

## **Resources for Behavioral Sleep Medicine**

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### **CBT-I Training**

CBTIweb - [www.cbtiweb.org](http://www.cbtiweb.org)

- Training for minimal proficiency in CBT-I; Wealth of clinical resources for providers

University of Pennsylvania – [www.med.upenn.edu/cbti](http://www.med.upenn.edu/cbti)

- Basic and Advanced courses in CBT-I

### **CBT for Nightmares Training**

CBTNightmaresweb – [cbtnightmares.org](http://cbtnightmares.org)

- Web based training for learning CBT for Nightmares

### **Continuing Education**

University of Arizona BSM Seminar - [www.sleephealthresearch.com/seminar.html](http://www.sleephealthresearch.com/seminar.html)

- Free seminars on topics relevant to Behavioral Sleep Medicine with CEUs

### **Find BSM Providers:**

Society of Behavioral Sleep Medicine – [www.behavioralsleep.org](http://www.behavioralsleep.org)

- Directory of BSM providers both nationally and internationally
- Directory for finding BSM Consultants

CBT-I International Directory – <https://cbti.directory>

- International directory of CBT-I providers

### **Professional Organizations**

Society for Behavioral Sleep Medicine – [behavioralsleep.org](http://behavioralsleep.org)

American Academy of Sleep Medicine – [aasm.org](http://aasm.org)

Sleep Research Society – [sleepresearchsociety.org](http://sleepresearchsociety.org)