## What are the complications of insomnia over time?

10634 E Riverside Dr. Ste 350

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Do you suffer with Insomnia?



*Mental Health*

* Anxiety
* Depression
* Slowed reaction time
* Poor job performance
* Emotional dysregulation

*Physical Health*

* High blood pressure
* Impaired immune system
* Risk of diabetes
* Weight problems

Phone: (425)806-5021

Web site: pspc.org

**Puget Sound Psychiatric Center**



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# Free Treatment

# for Insomnia

**6 Weekly Sessions**

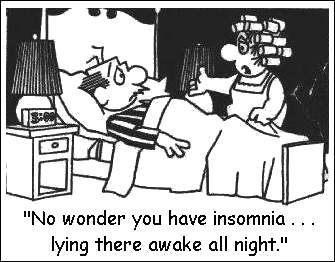
Improve your Sleep!

## Eligible participants must be ages 18-72 years old and meet diagnostic criteria for insomnia.

This includes a predominant complaint of dissatisfaction with sleep quantity or quality, associated with 1 or more of the following:

* Difficulty initiating sleep
* Difficulty maintaining sleep, characterizted by frequent awakenings or problems returning to sleep after awakenings
* Early morning awakening with inability to return to sleep





If you have any questions or are interested in participating, please contact the Research Coordinator at (425)806-5021 or max@pspc.org.

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PSPC is conducting research on the effectiveness of various approaches for treatment for insomnia.