



## Cognitive behavioral treatment for insomnia

Chronic insomnia 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.

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

### Sign up for our CBT-I program

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

**Session 1:** Initial assessment and instructions for keeping a sleep record (45-60 minutes)

**Sessions 2-8:** Implementing and adjusting your personalized CBT-I plan, with tips for preventing future problems

### Program benefits include:

- 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 your sleep habits. Please complete this packet before your first visit.

Regions Hospital  
Sleep Health Center  
2688 Maplewood Drive  
Maplewood, MN