Cure Your Insomnia Through Software Programs

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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.

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