

Søvn



InsomniaC...



CBT-i Coach



Sleep Diary



Sleep-Diary



Sleep Coac...



SchlafGesund



Circady




Sleepio



Calm





Insomnia Coach

Helse og trening
US Department of Veterans Affairs (VA)

★★★★★


ikke nok vurderinger

HENT

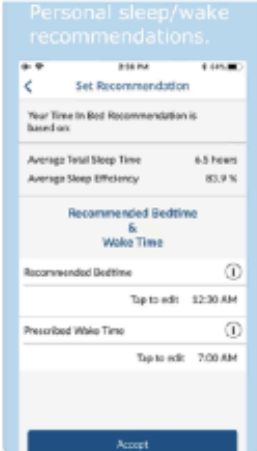
12+ Alder

Screenshots iPad iPhone

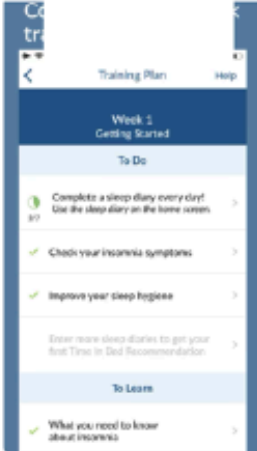
A complete, self-guided solution to sleep.



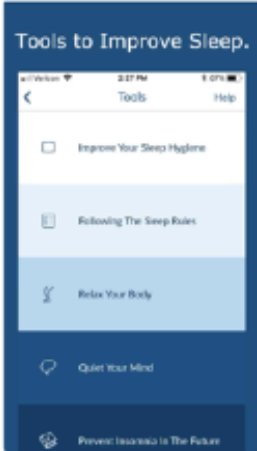
Personal sleep/wake recommendations.



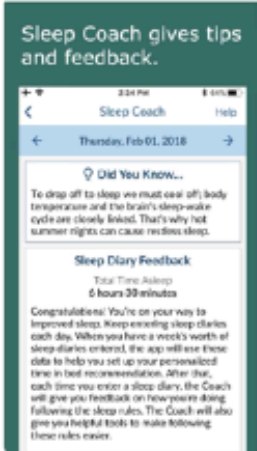
Training Plan



Tools to Improve Sleep.



Sleep Coach gives tips and feedback.



Tilbyr app for iPad

Insomnia Coach is designed for Veterans, military Servicemembers, and others who are suffering from insomnia. The app is based on Cognitive Behavioral Therapy for Insomnia (CBT-i) and provides:

- * a guided, weekly training plan to help you track and improve your sleep
- * a sleep coach with personal feedback about your sleep and fun sleep tips

US Department of Veter...

Besøk nettsted

Kundestøtte



Apper

Kategorier ▾

Startside

Topplister

Nye utgivelser

Mine apper

Butikk

Spill

For barn

Utvalgte apper

Konto

Betalingsmåter

Mine abonnementer

Løs inn

Min ønskeliste

Min Play-aktivitet

Foreldreoversikt



Insomnia Coach

US Department of Veterans Affairs (VA)

Sunnhet og trening

★★★★★ 6

PEGI 3

Denne appen er kompatibel med noen av enhetene dine.

Installert

Complete, multi-week training plan.

Tools to Improve Sleep.

Sleep Coach gives tips and feedback.

