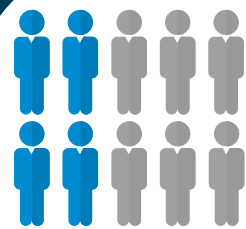
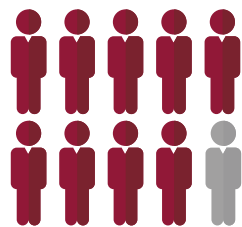


How's your SLEEP?



4 out of 10 Veterans have signs of insomnia

9 out of 10 Veterans with PTSD have sleep problems



How does PTSD make sleep worse?

- Feeling "on guard" all the time
- **Worrying** or negative thinking
- **Memories replaying** in your head
- **Nightmares** disrupting sleep



Cognitive Behavioral Therapy for Insomnia is the #1 recommended treatment, not sleep medication.*



CBT for Insomnia is a short talk therapy proven to work in:

- ✓ Veterans
- ✓ PTSD
- ✓ Depression
- ✓ Pain
- ✓ TBI



Compare your Options

Sleep Medication

How it works
Changes brain chemistry

- 👍 Works fast
- 👍 Easy to use

- 👎 Side effects include falls, drowsiness, dependence, fogginess, and memory problems
- 👎 Less effective over time

CBT for Insomnia

How it works
Modifies thoughts and habits that affect sleep

- 👍 70-80% achieve better sleep
- 👍 Skills last a lifetime

- 👎 Therapy takes effort
- 👎 Extra appointments

Ask your provider about a CBT for Insomnia referral today.

