88 Screening Interviews (n = 88)
- DSM-5 Insomnia Disorder
- Less than 3 months duration
- No prior experience of CBT-I
- No current sleep medication use

Excluded
- Chronic Insomnia (n = 41)
- Currently taking sleep medication (n = 2)
- Previous exposure to CBT-I (n = 0)

Loss of Subjects
- No longer wishes to take part (n = 4)
- Just going to do cCBT-I (n = 1)

Randomized to CBT-I (n = 20)
Randomized to Wait List Control (n = 20)

1 Week Post Tx Sleep Diaries (n = 20)
1 Month Follow-Up (n = 20)