



NEW SERVICE COMING TO



ASSESSMENT AND THERAPY
Associates of Grand Forks

COGNITIVE BEHAVIORAL GROUP THERAPY FOR INSOMNIA (CBT-I)

Research on CBT-I has demonstrated that:

- **75-80%** experience significantly improved sleep
- The **majority** become normal sleepers
- **85-90%** reduce or eliminate sleeping pills
- CBT is **more effective** than sleeping pills

The American College of Physicians recommends CBT-I as the first line treatment for insomnia. The American Journal of Psychiatry and the Journal of Family Practice states that CBT-I puts people to sleep faster than sleeping pills and works as well or better than sleeping pills.

It is considered the preferred treatment for chronic insomnia by the National Institutes of Health, New England Journal of Medicine review, Lancet review, American Psychological Association, and Consumer Reports.

Call ATAGF at 701-780-6821

for more information and to schedule an intake with Dr. Karen Pietras. Or talk to your primary medical provider to see if this treatment is right for you.

CBT COMPONENTS

- Changing sleep thoughts and behaviors
- Lifestyle habits that improve sleep
- Relaxation techniques

WHO WOULD BENEFIT?

- Individuals with problems falling asleep or waking during the night
- Individuals who wish to reduce or eliminate sleep medications

INSURANCE COVERAGE

CBT-I is covered by most insurance companies.