

# Help for Chronic Insomnia Cognitive Behavioral Treatment

**WE KNOW INSOMNIA IS MORE THAN TROUBLE SLEEPING – IT AFFECTS YOUR QUALITY OF LIFE AND INCREASES YOUR RISK OF DISEASE.**

If you have trouble falling asleep or staying asleep for three nights a week or more, our sleep experts can help.

## Cognitive Behavioral Treatment for Insomnia (CBT-I)

CBT-I is a two to three month program personalized for you and your sleep patterns. It is the most effective treatment for chronic insomnia.

<b>Session One:</b>	45 to 60 minute initial assessment and instruction in sleep record use
<b>Session Two:</b>	45 to 60 minutes for education about chronic insomnia and development of your personalized CBT-I treatment plan
<b>Sessions Three through Eight:</b>	Implementing and adjusting your personalized CBT-I plan, with recommendations for the prevention of future problems

- ▶ Long-lasting results
- ▶ No pills or other medications are prescribed – you can still take your regular sleep medications during treatment
- ▶ No overnight sleep study

Before your first appointment, you'll receive a packet of questions and materials about you and your sleep habits. Please complete this before your first visit.

Call **651-254-8150** for help getting the rest you need.

Sleep Health Center  
2688 Maplewood Drive  
Maplewood, MN

