

# Cognitive Behavioral Therapy for Insomnia Class



## Cognitive Behavioral Therapy for Insomnia

A Non-Pharmacological Approach to Improving Sleep



- 7 weekly classes
- Small group format (maximum of 5 participants)
- Online access to all materials and tools to enhance skills
- Thursday evening classes 7:30-9:00pm
- Learn with others coping with insomnia

For more information about next class contact:  
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650-224-5930

Fee \$420 (for all sessions)



“We are such stuff as dreams are made on,  
And our little life is rounded with sleep”

- W. Shakespeare  
*The Tempest*

## Regaining Control of Sleep

Sleep is basic to life and the loss of sleep can leave one feeling out of control. The importance of sleep is underlined by studies indicating that sleep is important for a multitude of important functions in our body such as mood, memory, and our ability to heal.

Cognitive Behavioral Therapy for insomnia (CBT-I) is a potent intervention. In the short-term, CBT-I is as effective as medications in improving sleep (without the side effects of medications). At longer follow (6 months to a year), CBT-I is **more** effective than medications.