SLEEP CAMP FOR TEACHERS

A 5-session sleep program for teachers

What is Insomnia?

- trouble falling asleep
- trouble staying asleep
- affects energy, mood or functioning
- "chronic" insomnia = symptoms for at least 3 months

Learn effective strategies to reverse insomnia, including scheduling your sleep in a specific way, knowing what to do when you can’t sleep and how to calm a racing mind. Cognitive behavioural therapy for Insomnia (CBT-I) is the first-line treatment for chronic insomnia.

Call Stacey
at the clinic: 613 533-6021
Last day to register: June 25, 2018

WHEN:
Thursdays 10:00-11:45 am
July 5 - August 2, 2018

WHERE:
Sleep Therapy Service
Queen’s Psychology Clinic
184 Barrie Street, Kingston, ON

WHO:
The program is run by Dr. Judith Davidson, Psychologist and author of Sink into Sleep and Queen’s University doctoral students in clinical psychology.

COST:
Sliding scale $20-$150 per session. Covered in part by some health plans.