

**YOU CAN CONQUER INSOMNIA
YOU DON'T HAVE TO DEPEND ON SLEEPING PILLS
THE *Conquering Insomnia* PROGRAM at www.cbtforinsomnia.com CAN SHOW YOU
HOW**

The CONQUERING INSOMNIA program at www.cbtforinsomnia.com is ...

- A five week, five session online cognitive-behavioral therapy (CBT) program for insomnia that was developed by [Dr. Gregg Jacobs](#) based on his 20 years of extensive research and clinical practice at Harvard Medical School and the University of Massachusetts Memorial Medical Center involving over ten thousand insomnia patients.
- Was developed from Dr. Jacobs's research that was funded by the National Institutes of Health, and published in the Archives of Internal Medicine, demonstrating that a similar CBT program was more effective than Ambien.
- Includes weekly individualized guidelines and feedback from Dr. Jacobs on CBT techniques.
- Also includes a library of over 100 insomnia focus articles, study reviews, blogs, and sleep tips
- Also available in compact disk format.
- Highly effective for increasing total sleep time and reducing or eliminating sleep medication.

Key Features of the online CONQUERING INSOMNIA program at www.cbtforinsomnia.com ...

- For problems falling asleep and waking during the night/early morning
- For individuals who are not, and those who are, using sleeping pills
- Replicates the 5 session CBT program for insomnia developed and tested at Harvard Medical School
- Nominal cost of \$34.95 – similar to the cost of a two week supply of sleeping pills or two co-payments at a sleep clinic