

Internet-delivered cognitive behavioural therapy (ICBT) is a free, confidential, and effective treatment for sleep concerns among Canadian public safety personnel (PSP).

WHY SIGN UP?

Evidence-Informed: Research on the Sleep Course shows significant improvements in sleep difficulties.

Convenient: 4 online lessons over 7 weeks that are available for up to 26 weeks after enrollment.

Flexible: Self- and therapist-guided options depending on your preference.

Completion Certificate: Earn 7 hours towards continuing education.

- 1** Understand your sleep
- 2** Build habits and routines to support better sleep
- 3** Manage thoughts that may interfere with sleep

Additional resources available on sleep myths, nightmares, relaxation, shift work, and more!

Clear strategies that make sense and can be tailored to meet my own needs. —PSPNET Client

This Course was originally developed at Macquarie University in Australia, then adapted by the PSPNET team to meet the needs of Canadian PSP. Research has been approved by the University of Regina's Research Ethics Board.

