

Mind Beacon

Guided CBT Program

Insomnia



WHAT IS INSOMNIA?

Insomnia refers to persistent difficulties falling asleep, staying asleep, or achieving restorative sleep. Insomnia can be caused by stress, poor sleeping habits, mental health difficulties, irregular sleep schedules, pain, physical illnesses, neurological problems or medication.

Insomnia is considered chronic if it lasts longer than three months.

PREVALENCE OF INSOMNIA IN CANADA

The prevalence of insomnia in Canada varies between 6 and 48% depending on the definition used including symptoms, consequences on daily life, sleep satisfaction rates and diagnosable disorders¹. According to estimates, 6-10% of Canadians meet the criteria for insomnia disorder; an even larger proportion (25%) of adults are dissatisfied with their sleep, and 10-15% report insomnia affecting their daily lives¹.

It is also estimated that 40% of individuals with chronic insomnia also struggle with a mental health disorder².

ABOUT THE PROGRAM

MindBeacon's insomnia program is an internet-delivered treatment based on principles of Cognitive Behavioural Therapy (CBT), the most studied and best supported nonpharmacological treatment (treatment without the use of medication) for insomnia³.

The insomnia program provides access over 12 weeks to our platform and includes information and reading materials as well as skills-based exercises. The entire program is completed under the guidance of a therapist who helps to tailor the material to each individual client's needs, empowering them with a toolkit of skills to carry into the future. Clients continue to have unlimited access to the platform following completion of the program, allowing them to consistently review the readings and exercises on their own.

¹ <https://www150.statcan.gc.ca/n1/pub/82-003-x/2018012/article/00002-eng.htm>

² <https://www.sleepfoundation.org/insomnia/what-causes-insomnia>

³ van Straten A, van der Zweerde T, Kleiboer A, Cuijpers P, Morin CM, Lancee J. Cognitive and behavioral therapies in the treatment of insomnia: a meta-analysis. *Sleep Med Rev.* 2018;38:3-16

WHO SHOULD ENROLL?

Individuals over the age of 16 who are experiencing difficulties with sleep including falling asleep or staying asleep are eligible to enroll in this program regardless of whether or not they meet diagnostic criteria for insomnia.

This program is not appropriate for individuals with sleep apnea or bipolar disorder.

RESEARCH BEHIND THE DEVELOPMENT OF THE PROGRAM

MindBeacon is committed to evidence-based care. Our programs are developed by clinical psychologists with expertise in CBT, insomnia, and empirical research



INSOMNIA PROGRAM TOOLKIT & MODULES

Topics covered in the insomnia program include:

- ✔ Understanding insomnia
- ✔ Learning about sleep
- ✔ Setting your sleep window
- ✔ Relaxation
- ✔ Examining sleep related beliefs
- ✔ Strategies for managing worry
- ✔ Mindfulness and acceptance
- ✔ Building a personalized insomnia management toolkit.



YOUR MOST COMMON QUESTIONS ANSWERED

What is a Guided CBT Program?

Cognitive behavioral therapy (CBT) is recognized as the most effective psychological treatment for insomnia³. Recent studies also support the effectiveness of internet CBT in treating insomnia⁴.

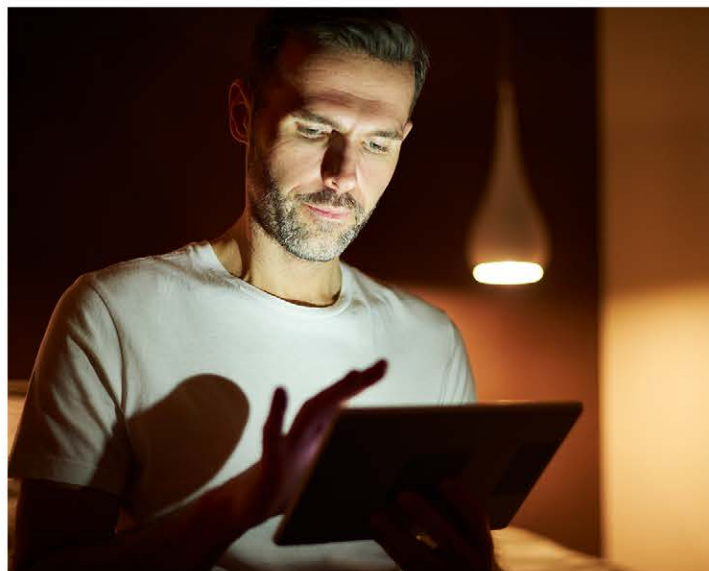
On the MindBeacon platform, individuals experience CBT at their own pace and on their own schedule, with their dedicated therapist guiding them throughout. Our program content includes readings and exercises that have all been developed by clinical experts to help individuals develop the skills they need to thrive. Individuals can access the program when and where it suits them, and send messages to their therapist when something is on their mind. Therapists respond to client messages within 2 business days.

How does CBT for insomnia help?

CBT targets the thinking and behavioural patterns that contribute to insomnia. With MindBeacon, individuals will learn to recognize and challenge beliefs about sleep and manage worries that interfere with their ability to fall asleep. Individuals will also learn to set a realistic sleep schedule, develop good sleep habits, and avoid behaviours that keep them from sleeping well.

Can this program be used in tandem with sleep medications?

CBT for insomnia is a first-line treatment. The focus of the program is on empowering individuals with the skills and strategies they need to manage their sleep effectively without the use of medications. MindBeacon therapists are not licensed to prescribe or comment on medication regimes and individuals who are currently taking sleep medications are welcome to enrol in the program. However, they are encouraged to maintain consistent medication dosage and time of administration, in order to best observe effects of the CBT strategies. Contingent medication use can interfere with or obscure the effects of CBT.



⁴ van der Zweerde, T., Lancee, J., Ida Luik, A., & van Straten, A. (2019). Internet-Delivered Cognitive Behavioral Therapy for Insomnia: Tailoring Cognitive Behavioral Therapy for Insomnia for Patients with Chronic Insomnia. *Sleep medicine clinics*, 14(3), 301-315. <https://doi.org/10.1016/j.jjsmc.2019.04.002>