



CBTi

Cognitive Behavioral Therapy for Insomnia

4-session group intended to improve sleep health through a series of changes in sleep-related behaviors

Topics

-Sleep Hygiene -Stimulus Control -Sleep Restriction
-Relaxation -Sleep Efficiency -Cognitive Restructuring

Where & When

Student Health & Wellness, Baird Hall Room 6

Dates will be set when enough students have expressed interest.

Sign-Up

Students and post-docs can be referred to the CBTi group by their primary care or behavioral health provider. You must be established with a primary care provider to join the group.

If you do not meet this requirement and would like to participate, please schedule an appointment by calling Student Health at 503-494-8665.