



# INSOMNIA

## At-A-Glance Options At Kaiser Permanente In Santa Clara.

### INDIVIDUAL APPOINTMENTS

<b>Telephone Wellness Coach</b>	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish	1-866-251-4514 <a href="https://healthy.kaiserpermanente.org/northern-california/health-wellness/wellness-coaching">https://healthy.kaiserpermanente.org/northern-california/health-wellness/wellness-coaching</a>
<b>Health Education</b>	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, insomnia, diabetes care and stress management. In person, video, and phone appointments are available.	Health Education 408-851-3800

### ONLINE CLASSES

<b>CBT for Insomnia</b>	Eight sessions. This group requires a serious commitment from patients who are suffering from sleep problems. The program will help to identify and change maladaptive behaviors that maintain insomnia.	Psychiatry 408-366-4400
<b>Improving Your Sleep</b>	Four sessions. This class is designed to help improve the quantity and quality of your sleep.	Health Education 408-851-3800
<b>Pathways to Emotional Wellness</b>	One session. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression.	
<b>Managing Your Stress</b>	Five sessions. Learn about how emotions and thoughts affect health. Learn about stress and stress management.	
<b>Understanding Your Anxiety</b>	Five sessions. Overwhelmed by anxious feelings? In this class, learn about causes, symptoms, and treatments for anxiety.	
<b>Introduction to Meditation &amp; Relaxation</b>	One session. Learn basic meditation practices. Including body posture and breath awareness, two of the most important aspects of meditation.	
<b>Breath of Yoga</b>	Three sessions. Learn a profound breathing technique providing the benefits of yoga without using postures.	

### ONLINE RESOURCES

<b>Relax™</b>	An online HealthMedia® Program with an individually tailored plan for handling stress. Discover what causes your stress & ways to manage it.	kp.org/healthylifestyle
<b>Dream</b>	An online HealthMedia® Program that can help you gain greater control over your insomnia— and work toward feeling better.	kp.org/healthylifestyle
<b>Healthful Sleep (guided imagery podcast)</b>	A free podcast to help you with insomnia and music that you can download to an mp3 player or listen to online.	kp.org/listen

### MOBILE APPLICATIONS

<b>CBTi-Coach</b>	Recognize how your thoughts and sleep-related behaviors affect your sleep patterns. Learn how to adjust your sleep routines and your approach to sleep.	mobile.va.gov/app/cbt-i-coach
<b>Slumber Time</b>	Sleep diary tracking how well you are sleeping. Use the bedtime checklist to clear your mind before going to sleep.	Intellicare app
<b>iCope</b>	Inspirational messages. Encouraging words. From the best author to write them... YOU.	Intellicare app
<b>Thought Challenger</b>	A negative thought bothering you? Catch it. Check it. Challenge it.	Intellicare app