



## Treatment for Insomnia

Do you:

- Have difficulty falling asleep?
- Have difficulty staying asleep?
- Wake up too early?
- Worry about NOT getting enough sleep?

People with chronic or persistent insomnia report a worse overall quality of life including:

- Poor work performance
- Constant tiredness and fatigue
- Cranky and irritable most of the time
- Poor health

*Left untreated insomnia can lead to serious health problems including heart disease, diabetes and high blood pressure.*

**CBT-I is a structured intervention that requires only 4 sessions.** Improvement in sleep can occur in as little as two weeks and leads to:

- Surplus of energy to get more done
- Better relationships
- Improved overall health
- More satisfaction

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