

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:

1. What to do if you experience during-night "I can't get back to sleep" patterns.
2. Understand why pre-sleep "I become wide awake once my head hits the pillow" can occur.
3. 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:

3/04, 3/11, 3/18, 3/25
at 11am - 12pm

LOCATION:

ZOOM

Register Here



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