Do you have Difficulty Sleeping?

Puget Sound Psychiatric Center (PSPC) is conducting a study to compare the effectiveness of techniques for improving sleep for adults with

Insomnia

You may be eligible if you have a predominant complaint of dissatisfaction with sleep quantity or quality associated with

1. Difficulty initiating sleep (takes more than 30 minutes),
2. Difficulty maintain sleep, with frequent awakenings or difficulty returning to sleep after awakenings, or
3. Early morning awakenings with inability to return to sleep

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If you participate in the study, you will receive

6 weeks of free treatment

If you are interested or have questions call (425) 806-5021



Improved Sleep is Possible

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