

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 pdf-based cognitive-behavioral therapy program for insomnia (CBT-I) that was developed by Dr. Gregg Jacobs based on his 30 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' research that was funded by the National Institutes of Health, and published in the Archives of Internal Medicine, demonstrating that a similar CBT-I program was more effective than Ambien.
- Includes weekly individualized guidelines and feedback from Dr. Jacobs on CBT-I techniques.
- Also available in MP3 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-I program for insomnia developed and tested at Harvard Medical School.
- Nominal cost of \$44.95 – similar to the cost of a two month sleeping pills or two co-payments at a sleep clinic.