



Screenshot of the CDMI homepage

### CDMI 'Sleep Better'

This CDMI is for people who experience sleep problems, like having difficulty falling asleep, frequently waking up during the night or waking up too early. Participants learn to manage factors that influence their sleep negatively and learn skills to positively influence their sleeping behaviour.

The training consists of 4 modules/ topics which include a total of 19 exercises:

- Sleeping habits: 5 exercises that aim to provide more insight into your sleeping habits and learn skills to break bad sleeping habits (e.g. check your bedroom).
- Relaxation: 5 exercises to learn relaxation techniques (e.g. progressive relaxation).
- Worry less: 5 exercises aimed at acquiring skills to reduce worry or ruminative thoughts (e.g. 15 minute 'worry time').
- Learn to think differently (about sleep): 4 exercises to learn to recognise and change dysfunctional attitudes about sleep.



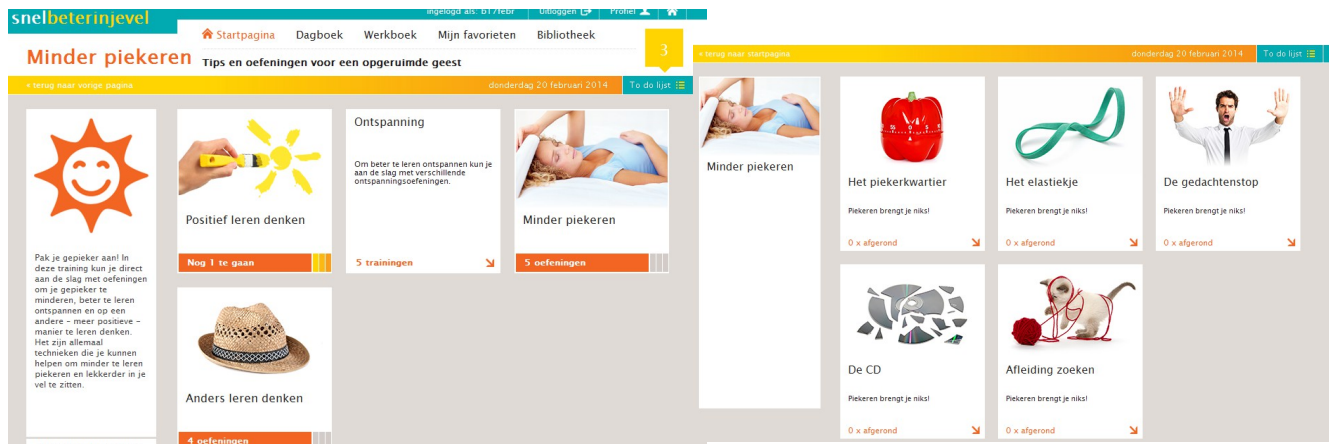
Screenshots of the CDMI Sleep Better

### CDMI 'Worry Less'

This CDMI is for people who tend to worry a lot and want to change this behaviour. The training consists of 4 modules/ topics that include a total of 18 exercises:

- Positive thinking: 4 exercises focused on learning a positive way of thinking (e.g. 'give yourself a compliment').

- Worry less: 5 exercises aimed at acquiring skills to reduce worry or ruminative thoughts (e.g. 15 minute 'worry time').
- Relaxation: 5 exercises to learn relaxation techniques (e.g. progressive relaxation).
- Learn to think differently: 4 exercises to learn to recognise and change dysfunctional attitudes.

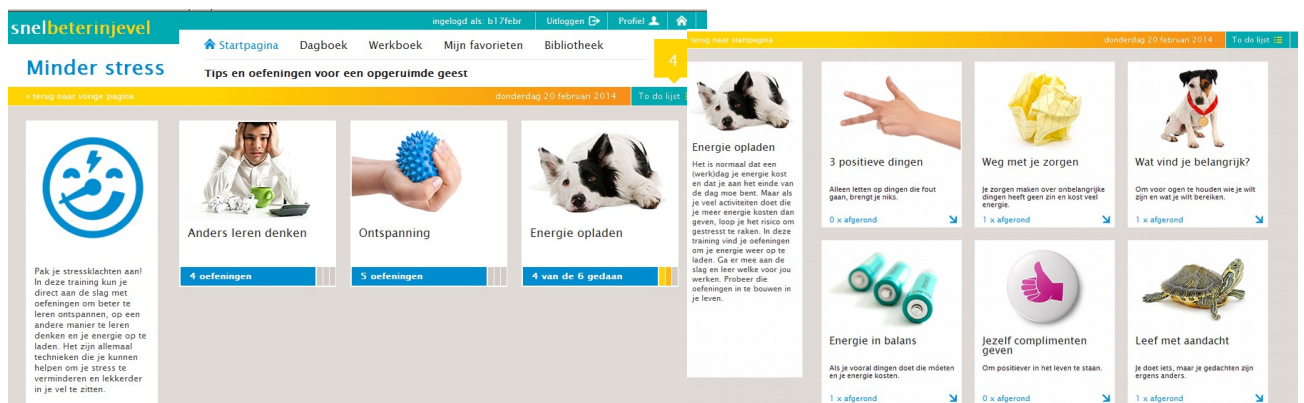


Screenshots of the CDMI Worry Less

### CDMI 'Stress Less'

This CDMI is for people who experience (high levels of) stress. The training consists of 3 modules that include a total of 15 exercises:

- Learn to think differently: 4 exercises to learn to recognise and change dysfunctional attitudes.
- Relaxation: 5 exercises to learn relaxation techniques (e.g. progressive relaxation).
- Boost your energy: 6 exercises aimed at recharging yourself and handling stress (e.g. note 3 positive things).



Screenshots of the CDMI Stress Less