



VETERANS

Insomnia Coach

★★★★★ Average: 5 (1 vote)



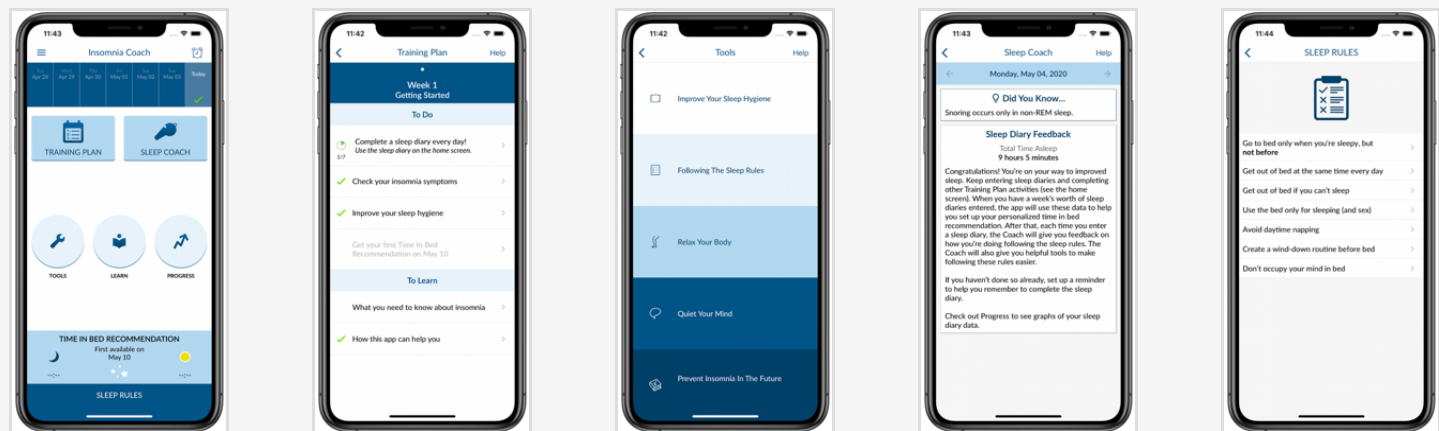
Description

Feedback to VA

The Insomnia Coach app was created for everyone, including Veterans and Service members, to help manage insomnia. The app is based on Cognitive Behavioral Therapy for Insomnia (CBT-I).

FEATURES

- Guided, weekly training plan to help you track and improve sleep
- Sleep coach with tips for sleeping and personal feedback about your sleep
- Interactive sleep diary to help you keep track of daily changes
- 17 tools to help you get your sleep back on track



App Store



Insomnia Coach

Helse og trening
US Department of Veterans Affairs (VA)

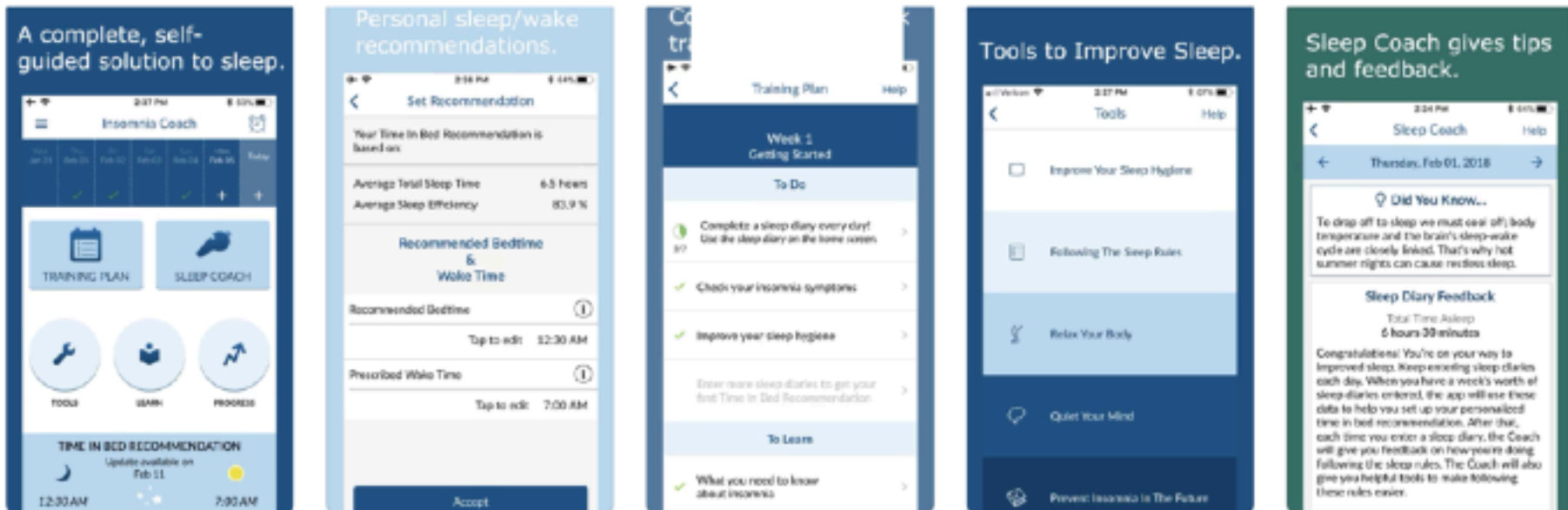
★★★★★
Ikke nok vurderinger

HENT



12+
Alder

Screenshots iPad iPhone



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

mer



Søk

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

PEGI 3

Denne appen er kompatibel med noen av enhetene dine.

Installert

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

