

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

11:42



Training Plan

Help

Week 1 Getting Started

To Do



1/7

Complete a sleep diary every day!
Use the sleep diary on the home screen.



Check your insomnia symptoms



Improve your sleep hygiene



Get your first Time In Bed
Recommendation on May 10



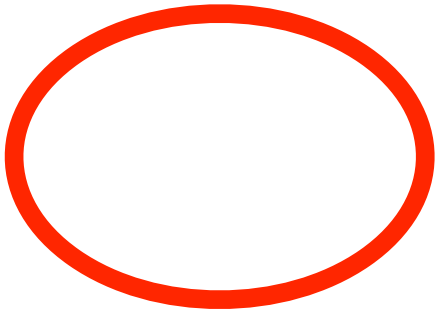
To Learn

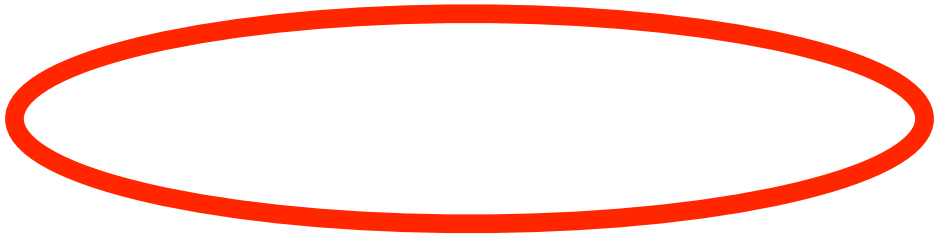
What you need to know about insomnia



How this app can help you







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Telia N 4G

19:56

100 %



Progress

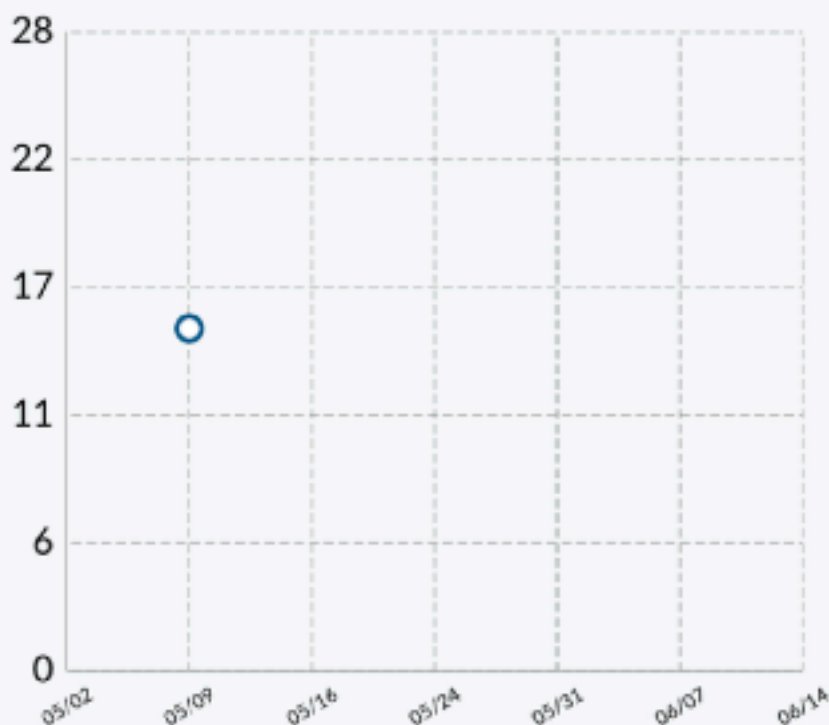
[Help](#)

