We are offering a 5 session sleep therapy program.

**WHEN:**
Thursdays 5:30-7:00pm
February 21 - March 21, 2019

**WHERE:**
The Sleep Therapy Service,
Queen's Psychology Clinic,
184 Barrie Street, Kingston, ON.

**WHO:**
The program is run by Dr. Judith Davidson, Psychologist and author of *Sink into Sleep*, and doctoral students in clinical psychology.

**MORE INFORMATION:**
[www.queensu.ca/psychology/psychology-clinic/services/sleep-therapy-services](http://www.queensu.ca/psychology/psychology-clinic/services/sleep-therapy-services)

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**What is Insomnia?**

- trouble falling asleep
- trouble staying asleep
- affects energy, mood or functioning

Insomnia is considered chronic when these symptoms have occurred for at least 3 months.

If you think you may have insomnia, this program could be just the right treatment. It is called cognitive behavioural therapy for insomnia, or “CBT-I.”
What is CBT-I?

Cognitive behavioural therapy for insomnia ("CBT-I") consists of five 90-minute workshops.

CBT-I is the recommended first-line treatment for chronic insomnia.

85-90% of people who successfully complete CBT-I improve their sleep.

CBT-I involves increasing your knowledge about sleep and insomnia and the biological processes that influence them.

CBT-I involves learning strategies to consolidate your sleep, including scheduling your sleep in a very specific way, knowing what to do when you can't sleep, and knowing how to calm a racing mind.

Cost

The cost is based on a sliding scale from $20-150 per session. Your extended health care plan may cover some or all of the costs of this psychological service.

Contact

To inquire or register, please call Stacey at 613-533-6021. If you think you have chronic insomnia and are interested in the program, Stacey will send you a package of forms including a sleep diary.