



Scaling Behavioral Sleep Medicine with Digital Monitoring

NOCTEM

MTEC Award: \$2.2M

Sponsor: U.S. Army Medical Research and Development Command

PROBLEM:

Insomnia is the most prevalent sleep disorder among service members which compromises readiness, health, productivity, and performance.

SOLUTION:

NOCTEM® developed COAST as a clinical decision support software platform that guides any healthcare provider through CBT-I* and scales their capacity to manage patients by more than ten-fold. COAST clinician-in-the-loop and patient-centered solutions maximize patient engagement and treatment adherence to deliver optimal clinical outcomes.

OUTCOME:

COAST has developed more streamlined clinician-patient interaction via a cloud-base interface system enabling clinicians to efficiently manage a higher patient load. The app has been tested with partners, providers, and patients at military facilities. COAST is clinically validated for effectiveness with military personnel, veterans, and civilians who suffer from severe insomnia with stress-related comorbidities.

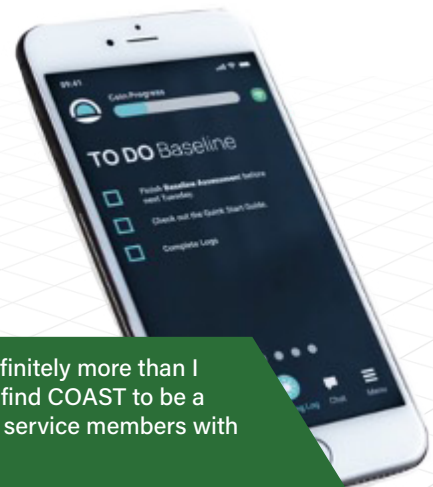
**CBT-I: Cognitive Behavioral Therapy for Insomnia*

IMPACT:

In 104 service members, recruited by 7 healthcare providers, the use of COAST as a clinical decision support tool significantly:

- Reduced the severity of insomnia, depression, and other symptoms of post-traumatic stress
- Improved sleep latency and early morning wakefulness
- Increased sleep efficiency

NOCTEM® COAST is commercially available for license.



"Using COAST, I was able to provide quality CBT-I to significant numbers of patients at once, definitely more than I would have been able to treat without using it. Any provider who delivers CBT-I regularly would find COAST to be a tremendously helpful tool and may even encourage more providers to offer CBT-I to active-duty service members with insomnia."

Clinical Research Psychologist, Naval Health Research Center

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For More Information

Lauren Palestrini, PhD
Chief Science Officer

lauren.palestrini@mtec-sc.org

mtec-sc.org



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