

#### Directories of CBT-I providers:

- University of Pennsylvania: <https://cbti.directory/>
- Society for Behavioral Sleep Medicine: <https://www.behavioralsleep.org/index.php/united-states-sbsm-members>

#### CBT-I Online programs/Apps (some of these may require a prescription):

- CBT-I Coach (free!): <https://mobile.va.gov/app/cbt-i-coach>
- Sleepio: <https://www.sleepio.com/>
- Somryst: <https://www.somryst.com/>
- Noctem Health: <https://noctemhealth.com/>

#### Relaxation/Meditation Apps:

- Calm: <https://www.calm.com/>
- Headspace: <https://www.headspace.com/>
- Insight Timer: <https://insighttimer.com/>
- Really anything you can personally attest to. I frequently find youtube videos for things like Progressive Muscle Relaxation.

#### Light Boxes:

- I haven't worked with them enough personally to have a specific recommendation for light boxes, but this article seems like a good one to help make that decision: <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/in-depth/seasonal-affective-disorder-treatment/art-20048298>
- When I worked at the VA, veterans were able to get light boxes for free (many insurers don't cover them). A google search led me to this, but I'm not 100% sure this is the correct company so I'd recommend additional research: <https://www.alaskanorthernlights.com/veterans/>