

Helpful approaches to insomnia

August 23, 2023

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP is one component of the **OCFP's Practising Well program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Peer Connect (mentorship program) - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Type	Link
Management of Chronic Insomnia	Clinical Tool	https://tools.cep.health/wp-content/uploads/2021/07/CEP_Management_of_Chronic_Insomnia_2017.pdf
Sink Into Sleep by Judith Davidson	Book	
Say Goodnight to Insomnia by Gregg Jacobs	Book	
The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need by Stephanie Silberman, Charles Morin	Book	
Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach Workbook by Jack D. Edinger, Colleen E. Carney	Book	
Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain by Colleen E. Carney, Rachel Manber	Book	
Approach to Insomnia in the Elderly: Practice Considerations in Primary Care for Complex Patients	Article	https://static1.squarespace.com/static/63599251a953f80dd1922762/t/636e7473a73f5a7a03585610/1668183156522/Chun+_Insomnia+in+the+Elderly+Formatted.pdf
Deprescribing Algorithms	Clinical Tool	https://www.deprescribingnetwork.ca/algorithms