sleep diary, sleep education and CBT-I rules/skills | <https://mobile.va.gov/app/cbt-i-coach>

Go! to Sleep | 6-week online course developed by Cleveland Clinic using CBT-I principles | Fee-based | Visit website for more information <http://www.clevelandclinicwellness.com/Pages/GoToSleep.htm>

Sleepio | Uk based website and app with self-help CBT-I program that is personalized and interactive | Fee-based | Visit website for more information <https://www.sleepio.com/>

CBT-INSOMNIA BOOKS / SELF-HELP WORKBOOKS

End the Insomnia Struggle: A Step-by-Step Guide to Help you Get to Sleep and Stay Asleep | Authors: Colleen Ehrnstrom and Alisha Brosse | <https://www.newharbinger.com/9781626253438/>

The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need | Author: Stephanie Silberman | <https://www.newharbinger.com/9781572246355/>

Quiet Your Mind & Get To Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain | Authors: Colleen Carney, PhD and Rachel Manber, PhD | <https://www.newharbinger.com/9781572246270/>

Sink Into Sleep: A Step-by-Step Guide for Reversing Insomnia | Author: Judith Davidson, PhD | <https://www.chapters.indigo.ca/en-ca/books/product/9780826148155-item.html>

This CBT-Insomnia (CBT-I) resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.