



Department of
Anesthesia & Pain
Management



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute



THE HCW-CBTi STUDY

Evaluating the effectiveness of digital
cognitive behavioral therapy for insomnia
(CBTi) in frontline health care workers

What's Involved?

With increased rates of burnout
and subsequent insomnia
experienced by healthcare
workers, this study aims to
evaluate the effectiveness of a
new technology program.

Engage in remote and virtual
participation using an
internet-enabled device to
access Digi-CBTi for 12 weeks.

Impact your sleep health,
and overall health
related quality of life.

Can I Participate?

We are looking for Health Care
workers practising and residing in
CANADA:

- ☐ experiencing sleep problems
- ☐ dealing with frontline
management of patients
- ☐ have access to a mobile phone
of computer with internet

INTERESTED?

Click the link below or scan our QR code:



<https://external.redcap.uhn.ca/surveys/?s=W4CLALLF4ARW4LJP>

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