

**TIRED OF BEING TIRED?
COMMITTED TO IMPROVING YOUR SLEEP BUT UNCLEAR ON HOW TO
ACHIEVE YOUR GOAL?
READY TO LEARN ABOUT STRATEGIES FOR INSOMNIA OTHER THAN
MEDICATIONS?**

**Boulder Center for Cognitive and Behavioral Therapies
presents
RESTFUL THINKING: A SLEEP CLINIC**

This clinic is intended for people who want to improve the quality and increase the amount of sleep they get each night. It is appropriate for individuals with a long history of sleep problems, and for those with a more recent onset. It is also appropriate both for people who suffer from sleep problems alone, and for those who have sleep disturbance in the context of another disorder (such as depression, bipolar disorder, chronic pain, or an anxiety disorder).

Participants will learn about:

- **Various forms of sleep disturbances, as well as the basics of “normal” sleep**
- **Factors that cause and maintain sleep disorders**
- **Research-based cognitive-behavioral techniques that improve sleep**
- **How to tailor the information to create a personalized program for modifying sleep-related behaviors**

Facilitators: Alisha Brosse, Ph.D. and Colleen Ehrnstrom, Ph.D.
Upcoming Dates: January 26, 2008 (12 – 4:30 pm)
Location: TBA (Boulder, CO)
Clinic Fee: \$120 (\$20 discount if postmarked 14 days prior to the clinic!)
Make it a “slumber party” – register with a friend and pay \$90 each if both registrations are postmarked 10 days prior to the clinic
Deadline: Register as soon as possible to have ample time to complete an assessment battery that will help you tailor the program to your specific needs. Space is limited to 15 participants.

To learn more or to register, contact us at:

www.bouldercbt.com
303/855-8520 (Dr. Alisha Brosse)
303/579-3245 (Dr. Colleen Ehrnstrom)