

Title click on title to be visit the website	Author	Cost*	Duration	Description/Comments
Sink Into Sleep ‡	Judith Davidson	\$20	6 weeks	<ul style="list-style-type: none"> ▪ book features education and sleep workbook (logs, guided forms) ▪ can download copies of workbook forms from website (sinkintosleep.com) ▪ website features regularly updated news section ▪ covers all important features of CBTi
Say Goodnight to Insomnia ‡	Gregg Jacobs (author of Conquering Insomnia program)	\$20	6 weeks	<ul style="list-style-type: none"> ▪ diary, biofeedback, relaxation, positive thinking, good sleep habits, sleep restriction ▪ structure of the 6-week program is unclear
The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need ‡	Stephanie Silberman, Charles Morin	\$20	Variable	<ul style="list-style-type: none"> ▪ features assessment of sleep problems followed by tips/techniques ▪ covers all important features of CBTi
Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach Workbook ‡	Jack D. Edinger, Colleen E. Carney	\$30	Variable	<ul style="list-style-type: none"> ▪ use of sleep logs, assessment forms, other homework ▪ would be most useful if used in conjunction with the therapist guide and/or while working with a health professional (i.e., not likely a good choice for managing insomnia alone)
Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain ‡	Colleen E. Carney, Rachel Manber	\$20	Variable	<ul style="list-style-type: none"> ▪ sleep information, optimizing sleep habits, relaxation techniques ▪ no structured program ▪ focuses on CBT strategies for insomnia in individuals with anxiety, depression, or chronic pain (i.e., not for primary insomnia)

* We have provided you with a link to each book on Amazon.ca. We do not endorse Amazon over other sellers of the book including the original publisher. Prices vary depending on source (e.g., publisher, Amazon, etc.).

‡ Kindle version also available.