

<b>Title</b> <small>click on title to be visit the website</small>	<b>What it is</b>	<b>Who it is for</b>
<b>Canadian Sleep Society brochures</b>	<ul style="list-style-type: none"> <li>▪ brochures on a variety of sleep topics</li> </ul>	Public
<b>Getting a good night's sleep, from Here To Help (BC)</b>	<ul style="list-style-type: none"> <li>▪ general information in an easy to read pamphlet about insomnia</li> <li>▪ 10 practical tips for getting a good night's sleep</li> </ul>	Public
<b>Healthy Sleep Tips</b>	<ul style="list-style-type: none"> <li>▪ 10 detailed sleep hygiene tips</li> </ul>	Public
<b>Sleep Diary</b>	<ul style="list-style-type: none"> <li>▪ printable one-week sleep diary</li> <li>▪ includes caffeine/alcohol consumption, sleep time/quality logs, and daily functionality rating</li> </ul>	Public
<b>Two Week Sleep Diary</b>	<ul style="list-style-type: none"> <li>▪ printable sleep log</li> <li>▪ summarizes sleep and daily routine</li> <li>▪ uses letters, symbols and shading to show sleep routine, caffeine/alcohol consumption, exercise, etc.</li> </ul>	Public
<b>Caffeine content for coffee, tea, soda and more</b>	<ul style="list-style-type: none"> <li>▪ provides caffeine content of various brands and types of coffee, tea, soft drinks, energy drinks and other products</li> </ul>	Public
<b>Inside Your Bedroom</b>	<ul style="list-style-type: none"> <li>▪ tips for optimizing bedroom environment and sleep conditions</li> </ul>	Public
<b>TOP (Toward Optimized Practice)</b>  <b>Adult Insomnia: Assessment to Diagnosis</b>  <b>Insomnia: Assessment to Diagnosis</b>  <b>Adult Primary Insomnia: Diagnosis to Management</b>	<ul style="list-style-type: none"> <li>▪ clinical practice guideline</li> <li>▪ information about assessment and diagnosis, diagnostic algorithm</li> <li>▪ includes patient screening questionnaire</li> <li>▪ downloadable sleep log</li> <li>▪ clinical practice guideline</li> <li>▪ overview of various treatment approaches (behavioural, pharmacological)</li> <li>▪ provides pointers for educating patients about therapies</li> </ul>	Clinicians  Public  Clinicians
<b>The Sleep Disorders</b>	<ul style="list-style-type: none"> <li>▪ free online book</li> <li>▪ directed at clinicians but also helpful for public education</li> <li>▪ chapter on insomnia includes treatment overviews (lifestyle, hygiene, CBTi, pharmacotherapy)</li> </ul>	Clinicians, public
<b>Cognitive Behavioural Therapy for Insomnia Video</b>	<ul style="list-style-type: none"> <li>▪ hour-long video for patients</li> <li>▪ information about sleep and treatment of insomnia</li> <li>▪ instructions for CBTi</li> </ul>	Public, clinicians