A complete, so solution to sle

11:43



Insomnia Coach



Tue
Apr 28

Wed
Apr 29

Thu
Apr 30

Fri
May 01

Sat
May 02

Sun
May 03

Today



TRAINING PLAN



SLEEP COACH



TOOLS



LEARN



PROGRESS

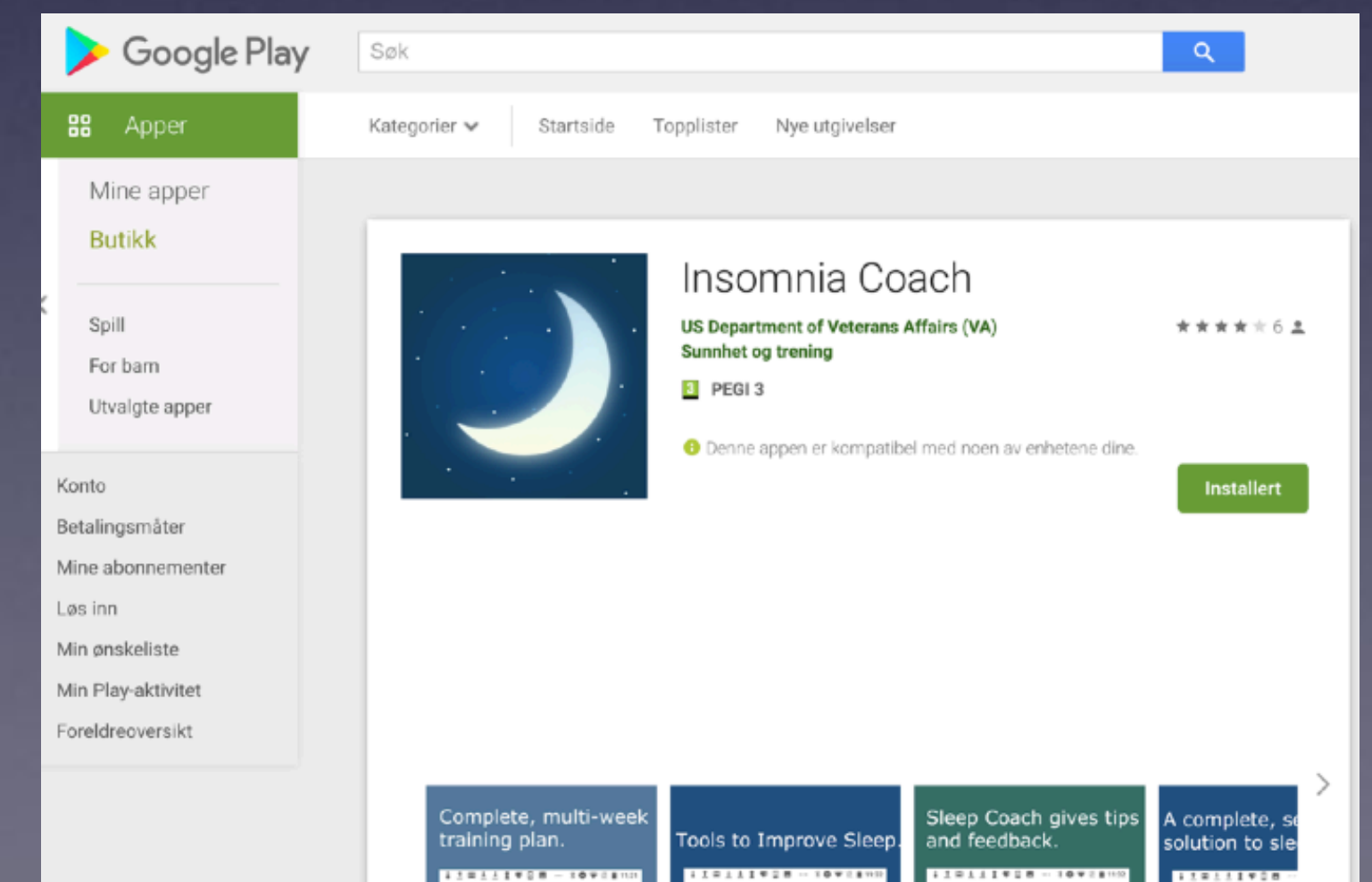
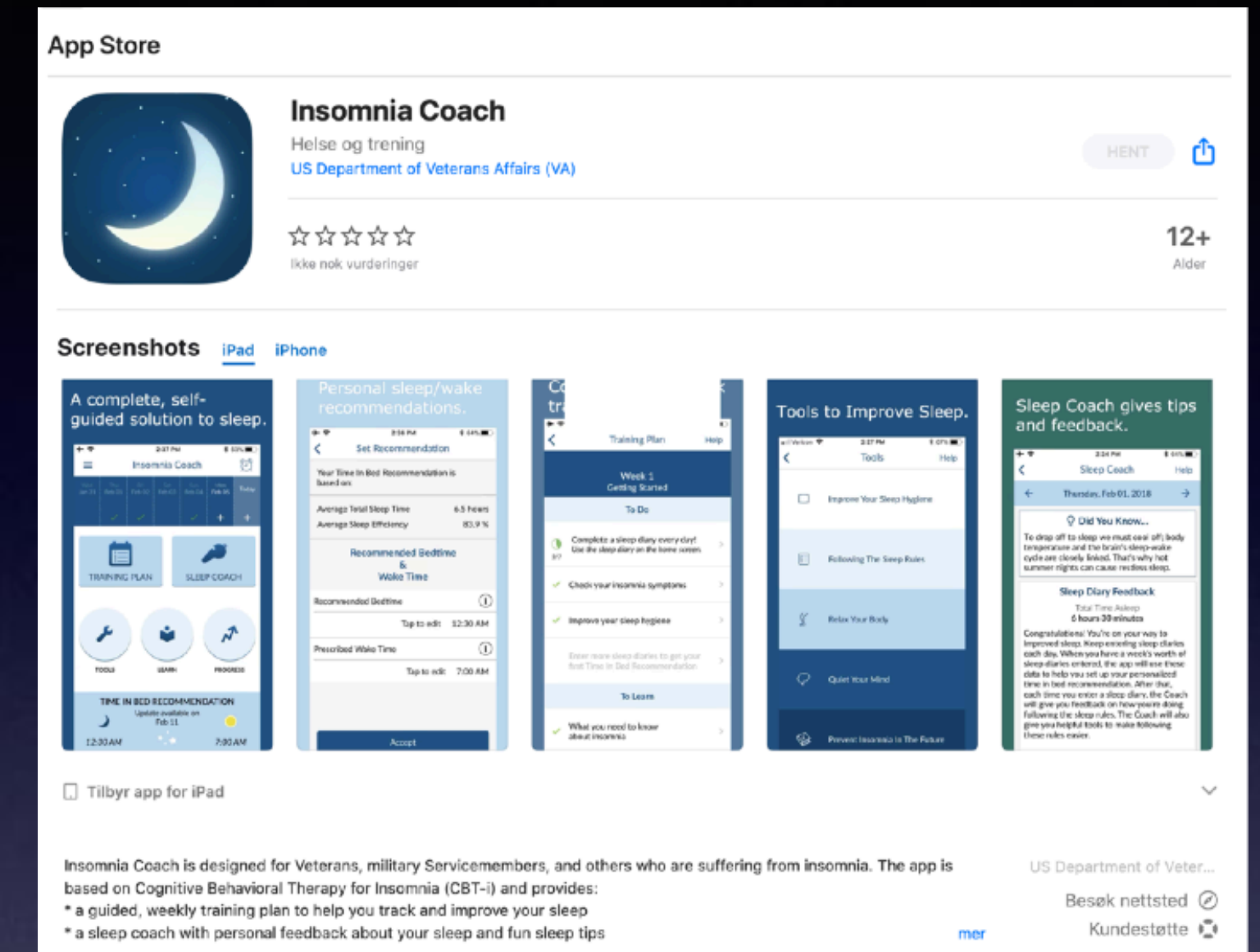
