

Program and Location	Cost	Duration	Sleep Hygiene	Stimulus Control	Relaxation Techniques	Sleep Restriction	Cognitive Restructuring	Therapist Interaction	Research support
CBT-i Coach App (iTunes)	Free	4-6 weeks	✓	✓	✓	✓	✓	None	Indirect [†]
Sleeping tips, using CBT App (iTunes)	Free	n/a	✓	✓	✗	✗	✗	None	Indirect [†]
iSelfhelp – Insomnia App (iTunes)	\$5	n/a	✓	✓	✓	✓	✓	None	Indirect [†]
Sleep Training System Web	\$30	6 weeks plus 1 year access	✓	✓	✗	✓	✓	Additional cost for feedback on submitted sleep logs	Indirect [†]
Slumber PRO Web	\$40	4-8 weeks	✓	✓	✓	✓	✓	Questions submitted online. Response details unclear.	Indirect [†]
Conquering Insomnia Web	\$30-50	5 weeks	✓	✓	✓	✓	✓	Email and phone consults available at additional cost	Indirect [†]
Go! To Sleep Web, App (iTunes)	Online or App: \$40	6 weeks	✓	✓	✓	✓	✓	One-way daily emails	Indirect [†]
SHUTi Web	\$135	6 weeks	✓	✓	?	✓	✓	One-way information via messages and videos	2 RCTs
Sleepio Web	\$27/ week to \$269/year	6 core weekly sessions plus support	✓	✓	?	✓	✓	Tailored feedback, live group sessions	1 RCT
Online-Therapy Insomnia Web	\$350	8 weeks	✓	?	✓	?	?	Live-chat, daily feedback, online forums	Indirect [†]

[Click the title to be taken to the website.](#)

[†] Benefits assumed from in-person CBT research. ? information unavailable