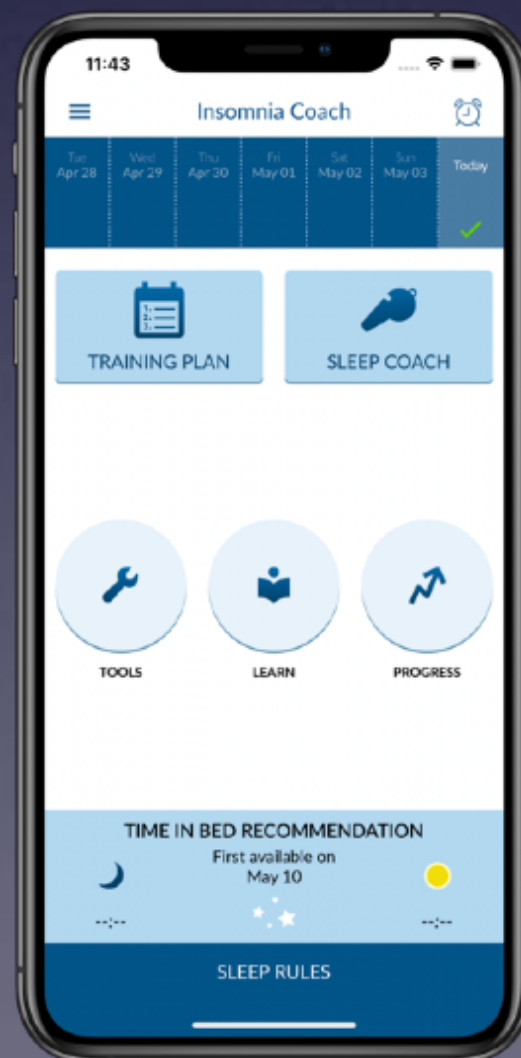


3. Utregning



App



VETERANS

Insomnia Coach

5 stars

Average: 5 (1 vote)

Download on the App Store

GET IT ON Google Play

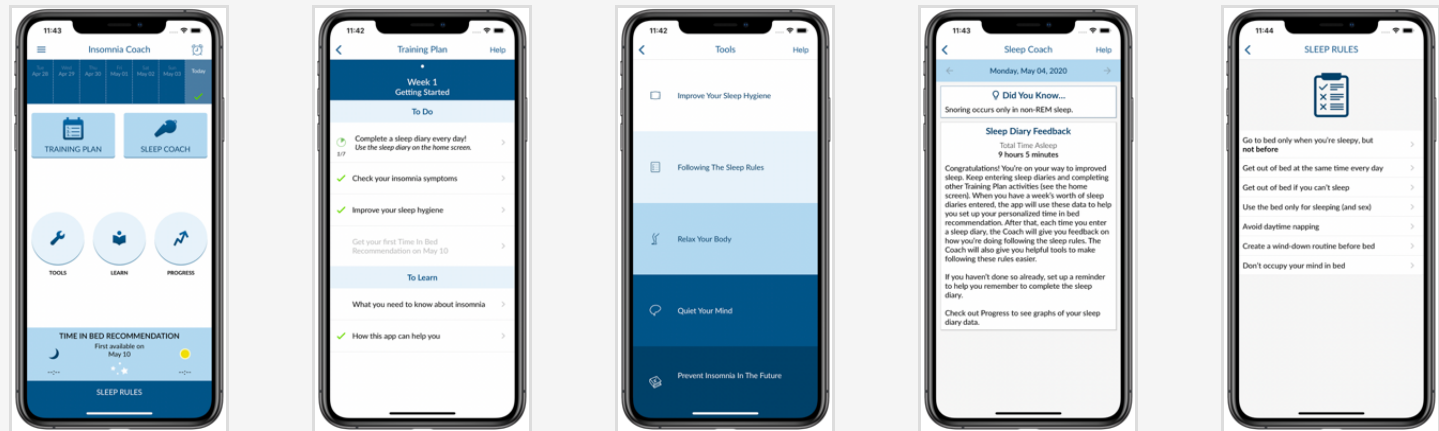
Description

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)

5 stars

Ikke nok vurderinger

HENT

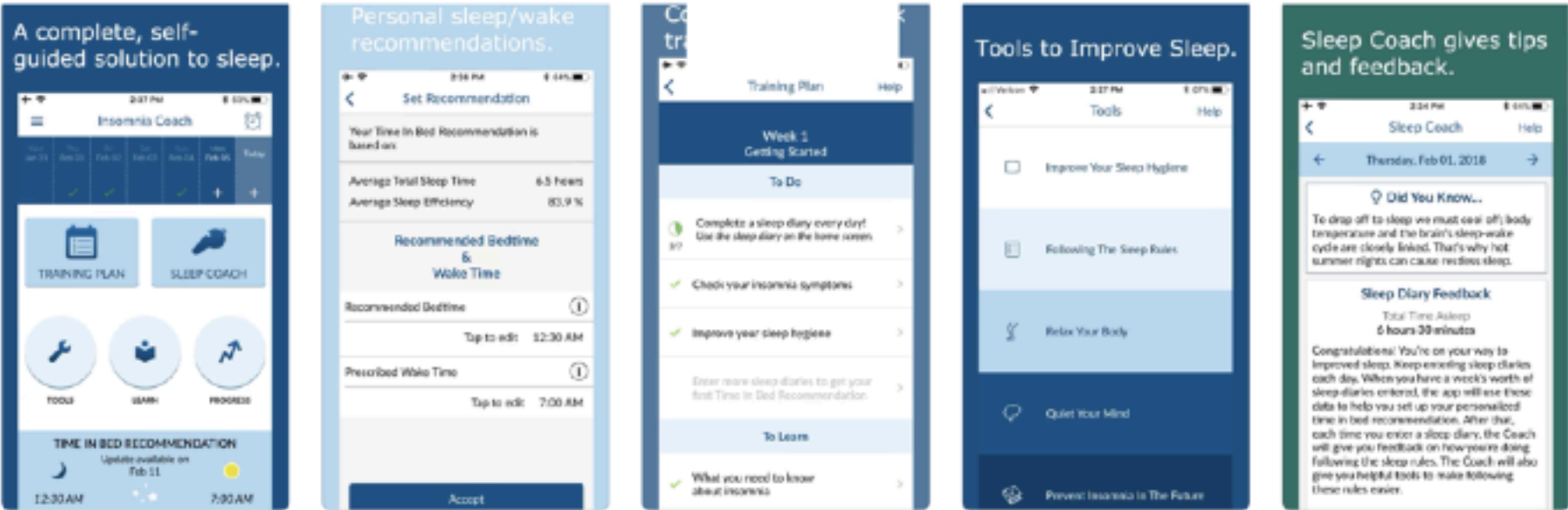
12+

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

