

Reversing Insomnia

4 - Week Workshop



Led by Wellness Journeys

Learn the causes of chronic insomnia and tools from CBT-I (Cognitive Behavioral Therapy for Insomnia) to help you get the sleep you need.

The American College of Physicians stated that CBT-I should be the first-line treatment for adults with insomnia. Research shows these techniques are effective **even for those with long-term insomnia.**

What you will learn:

- What to do if you wake up at night and have difficulty falling back to sleep.
- Understand the “wide awake at bedtime” pattern and what may contribute to it.
- The 3 Reversing Insomnia Action Steps to take IF you want to become a “good sleeper” (even if you’ve never been one before).

DATES & TIME:

8/6, 8/13, 8/20, 8/27
11am - 12pm

LOCATION:

ZOOM

zzZ



Register Here



BOCC Employees: This YourChoice workshop earns points in the **Emotional** wellbeing pillar for Manatee Thrives.