

## **Digital applications to treat insomnia: a gamechanger for general insomnia care ?**

Dieter Riemann, Department of Psychiatry and Psychotherapy, Medical Center -  
University of Freiburg, Faculty of Medicine, University of Freiburg, Germany

With a prevalence of 10 % in the general population, insomnia disorder (ID) is probably the most frequent sleep disorder. According to all recently published guidelines, CBT-I (Cognitive - behavioral treatment of insomnia) is considered as the first line treatment for ID. However, till recently, only a minority of patients was treated with CBT-I, due to a lack of trained therapists. With the advent of digital CBT-I, web based solutions have become widely available 24/7 in five European languages. It is assumed that digital applications will have a strong impact on the health care situation for patients with ID.