Daily

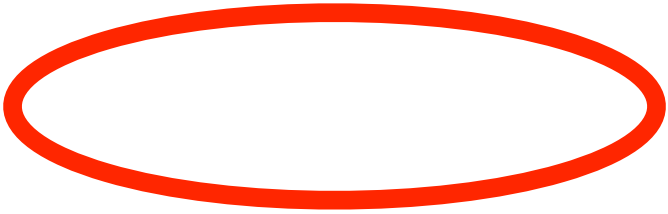
Weekly



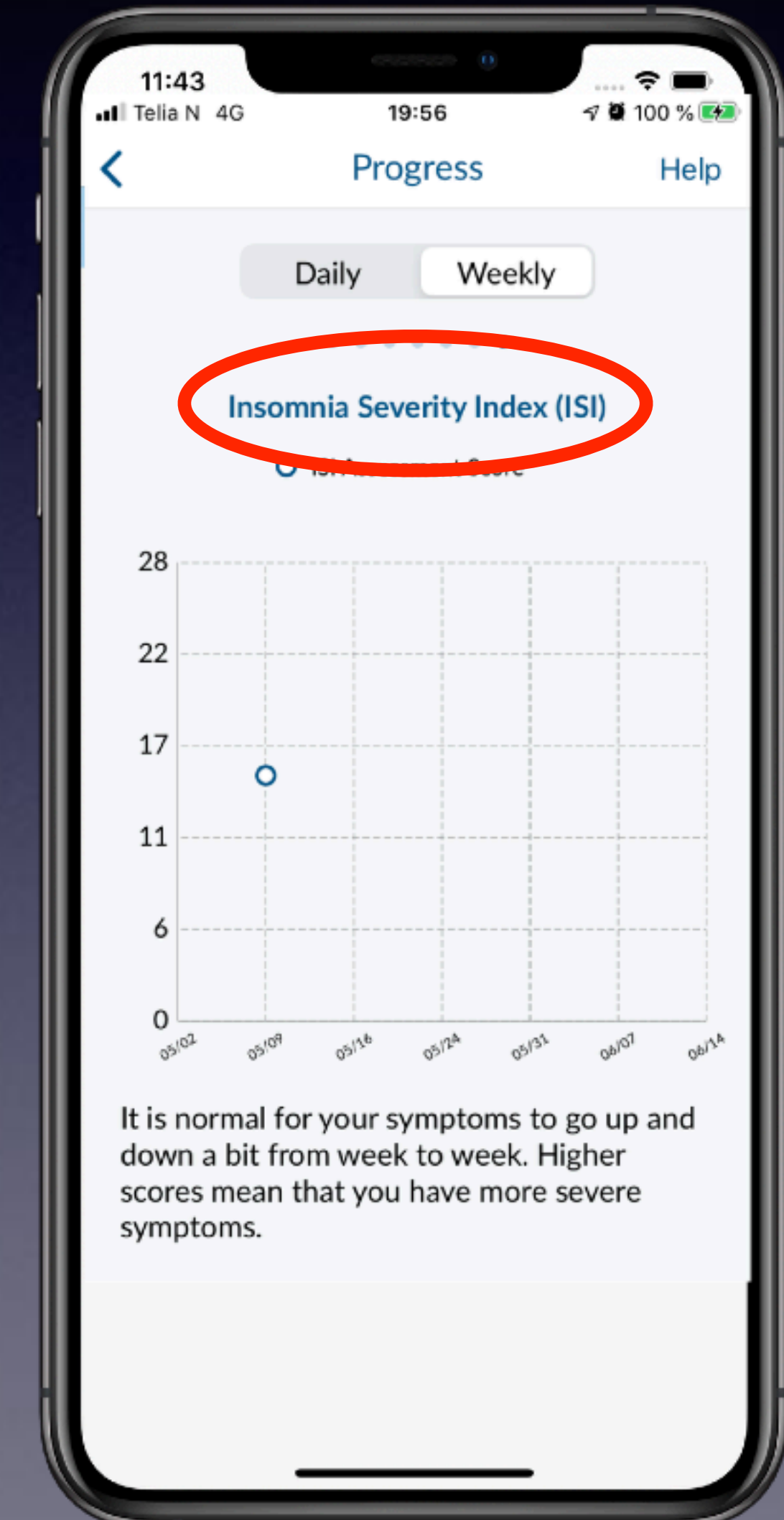
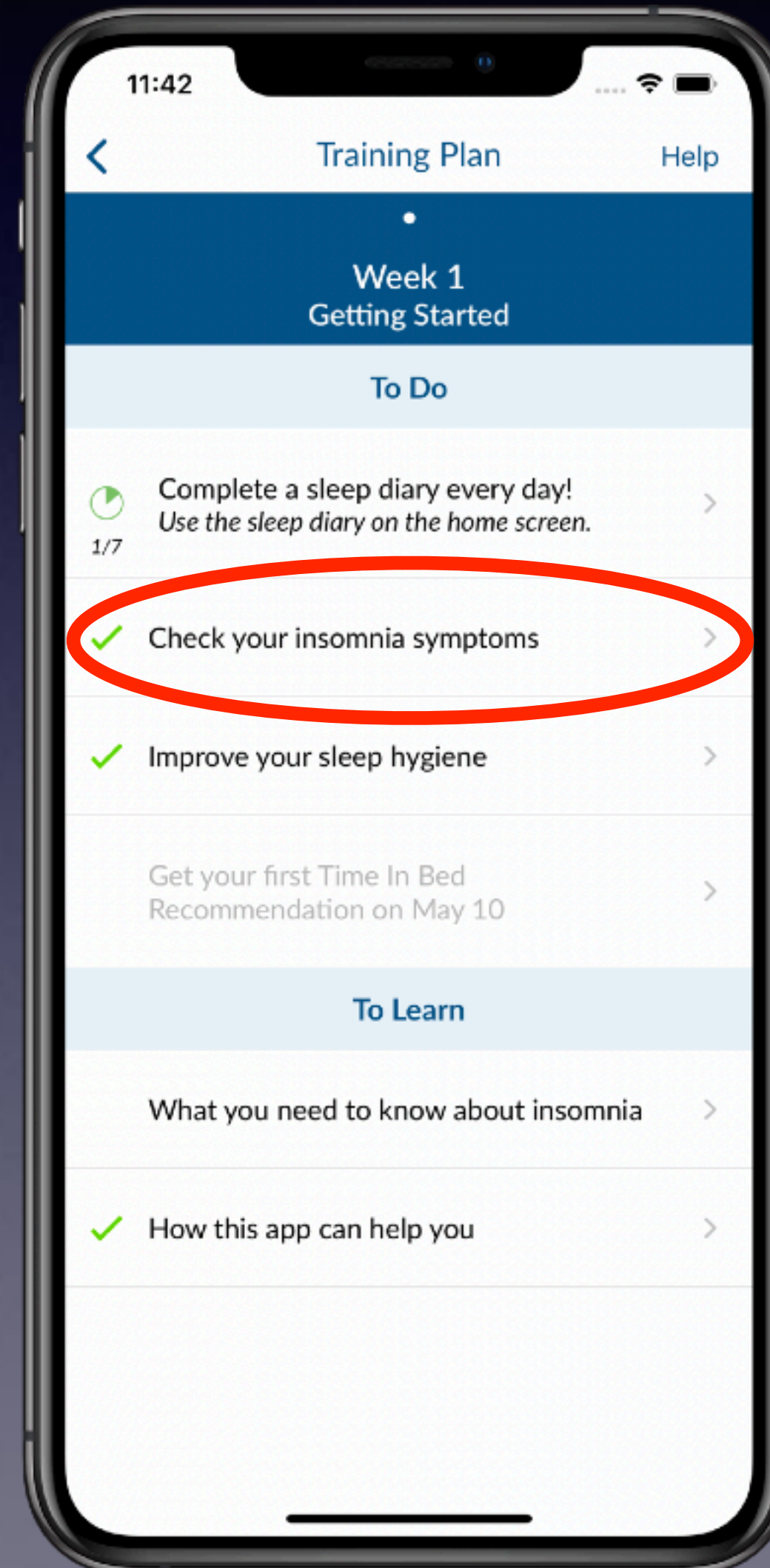
