

SUMMER SLEEP PROGRAM FOR TEACHERS

A 5-session insomnia
treatment program
specifically for
teachers

What is Insomnia?

- trouble falling asleep
- trouble staying asleep
- affects energy, mood or functioning
- “chronic” insomnia = goes on > 3 months

Learn *effective* strategies to reverse insomnia, including scheduling your sleep in a specific way, knowing what to do when you can't sleep and how to calm a racing mind. Cognitive behavioural therapy for Insomnia (CBT-I) is the first-line treatment for chronic insomnia.

Call Stacey at the clinic: 613-533-6021

Last day to register: June 21st, 2019

www.queensu.ca/psychology/psychologyclinic/services/sleep-therapy-services



**PSYCHOLOGY
CLINIC** at Queen's University

WHEN:

Wednesdays 9:30-11:00 am
July 3rd to 31st, 2019

WHERE:

Sleep Therapy Service
Queen's Psychology Clinic
184 Barrie Street, Kingston, ON

WHO:

The program is run by doctoral students in clinical psychology at Queen's University, supervised by Dr. Judith Davidson, Psychologist and author of *Sink into Sleep*.

COST:

Sliding scale \$20-\$150 per session. Covered by some health plans.