



COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

An estimated 30% of U.S. adults suffer from chronic insomnia. Are you one of them?

During CBT-I treatment, you will focus on changing the thoughts (*cognitions*) and actions (*behaviors*) interfering with your sleep. You'll learn how to practice good sleep hygiene, train your body to associate your bedroom environment with sleep, relax your body and mind, and change problematic beliefs you may have about sleep. More information is available on the practice website; we welcome questions and scheduling requests by phone or email.

Group or individual treatment

Flexible availability, including virtual appointments

Safe, drug-free, and supported by clinical research as a first-line insomnia treatment

Typically improves sleep in 4 to 8 sessions

Most major insurances accepted


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