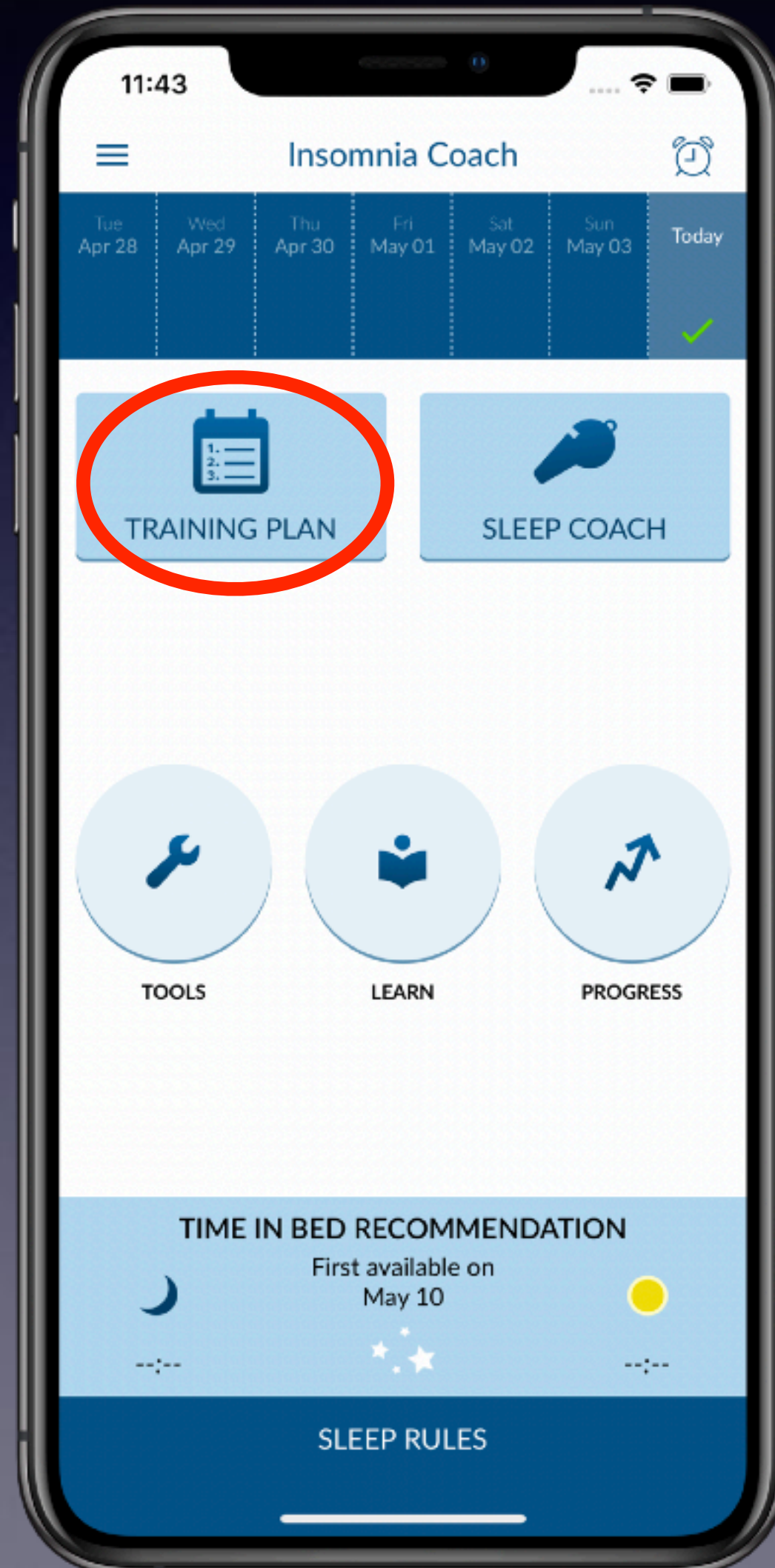
Insomnia Severity Index (ISI)

☐ ISI Assessment Score

It is normal for your symptoms to go up and down a bit from week to week. Higher scores mean that you have more severe symptoms.



2. Kartlegging: ISI (Insomnia Severity Inventory)



2. Kartlegging: Søvndagbok

