

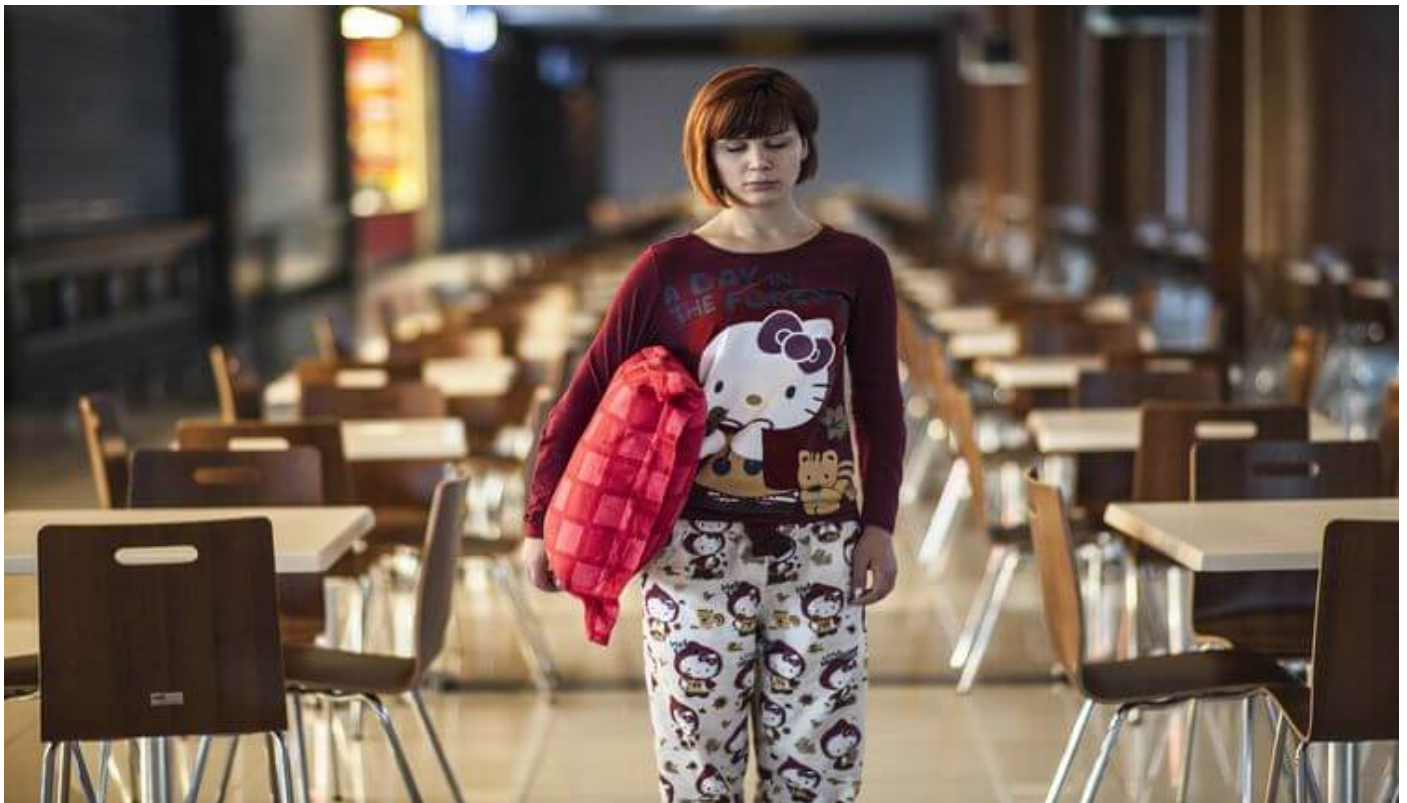
Cure Your Insomnia Through Software Programs

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<https://www.enago.com/academy/cure-your-insomnia-through-software-programs/>



Millions of people worldwide suffer from insomnia. Medicines do not help much and insomniacs end up spending sleepless nights. Scientists now have come up with a completely different way of treating insomnia. Researchers at the University of Oxford and Northwestern Medicine carried out a one-year-long study on approx. 1,711 people and confirmed that online programs show a positive effective on insomnia-ridden patients. These online programs mainly fall under digital cognitive behavioral therapy (dCBT). These online programs not only improved the insomnia symptoms, but also the functional health and psychological well-being in several insomnia patients. One common problem insomniacs face is getting an appointment at a clinic. As the number of such patients is increasing day by day, it is currently taking too long to get a quick appointment. This is also the reason why scientists feel that these online programs have gained so much popularity, as more people are being covered in lesser time.

To know more, [click here now!](#)

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