



**LACK OF SLEEP
CAN LEAVE YOU
FEELING TIRED AND
UNFOCUSED.**

**INSOMNIA CAN EVEN
LEAD TO ANXIETY,
DEPRESSION AND
IRRITABILITY.**

Insomnia is the most common sleep disorder in U.S.



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What is Insomnia?

Primary insomnia is a sleep disorder characterized by chronic (more than one month) difficulty falling asleep, staying asleep, or getting sufficient sleep. People with insomnia frequently spend hours awake in bed, will wake up during the night and have difficulty getting back to sleep, or will wake up early still feeling tired, but unable to sleep any more. Those who have Primary Insomnia also feel tired throughout the day, and can have difficulty maintaining their concentration and sense of clarity.

Cognitive Behavioral Therapy for Insomnia (CBT-I) is a behavioral therapy that treats primary insomnia. Over the course of approximately eight weeks clients learn how to modify their sleep behavior in order to fall asleep quickly, achieve efficient, restful sleep, and prevent relapse of insomnia.

CBT-I differs from standard talk therapy in both focus and duration. It is a much shorter therapy and does not rely on insight, emotional focus, or personal history, instead spending the full duration of treatment solely on the problem of achieving efficient, restful sleep.



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