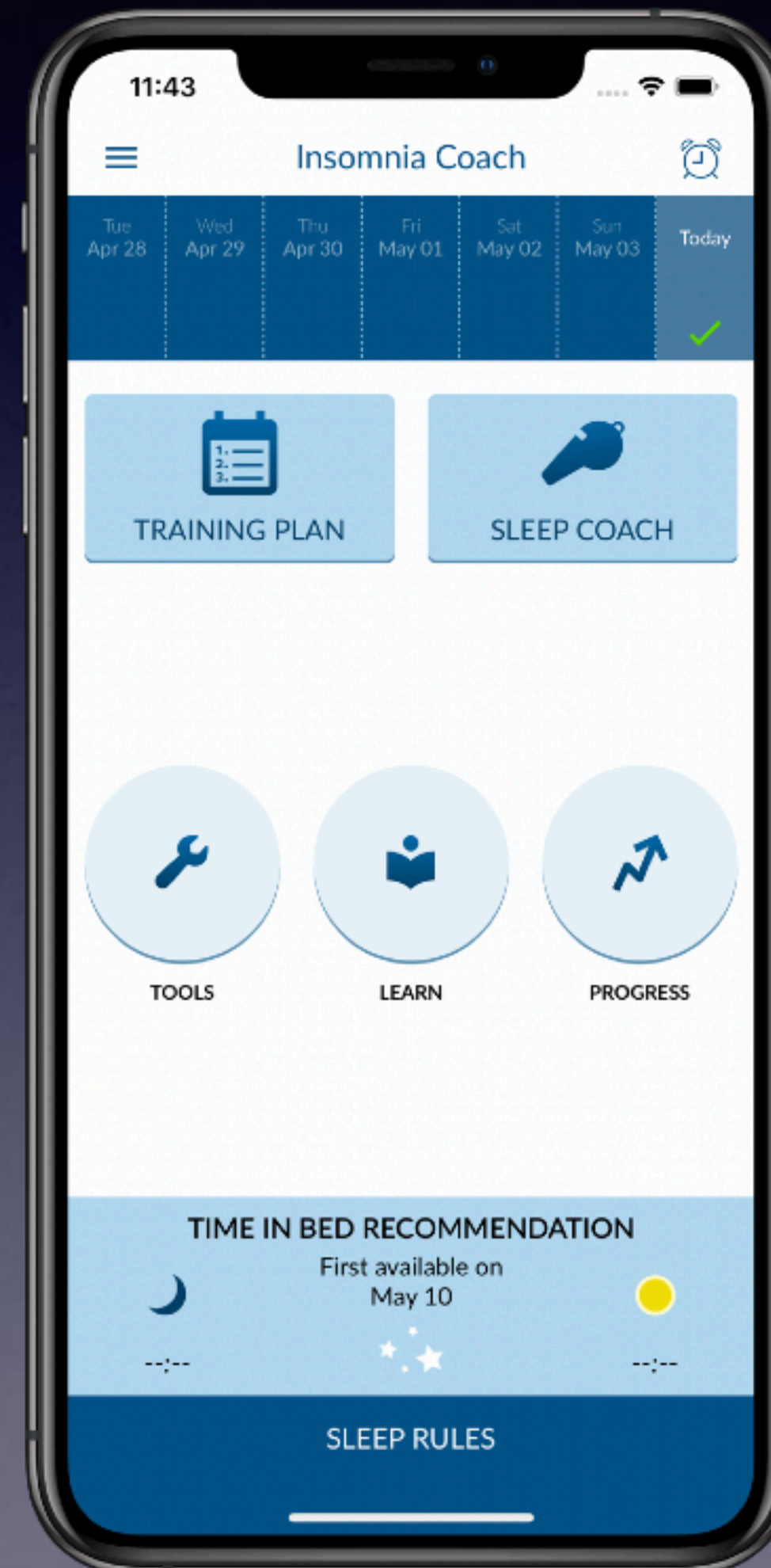
TIME IN BED RECOMMENDATION

First available on
May 10



SLEEP RULES

App



Kartlegging: **ISI** (Insomnia Severity Inventory)

