RESOURCES FOR MANAGING INSOMNIA

There are many good resources for helping to manage insomnia. The following represents only a small sample of what is available on this topic.

Resources available on Kaiser Permanente's website, kp.org:

- **Kp.org/listen:** Click on "podcast" (left side of the page) to access a list of guided imagery exercises. Scroll down to see one for Sleep. If you are using an iPad, you have to use the "download" function. Otherwise click on "listen".
- **kp.org/mindbody:** Find ways to improve your mood and health
- **kp.org/depression:** Learn about depression
- **kp.org:** Members can make appointments, refill prescriptions, and e-mail their doctor, an advice nurse, social worker, or pharmacist.
- **Kp.org/sleep:** Members can register for the Healthy Lifestyles Program for a health assessment and personalized action plans for managing depression, insomnia, stress, chronic health conditions, weight, tobacco cessation, chronic pain, nutrition, diabetes, and back pain.

Other Resources:

Kaiser Permanente Healthwise® Handbook: This self-care guide has information about more than 180 health care topics—including depression and other health issues. Members can receive a free copy from Membership Services.

Websites:
- Guided Imagery Exercises for pain, emotional issues and sleep available at: Http://tinyurl.com/o6a5okl
  - The sleep-related exercises are designed to help you relax in preparation for sleep. They are most effective when done while already lying in bed, however, they may also be done before getting into bed.

Books:
- Overcoming Insomnia: A Cognitive Behavioral Therapy Approach Workbook, by Jack Edinger and Colleen Carney:
  - A very good workbook which covers the principles of Cognitive Behavioral Therapy
- Quiet your Mind and Get to Sleep, by Colleen Carney and Rachel Manber:
  - This is an excellent book for those with insomnia plus chronic pain, anxiety or depression.

Apps
- CBT-i Coach: A Cognitive Behavioral Program for Insomnia. This app reviews the basics of the Cognitive Behavioral approach to treating insomnia that is taught in KP's Insomnia Class. It includes a Sleep Log, as well as additional tools for creating a better schedule, and tools for quieting your mind and relaxing.
  - Download for free in the app store.

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KAISER PERMANENTE
BEHAVIORAL HEALTH DEPARTMENT